



Thank you for your interest in becoming a ***Better Choice Eatery!***

Better Choice Eatery is a free, voluntary program to increase the access, availability and promotion of healthy food choices at local restaurants in Clinton County.

- Joining the movement is easy, and with incentives and publicity available for your restaurant it will be hard to say no! Becoming a *Better Choice Eatery* shows your interest in prioritizing the health of your customers and your community.
- There are 4 steps to becoming a *Better Choice Eatery*:
 1. Submit recipes for at least 3 entrées that fit the 6 *Traits of a Better Choice*.
 2. Identify *Additional Supports for Healthy Behavior*.
 3. Comply with Environmental Health Standards.
 4. Complete the application packet!

As a *Better Choice Eatery*, you can increase access to high quality foods and help customers make healthier choices. Other benefits of becoming a *Better Choice Eatery* include:

- A *Better Choice Eatery* Recognition Certificate for display in your restaurant.
- Community recognition for offering and promoting dishes that support a healthy lifestyle.
- Promotion as a participating partner on the CCHD webpage, program pamphlet, social media and various other media outlets used by the CCHD.
- Assistance with menu or other promotional material printing.

Are you ready to join the *Better Choice Eatery* movement? Complete the attached application packet and return it via e-mail, fax or mail. If you have questions call Molly at 518-565-4993 or email MollyM.Flynn@clintoncountygov.com.

Step One

Submit recipes for at least 3 entrees that fit the *6 Traits of a Better Choice*.

The guidelines meet with the recommendations from the *2015-2020 USDA Dietary Guidelines for Americans*. Meals meeting these standards are considered healthier choices than those that do not. All recipes submitted will remain confidential and will be used for nutritional analysis purposes only.

6 Traits of a Better Choice

Submissions must include:

1. Less than 750 calories;
2. Less than 35% total fat;
3. 0g (0.5g or less) *trans* fat;
4. Less than 10% saturated fat;
5. At least one lean protein and;
6. At least 1 serving of fruit or vegetable.

To encourage reduced sodium consumption, it is also recommended sodium levels not exceed 1,000mg. We also ask that restaurants be willing to cater to requests from customers that salt not be added to their food, should the request be made.

Step Two

Identify Additional Supports for Healthy Behavior.

Better Choice Eateries don't just boast a few healthy options, they support healthy living. Participating restaurants need to identify *Additional Supports for Healthy Behavior*. Supports may be things that are already in place or that will be implemented. Choose from the list below or submit your own ideas. Choices must total ≥ 5 .

"Additional Supports" must total ≥ 5 points.

Pts.	Additional Support	Pts.	Additional Support
3	Offer a children's meal that has; less than 30% of calories from fat, 2 servings of fruits and vegetables, and one whole grain.	2	Promote a 'we'll pack half' policy.
		2	Serve whole grain bread as a default bread.
		2	Have a bike rack accessible to your customers.
2	Welcome breastfeeding in your restaurant.	2	Go straw free or only provide straws upon request.
2	Offer "half" portions.	1	Offer vegan or vegetarian options.
2	Use serving plates that are 9 to 10 inches in diameter.	1	Offer 1% or skim milk as a default dairy product.
		1	No free refills on sugar sweetened beverages (soda, sports drinks, less than 100% juice and sweetened teas).
2	Provide healthy substitutions at no extra cost (grilled, baked or broiled instead of fried; side salad, fruit or vegetable instead of fries).	1	Create your own:

Step Three

Comply with Environmental Health Standards.

Participating restaurants must comply with safe food handling and water standards, as outlined below.

Safe Food Handling

In each of the last three restaurant inspections, a *Better Choice Eatery* must not have exceeded:

- 3 critical environmental health violations (red violations)
- 1 bare hand contact violation (considered a critical violation)
- 5 environmental health violations (blue violations)

Meeting these standards means the restaurant has received a health grading of B or higher on each of its last three inspections per the Clinton County Health Department Environmental Health & Safety Division's Restaurant Inspection Grades/Ratings System.

Restaurant Inspection Grade/ Rating System

Non – Critical Violations (Blue)	Critical Violations (Red)				
	0-2	3	4	5	6+
0-5	A	B	C	D	E
6-9	B	C	D	E	E
10-12	C	D	E	E	E
13-15	D	E	E	E	E
16+	E	E	E	E	E

Safe Water

In addition, if the restaurant is not connected to municipal water, the site must:

- Complete all required water samples within the required timeframes,
- Continually maintain its water disinfection system (UV or Chlorination), and
- Notify the CCHD's Environmental Health & Safety Division of any water emergencies and comply with the boil water order requirements.

For a detailed explanation of red and blue zone violations or for questions regarding safe water, contact the Environmental Health & Safety Division at 518-565-4870.

Step Four

Complete the application packet.

The final step to becoming a Clinton County *Better Choice Eatery* is to complete and submit the paperwork. Please submit the completed application via e-mail, fax or mail to:

E-mail: MollyM.Flynn@ClintonCountyGov.com

Fax: 518-565-4472, Attn: Molly Flynn

Mailing Address:

Molly Flynn
Clinton County Health Department
Division of Health Planning and Promotion
133 Margaret Street
Plattsburgh, NY 12901

Please note: Accepted and approved applications allow restaurants to participate with the program for one calendar year. A re-application process will be completed each year to ensure restaurants continue to meet all program criteria.



2022 Application

Name of Restaurant _____

Address of Restaurant _____

Contact Name _____ Contact Phone Number _____

Contact Email _____ Contact Fax Number _____

Website Address _____ Best Time to be Contacted _____

☐ Initial Certification ☐ Recertification with unchanged recipes ☐ Recertification with changed/new recipes

Better Choice Eatery Checklist

- ☐ I have submitted at least 3 healthy entrées for nutritional analysis.
(Recipes have been entered on Healthy Entrée Submission Form.)
- ☐ My restaurant meets the Environmental Health Standards for participation on the program. (Please contact us if you are unsure; we can help.)
- ☐ I have identified *Additional Supports for Healthy Behavior* that my restaurant is willing to implement.
- ☐ I have signed the *Better Choice Eatery* Mutual Agreement.
- ☐ I am willing to post *Better Choice* materials (window decals, certificate, menus, etc.) and have nutritional information available on our *Better Choice* Entrées.
- ☐ CCHD can promote my restaurant's participation in the *Better Choice Eatery* program on social media outlets and printed materials.

For Office Use Only

Date Application Received: _____

☐

Initial Certification

☐

Recertification

For Year: _____

☐

Environmental Health standards met.

Verified _____

☐

Nutrition standards met.

Verified _____

☐

Additional Support for Healthy Behavior criteria in place.

Verified _____

☐

Mutual Agreement signed.

Verified _____

☐

Copy sent to EHS Division.

Verified _____



Better Choice Eatery Mutual Agreement **2022**

By signing this agreement, I understand that *Better Choice Eatery* is a voluntary program which aims to proactively endorse healthy foods and healthy eating. This restaurant has agreed to adhere to the program guidelines aforementioned in this packet, including the requirements of the Environmental Health & Safety Division of the Clinton County Health Department.

If this restaurant is recognized as a *Better Choice Eatery*, I understand we will receive promotional materials and agree to utilize and display these items so they are easily visible to patrons. In addition, I understand that this restaurant's participation will be listed on the Clinton County Health Department's webpage (www.clintonhealth.org) and may also be recognized on various media outlets, such as Facebook, for as long as participation is verified.

If the ownership, physical facility or menu at this restaurant changes in any way, I will notify the Clinton County Health Department. I understand that a change in ownership, the addition or deletion of any part of the facility and/or the addition, deletion or substitution of any menu item may impact the restaurant's participation in the *Better Choice Eatery* Program. I understand that a change in any of the aforementioned may warrant an additional inspection by the Environmental Health & Safety Division of the Clinton County Health Department.

Lastly, I understand that in order to maintain participation in the program, the restaurant must resubmit an application on an annual basis. If this restaurant fails to meet any of the criteria outlined in this packet, the restaurant will no longer be recognized as a *Better Choice Eatery* and will be asked to forfeit all promotional materials.

I confirm that all information in this application is complete and accurate.

Restaurant Name _____

Responsible Party _____

Signature _____ Date _____



Additional Supports for Healthy Behaviors

(Please circle your selections and total your score.)

Support:	Points
Offer a children's meal that has; less than 30% of calories from fat, 2 servings of fruits and vegetables, and one whole grain.	3
Welcome breastfeeding in your restaurant.	2
Offer "half" portions.	2
Use serving plates that are 9 to 10 inches in diameter.	2
Provide healthy substitutions at no extra cost (grilled, baked or broiled instead of fried; side salad, fruit or vegetable instead of fries).	2
Promote a 'we'll pack half' policy.	2
Serve whole grain bread as a default bread.	2
Have a bike rack accessible for your patrons.	2
Go straw free or only provide drinking straws upon request.	2
Offer vegan or vegetarian options.	1
Offer 1% or skim milk as a default dairy product.	1
No free refills on sugar sweetened beverages (soda, sports drinks, less than 100% juice and sweetened teas).	1
Create your own: _____	1
Total Points (must be ≥ 5)	

Healthy Entrée Submission Form

(Example submission)

Dish Title: Turkey Vegetable Meatloaf with Mashed Potatoes and Green Beans

Serving Size: 4 oz Meatloaf, ½ cup mashed potatoes, ½ cup green beans

<u>Quantity</u>	<u>Measurement</u> (Cup, Tsp, Tbsp, etc.)	<u>Ingredient</u>	<u>Method:</u> Please provide any specifics regarding how the dish is prepared (i.e. baked, broiled, grilled, fried).
<u>Meatloaf</u>			Meatloaf: Baked Mashed Potatoes: Boiled Potatoes Fresh Green Beans: Boiled
2	Cups	Chopped zucchini	
1 ½	Cups	Chopped Onion	
1	Whole	Red Bell Pepper	
1	Pound	Ground Turkey	
½	Cup	Uncooked Couscous	
1		Egg	
2	Tablespoon	Worcestershire sauce	
1	Tablespoon	Dijon Mustard	
<u>Mashed Potatoes</u>			
2	Pounds	Potatoes	
2	Tablespoon	Butter	
1	Cup	Skim Milk	
To Taste		Salt and Pepper	
<u>Fresh Green Beans</u>			
2	Cups	Fresh Green Beans	

Dish Title:

Serving Size:

[illegible]

Dish Title:
Serving Size:

<u>Quantity</u>	<u>Measurement</u> (Cup, Tsp, Tbsp, etc.)	<u>Ingredient</u>	<u>Method:</u> Please provide any specifics regarding how the dish is prepared (i.e. baked, broiled, grilled, fried).

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