Dear Allen County Restaurant Owners and Managers,

Activate Allen County would like to take this opportunity to introduce you to our Active Menu Challenge and invite your restaurant to be a part of this exciting program! The Active Menu Challenge is a way to highlight and make customers aware of your healthy menu options. We are dedicated to increasing attention given to healthy eating and how a healthy diet may reduce health risks to members in our community. One way of doing so, is through partnership with local restaurants and promoting their healthy menu options throughout the community.

The Active Menu Challenge is a free program offered to all Allen County restaurants who wish to partner with us to identify your healthy menu items. These will then be highlighted and promoted through many different avenues. Many restaurants already have these better for you options as a current part of their menu, so this process is very simple. Please see the attached pages for criteria of menu items and what restaurants do receive when they partner with Active Allen County.

Our hope is that through this program, community residents will begin to see the ability to choose healthy options is easy and convenient and can take place while they are supporting the great variety of local restaurants that are offered right here in Allen County. Please take a few moments and review the enclosed materials. If you are interested in this partnership, please use the attached contact information and I would love to set up a time to meet and discuss this program with you.

Thank you for your time and I look forward to meeting you and discussing the Active Menu Challenge and this partnership opportunity with you in the near future.

Sincerely,

Kayla Monfort
Kayla Monfort,
Activate Allen County Program Coordinator

kmonfort@activateallencounty.com
419-221-5035
The Menu Challenge Program is successful in Allen County!!

“I do believe that the menu challenge has increased our sales, especially in catering. We have seen a demand for Activate Approved boxed lunches.”

- Jennifer Brogee
  Owner, The Meeting Place

“We have certainly attracted more health conscious customers and our staff is also more informed, myself included, about healthy menu options.”

- Brett Stover
  Manager, The Meeting Place

“Seeing healthy options on the menu helps me in my effort to eat better and I am happy they are there.”

* Restaurant Customer

The Active Menu Challenge was designed to create awareness among persons in Allen County and the surrounding areas about the importance of healthy eating. The Active Menu Challenge initiative is dedicated to increase the awareness of healthy eating and the importance of prevention in our community by partnering with local restaurants to promote their healthy menu items.

**Participating restaurants will receive:**

- Assistance with nutrition analysis and assistance in identifying of healthy options
- Promotion of designated facility on Activate Allen County and West Central Ohio Regional Healthcare Alliance websites, via social media and commercial advertisements as well as other promotions as available (ie. Within schools, preferred caterer listings within county)
- A seal cling designating the facility as a participating partner in the Active Menu Challenge
- Table tents to place on each table to list Activate Approved menu items (if desired)
- An icon that can be used on menus to indicate healthier choice items
- Increased consumer knowledge that the restaurant values healthy eating and a healthy lifestyle
- Staff training materials on Active Menu Challenge, items included and promotion
- Assistance with evaluation of program impact on your restaurant

**To participate restaurants must:**

- Have no unresolved health code violations
- Maintain an appropriate food license
- Enforce no-smoking laws within the establishment
- Offer at least two choices of fruits and/or vegetables, other than fried foods or potatoes
- Allow substitution of salad or other vegetables for fried potatoes
- Menu should include whole grain items
- Tap water should be free of charge
- Clearly designate low-fat and low-calorie menu items when offered
- Offer 1% or skim milk when milk is offered as a beverage
- Offer smaller portion size for some dishes (e.g. half portion sizes)
- Offer at least two main course meals with no more than 30% of calories from total fat, with 700 maximum calories for each meal (600 calorie maximum for children's meals)

For questions or to join the challenge: Visit ActivateAllenCounty.com for application.
By becoming an Activate Approved Menu Challenge partner, each partner receives promotion through our various media outlets!

Check out our media pages to review promotion and for any questions, contact us today!

Activate Allen County

Facebook.com/ActivateAllenCounty

@ActivateAllenCo

www.ActivateAllenCounty.com

Channel: Activate Allen County
Activate Approved Menu Challenge partners also receive various materials to promote their partnership in their establishment!

The following are the main in-house promotion materials used by active partners.

- **Table Tents**
- **Window Clings**
- **Use of Logo**
- **Counter Top Display**
Activate Allen County
Making the Healthy Choice the Easy Choice.

www.ActivateAllenCounty.com

Applebee’s
Beer Barrel
Pizza
Happy Daz
Old City Prime

Panera Bread
St. Rita’s High
Street Cafe
The Meeting
Place On Market
Baron Bistro
Activate Approved Restaurant Criteria:

- **Main course items with 700 or less calories and 30% or less of calories from fat (600 calorie maximum for children’s meals)**

- **Offer 2 choices of fruits or vegetables, other than fried vegetable or potatoes**

- **Allow substitution of salad or other vegetable for fried potatoes**

- **Designate approved menu items**

- **Have no unresolved health code violations**
Meals
Cedar Grilled Lemon Chicken
Napa Chicken and Portobellos
Pepper Crusted Sirloin and Whole Grains
Savory Cedar Salmon
Blackened Tilapia
1/2 Grilled Chicken Cesar Salad (no or fat free Italian dressing)
House Salad (no or fat free Italian dressing)

Kids Meals
Chicken Grillers
KRAFT Macaroni and Cheese
4 oz. Sirloin
GoGo squeeZ Applesauce
Apple Dippers with Yogurt
Vanilla Yogurt with Strawberries
White Rice
Steamed Broccoli
Apple Juice/ Orange Tangerine Juice

Look for these Activate Approved Options Today!
Marked Green Light items sold throughout the café
Daily featured 500 calorie meal option as apart of the Mindful program by Sodexo
Salad Bar—Loaded with fresh veggies and 2 Tablespoons of light or fat free dressing
Fresh fruit and vegetable cups
Yogurt and Yogurt Parfaits
Garden salads and wraps (in Simply To Go section)
Vegetarian and Vegan options as marked
My Fitness Pal is linked to all items sold in the café to assist you in tracking intake
MEALS
Cedar Grilled Lemon Chicken
Napa Chicken and Portobello
Pepper Crusted Sirloin and Whole Grains
Savory Cedar Salmon
Blackened Tilapia
1/2 Grilled Chicken Cesar Salad
(no or fat free Italian dressing)
House Salad (no or fat free Italian dressing)

KIDS MEALS
Chicken Grillers
KRAFT Macaroni and Cheese
4 oz. Sirloin
GoGo squeeZ Applesauce
Apple Dippers with Yogurt
Vanilla Yogurt with Strawberries
White Rice
Steamed Broccoli
Apple Juice/ Orange Tangerine Juice

Soups
All Natural Low Fat Chicken Noodle
Low Fat Garden Vegetable with Pesto
Low Fat Lemon Chicken Orzo
Low Fat Vegetarian Black Bean

Smoothies
Low Fat B-Green Smoothie
Low Fat Mango Smoothie
Low Fat Strawberry Smoothie with Ginseng
Fat Free Superfruit Smoothie with Ginseng

SALADS
Grilled Chicken and Salad Greens (w/ Fat Free Dressing)
Summer Chopped Chicken Salad (w/ Fat Free Vinaigrette)
Apple Gorgonzola Salad

Soup
Chicken and Noodles
Beef Vegetable

Grill Line Sandwiches
Lake Erie Perch Sandwich
(with applesauce and side salad or vegetable of the day)
Fresh All-Natural Grilled Chicken Breast
(with applesauce and side salad or vegetable of the day)

Traditional Favorites
True Lake Erie Yellow Perch
(with steamed vegetables, side salad and applesauce)
Baked Atlantic White Fish
(with steamed vegetables, side salad and applesauce)
Grilled Chicken Breast Dinner (with steamed vegetables, side salad and applesauce)
Salads and Wraps
Oriental Chicken Salad (and wrap)
Smoked Turkey and Pecan Salad (and wrap)
Turkey Bacon Club Salad (and wrap)
Grilled Chicken Breast Salad (and wrap)

**All with Fat Free Ranch, Lite Italian or Fat Free Raspberry Vinaigrette dressing**

Chicken
Grilled Chicken Breast Sandwich

Diner Classics
Grilled Pork Tenderloin Sandwich

Kids Meals
Jr. Burger with Applesauce and Milk
Jr. Shredded Chicken with Mandarin Oranges and Milk

Sandwiches
Turkey and Swiss Melt
Cheddar Apple Smoked Turkey

Salads
Strawberry Spinach Salad
Gourmet Garden Salad

Drinks
Green Smoothie

**ACTIVATE APPROVED items, see Nutrition Guide for more information. Select fat-free dressing when applicable.**
MEALS:

**Stone-Fried Flatbreads**
- Lobster and Greens with Feta

**Salads**
- Margherita Flatbread
- Greens, Berries and Nuts
- OC Prime Chopped Salad

**Classic Lunch Plates**
- Chicken Breast
- Atlantic Cod
- Grilled Fish Tacos

**Steakhouse Sandwiches and Burgers**
- Fresh Natural Chicken Breast (with steamed vegetables)

**Look for these Activate Approved options today!**

- Grilled Turkey Burgers
- Morning Star Farms Veggie Burgers
- Veggie Wraps On Request
- Roasted Turkey Wrap or Sub
- Assorted Yogurts
- Veggie Cups
- Fresh Fruit Cups
- Whole Fruit
- NutriGrain Bars
- Whole Grain Dry Cereal

www.ActivateAllenCounty.com