

Healthy Links Dining



Application for Colchester Health Department Healthy Links Certification For Healthy Eating and Active Living (HEAL)

COLCHESTER HEALTHY LINKS

I agree that the **Healthy Links Dining** menu standards, as checked on the form below, will be incorporated into the establishment's service and that implementation of such standards shall be subject to inspection by the Colchester Health Department. In recognition of these **Healthy Links Dining** standards, Colchester Health Department will award a **Healthy Links Certificate**. It is agreed that the **Healthy Links Dining** certification is valid for display only when the standards identified below are in practice in the restaurant. **BOTH guidelines must be met in order to receive certification.**

Name of Restaurant _____ FAX: _____
 Phone: _____ Email: _____
 Street Address: _____
 Owner/Manager Name: _____
 Signature: _____ Date: _____

Healthy Eating Active Living Fruit and Vegetable Standards

**Initial to Accept Standards,
Restaurants Require #1 & #2
Markets Require #3** ↓

1. Offer FRESH uncooked fruit/s and/or vegetable/s as a SIDE ITEM for any meal					
2. Offer FRESH uncooked fruit/s and/or vegetable/s as an A LA CARTE item					
3. Offer FRESH uncooked fruit/s and/or vegetable/s for sale as "GRAB AND GO" foods in supermarkets or convenience stores					
Guidance for fresh fruits and vegetable standards in restaurants: Provide patrons with options for fresh, uncooked fruits and vegetables with no dressings, sauces, salt, butter, oil, margarine, or sugar added. Examples of fruits and vegetables that can be served are below.					
Fresh fruits can include but are not limited to:			Fresh vegetables can include but are not limited to:		
Bananas	Apples	Grapes	Carrots	Celery	Broccoli
Melon	Pears	Strawberries	Tomatoes	Cauliflower	Cucumber
Oranges	Peaches	Pineapple	Zucchini	Salad with mixed greens	

Restaurant Healthy Heart Portions

**Initial to Accept Standards,
At Least One Required** ↓

1. Offer portion sizes on the menu that are aligned with the American Heart Association recommendations (see below) with the price adjusted for the reduced serving size.				
2. Develop <u>and</u> POST A POLICY for those who prefer to SHARE A DINNER				
3. Allow for HALF-PORTIONS of entrée meals to be placed in a "to-go" box or "doggie bag" in the kitchen at time of plate preparation <u>and</u> post this policy on tables or in the menu				
GUIDANCE FOR PORTION SIZES: Provide patrons with serving sizes that are in line with the American Heart Association recommendations by any of the ways listed above. Fruits and vegetables (including salads with dressing on the side) are allowable in unlimited amounts. Portion size recommendations are below.				
Meats/Fish	Pasta or Rice (cooked)	French Fries	Cheese	Bagel or Bread
3 cooked ounces	½ cup – side dish 1 cup- main dish	2.4 ounces (about 20 shoestring)	1 ounce or less	1 ounce or 1 slice as a side dish

Application courtesy of Eastern Highlands Health District, Mansfield, Connecticut



Public Health
Prevent. Promote. Protect.

Return to: Colchester Health Department
 127 Norwich Avenue
 Colchester, CT 06415
 Phone: 860-537-7214 Fax: 860-537-7287

FOR OFFICE USE

Confirmed: _____
 Certificate Sent: _____
 Follow Up: _____

Healthy Links Dining

The Colchester Health Department invites you to become recognized as a "Healthy Link"

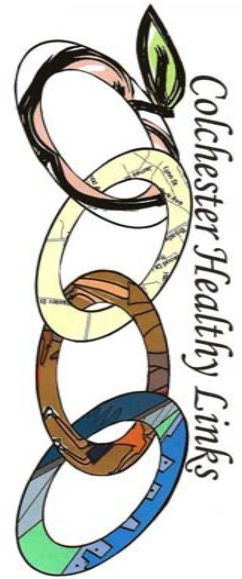
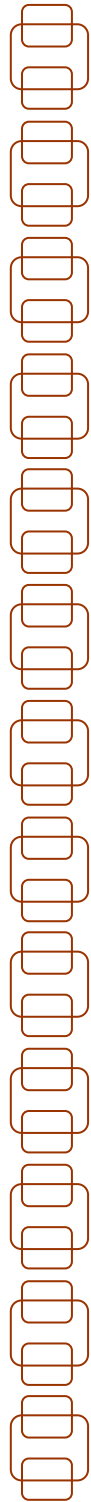
Each Healthy Link certified establishment:

1. Supports healthy eating options in Colchester
2. Is included in the next Colchester Connection brochure
3. Is welcome to use this certification in advertising and business promotion

The process is easy!

- Complete this application
- Return it to Colchester Health Department by fax, mail, or drop off to office.
- Assistance with the process is provided through Colchester Health Department if necessary

Colchester Health Department
127 Norwich Avenue
Colchester, CT 06415
860-537-7287 Fax
860-537-7214 Phone



Become a Colchester Healthy Link

- ✓ Complete this application form
- ✓ Mail, FAX, or drop off to Health Department.
- ✓ Receive a certificate of participation in Healthy Links program to post
- ✓ Be recognized in the next Colchester Connection brochure, delivered free to every home in Colchester