

# MENU

Heart of  
New Ulm



Supporting a culture of wellness

heartofnewulm.com

## The Heart of New Ulm Healthy Restaurant Program

### What is the Heart of New Ulm (HONU) Healthy Restaurant Program?

The HONU Healthy Restaurant Program is a voluntary program that local food establishments can participate in by offering healthier menu options to your customers. We partner with local restaurants to encourage customers to make healthier choices and provide incentives for restaurants to participate.

Healthier strategies may include:

- Providing nutrition information on menus.
- Encouraging wait staff to promote healthier options.
- Making healthier options comparable in price.
- Providing senior and kids meals to any customers requesting them.
- Allowing entrée sharing at no extra charge.
- Offering more locally sourced vegetables, fruit, meats and fewer processed foods.



### Why Participate?

As a partnering restaurant, you can get valuable assistance to help implement selected healthy restaurant strategies. Depending on the strategies selected, this may include:

- Technical assistance and/or funding.

Additionally, as a participating restaurant, you will:

- Receive a Heart of New Ulm door/window decal to identify your participation.
- Receive local promotion highlighting your restaurant.

(continued)

## Does My Restaurant Qualify?

To qualify, your restaurant must meet all of the following criteria:

- Be a locally owned, non-chain with less than three locations.
- Have been in operation for at least 12 months.
- Be willing to implement strategies from the menu of options below to achieve either Silver or Gold-level status.

Healthy Menu Options Offered Daily
<b>BEVERAGES</b>
Add 1% milk or skim milk as the default dairy product.
Offer a low- or no-calorie beverage (e.g., diet soda, unsweetened iced tea, coffee).
<b>FRUITS AND VEGETABLES</b>
Offer one or more non-fried vegetable side dishes (without sauce/butter).
Offer one or more fruit side dishes (no added sugar).
If chips or fries are available, offer baked chips, a non-fried vegetable and/or a fruit as substitutes.
Offer a non-fried vegetable (no added sauce/butter) or fruit (no added sugar) available as substitute for an unhealthy side (e.g., chips, fries) <b>without added charge</b> .*
<b>PORTION SIZES</b>
Offer two or more reduced-size portion meals.
<b>WHOLE GRAINS</b>
Offer a whole grain bread or bun option available for sandwiches, burgers and/or bread baskets.
Do not butter sandwich buns unless the customer requests it.
Offer one or more whole grain options (other than whole grain bread) (e.g., whole grain pasta, whole wheat wrap, corn tortilla, quinoa, popcorn, oatmeal, etc.).
<b>SPREADS AND DRESSINGS</b>
Place spreads (e.g., mayonnaise or butter) and dressings on the side for all burgers, sandwiches and wraps.
<b>KIDS' MENU</b>
Make healthier side items (non-fried vegetable or fruit) the default option with all children's meals <b>without added charge</b> .
Make healthier beverages (1% milk and water) the default option with all children's meals <b>without added charge</b> .
<b>OTHER ACTIVITIES</b>
Offer locally grown foods and highlight them on the menu.
Provide senior or children's meals to anyone who requests them.
Reprint menus to list side dishes with healthiest items first.
Reprint menus with better descriptions and photos of healthy foods.
Clearly display the door/window decal showing participation in the program.*



**Silver-level restaurants** offer **at least 6** of the healthy options above.



**Gold-level restaurants** offer **7 or more** of the healthy options above, which must include the two \* items.