

## Restaurant Meals Program: Worksheet for Healthier Options

	Requirements:				
<b>1.</b>	<p>Restaurant must offer at least 2 fruit and/or vegetable side items that meet the following:</p> <ul style="list-style-type: none"> <li>• Item contains minimum of ½ cup of fruit and/or vegetables</li> <li>• Item must be in solid food form - not a juice</li> <li>• Item cannot be fried</li> <li>• Item must appear on the in-store menu</li> <li>• Canned fruits must be in either water or 100% juice</li> <li>• Canned vegetables must be labeled low-sodium</li> </ul> <p>Side items may be fresh, canned, or cooked.</p> <p>Healthier cooking methods include: baking, steaming, stir frying, boiling, or roasting.</p> <p>Fruit side item examples include: fresh sliced apple, whole banana, melon slices, and pineapple canned in 100% juice.</p> <p>Vegetable side item examples include: side salad with low fat dressing, fresh baby carrots, baked white or sweet potato, stir fried broccoli, and steamed green beans.</p>	<p>List the two fruit or vegetable side items. Note: Write the name of the item as it appears on the menu.</p> <p>1. _____</p> <p>2. _____</p>	<p>Cooking method</p>	<p>Is the fruit/vegetable listed included on the in-store menu?</p> <p>Yes    No</p> <p><input type="checkbox"/>    <input type="checkbox"/></p> <p>Yes    No</p> <p><input type="checkbox"/>    <input type="checkbox"/></p>	<p><b>DPSS USE ONLY</b></p>

**Note:** A menu item is a food that is routinely offered on a menu, menu board, or other writing from which a customer makes an order selection.

Restaurants must send the Department of Public Social Services (DPSS) the “Restaurant Meals Program: Worksheet for Healthier Options” **by the due date indicated in the notice.** Restaurants must meet all 5 requirements, listed in questions 1 through 5, in order to qualify for the Restaurant Meals Program participation. Restaurants returning the completed worksheet, but failing to meet all 5 requirements, will be given 90 days to make changes in their menu/food preparation to meet all requirements.

2.	<p>Restaurant must have drinking water available at no cost to customers.</p> <ul style="list-style-type: none"> <li>• The serving size should be at least 12oz.</li> <li>• The water should be chilled to improve taste.</li> <li>• Provide access to water through a soda fountain or similar source.</li> </ul>	Describe the way water is made available to customers free of charge:	Cup serving size	N/A	DPSS USE ONLY										
3.	<p>Restaurant must have at least one whole grain item available during all meal periods that meets the following:</p> <ul style="list-style-type: none"> <li>• Whole grain item must appear on the in-store menu.</li> <li>• Whole grain item must be available at no added cost to customers.</li> </ul> <p>Whole grains may be found in different forms:</p> <ul style="list-style-type: none"> <li>• A whole grain can be a single ingredient. Examples include: brown rice, whole oats, quinoa, and barley.</li> <li>-OR-</li> <li>• If the item is a pre-packaged grain product (such as bread) the word "whole" must appear first in the ingredients list of the product. Examples include: whole wheat bread, whole wheat tortillas, whole oats, and whole wheat pasta.</li> </ul>	<p>List at least one whole grain item available on the menu at <b>no added cost</b> to customers:</p> <hr/> <p>If your restaurant has separate meal service periods (i.e. breakfast, lunch, dinner) list the name of the meal service period, hours served, and the whole grain item available during each meal service period:</p> <table border="1" data-bbox="926 967 1803 1206"> <thead> <tr> <th data-bbox="926 967 1220 1024">Meal service period:</th> <th data-bbox="1220 967 1514 1024">Hours Served:</th> <th data-bbox="1514 967 1803 1024">Whole grain item available:</th> </tr> </thead> <tbody> <tr> <td data-bbox="926 1024 1220 1081"></td> <td data-bbox="1220 1024 1514 1081"></td> <td data-bbox="1514 1024 1803 1081"></td> </tr> <tr> <td data-bbox="926 1081 1220 1138"></td> <td data-bbox="1220 1081 1514 1138"></td> <td data-bbox="1514 1081 1803 1138"></td> </tr> <tr> <td data-bbox="926 1138 1220 1206"></td> <td data-bbox="1220 1138 1514 1206"></td> <td data-bbox="1514 1138 1803 1206"></td> </tr> </tbody> </table>	Meal service period:	Hours Served:	Whole grain item available:										DPSS USE ONLY
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4.	<p>Restaurant must offer at least one discounted meal, advertised special, or sale priced meal that includes at least 2 of the 3 following healthy options.</p> <ul style="list-style-type: none"> <li>• Non-fried fruit and/or vegetable side items</li> <li>• Whole grains</li> <li>• Healthier meal preparation with techniques such as grilling, baking, boiling, roasting, poaching, stir frying (for fruit and vegetable) and steaming (no fried foods)</li> </ul>	<p>List the name of the discounted meal, advertised special, or sale priced meal and fill in the two healthy options included with it:</p> <table border="1" data-bbox="909 233 1791 399"> <thead> <tr> <th data-bbox="909 233 1203 269">Discounted meal/special</th> <th data-bbox="1203 233 1497 269">Healthy option one</th> <th data-bbox="1497 233 1791 269">Healthy option two</th> </tr> </thead> <tbody> <tr> <td data-bbox="909 269 1203 399"></td> <td data-bbox="1203 269 1497 399"></td> <td data-bbox="1497 269 1791 399"></td> </tr> </tbody> </table>	Discounted meal/special	Healthy option one	Healthy option two				DPSS USE ONLY
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5.	<p>Restaurant must prominently display <b>DPSS-provided signage</b> (attached) informing customers that healthier meal options are available at the restaurant as part of participation in the Restaurant Meals Program.</p> <ul style="list-style-type: none"> <li>• Signage must be on display at cash register</li> <li>• In cases where display of signage at cash register is not possible, signage must be displayed within 5 feet of register</li> </ul>	<p>Please check the appropriate box:</p> <p><u>New contractors:</u></p> <p><input type="checkbox"/> Our restaurant will display DPSS-provided signage prior to becoming an operational CalFresh Restaurant Meals Program participant, and for the duration of our participation in the Restaurant Meals Program.</p> <p><u>Renewing contractors:</u></p> <p><input type="checkbox"/> Not currently displaying DPSS-provided signage</p> <p><input type="checkbox"/> Currently displaying DPSS-provided signage at cash register</p> <p><input type="checkbox"/> Currently displaying DPSS-provided signage within 5 feet of cash register</p>	DPSS USE ONLY						

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