



BE MORE Healthful! A Guide for Restaurants

Heather S. Wallace, PhD, CFLE
Assistant Professor
Department of Family
and Consumer Sciences

What makes a community more than a location? People who have an interest in supporting the common good ensure that community is more than a certain spot on the map. In a community, individuals and businesses alike strive to Be More involved in solving local problems. Obesity is a troubling issue in communities big and small, and restaurants are stepping up to play a role in healthier eating and healthier futures. Learn what you can do to Be More proactive in the welfare of **your** community.

What Your Restaurant Can Do	BE MORE Support
Promote healthy portion sizes. <ul style="list-style-type: none"> • Ask customers, when they are ordering, if they would like to package a portion of their meal in a Be More take-out container prior to eating. • Display information about portion sizes on table tents, signs or menu insert. 	Provide Be More take-out containers for customers choosing to package a portion of their meal when ordering. Provide signage, table tents or menu inserts promoting portion control.
Prepare and offer Be More quarterly healthy recipes featuring seasonal fruits and vegetables.	Promote the availability of the Be More quarterly recipe at your restaurant via newspaper ads, radio, social media and/or in store promotions.
Display healthy restaurant ordering tips, which could include table tents, menu stickers or signage.	Provide healthy restaurant tips and format in the best choice for your restaurant.
Provide free tap water to all customers. For counter-service restaurants, water should be provided in a self-service area. For table-service restaurants, water can be provided by the server.	Provide a restaurant-approved water station.
Promote healthy choices by charging an average price for healthy entrees and side dishes that is no higher than the average prices for other entrees and side dishes.	Educate restaurant managers on how to assess recipes to determine nutritious standards utilizing the USDA Dietary Guidelines.

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