



Healthy Habits

HISTORIC TRIANGLE

Historic Triangle Healthy Habits Restaurant Participation Agreement

You are invited to become part of a special group of people who are helping to support the health and well being of our community. The Historic Triangle Healthy Habits (HTHH) project is presented by Leadership Historic Triangle (LHT), a program of the Greater Williamsburg Chamber and Tourism Alliance. HTHH is a three-fold effort to improve the quality of life for area residents. It comprises a campaign to identify healthier menu options at area restaurants, an information campaign and recipe contest to promote fitness and wellness, and demonstrations of healthy activities and meal preparation through “Healthy Market” events at area farmers markets.

The **Healthy Restaurant** component will assist restaurants in identifying healthier menu items and explore opportunities to provide healthier items through modified food preparation and/or portion control. Restaurants will be asked to identify items on their existing menus that represent a healthier choice.

Items that are lower in carbohydrates, fats and salt should be included. Items that are higher in fiber and items that offer reduced portion size should be included. Other food choices are encouraged such as low fat cheese, lean meats, whole grain breads and low fat or skim milk. Alternative choices for side dishes may include steamed or raw vegetables and fresh fruit. Specialty menus can be created and made available on request or inserted into a regular menu. Items on existing menus that meet the criteria and are identified as a healthier choice can be indicated with decals or art work that will be provided by LHT.

LHT has an arrangement with a registered dietician who is available to review the restaurant’s menus at your request to help make the appropriate selections at no cost to the restaurant.

Restaurants who meet the established criteria on the attached questionnaire will be awarded a Window Cling Decal indicating participation in the program. A website and facebook page will be used to disseminate information on healthy resources. Participating restaurants will be included in all marketing efforts conducted by the LHT.

There is no cost to the restaurants that participate. This is a win/win program. The citizens in our community are given the opportunity to eat healthier and the participating restaurants are given the exposure to the community and get the recognition as a good corporate citizen.

This document is an agreement of voluntary participation.

Restaurant Name: _____

Owner, manager or authorized persons name: _____

Owner, manager or authorized persons signature: _____

LHT Members Name: _____ Date: _____