

Choose Health LA Restaurants: Frequently Asked Questions

Q: What is *Choose Health LA Restaurants*?

Choose Health LA Restaurants is a partnership between the Los Angeles County Department of Public Health and local restaurants to promote healthier meal choices for customers across Los Angeles County.

The *Choose Health LA Restaurants* program works with restaurant operators to offer customers the option to choose a smaller portion size in addition to existing menu items, and offer parents more options to choose healthier children's meals.

This is a voluntary program that is separate from the Environmental Health restaurant inspection process and does not impact a restaurant's letter grade.

Q: Why was *Choose Health LA Restaurants* created?

Choose Health LA Restaurants was created to help expand healthier options for people eating outside the home, which accounts for many of the meals we eat. On average, we eat out 4 times a week and we spend more than 40% of our food budget on meals away from home.

This program is about expanding choices when dining out. For customers who are watching their calories, or just want a smaller size of their favorite restaurant food, this program gives them the opportunity to choose the right size at the right price. For parents, *Choose Health LA Restaurants* allows families the opportunity to dine out together and still feed children the fruits, vegetables, and nutritious foods they need to grow up healthy and strong.

Q: I'm a restaurant owner/operator in Los Angeles County. What do I need to offer my customers as a *Choose Health LA Restaurant*?

A *Choose Health LA Restaurant* offers customers:

- Smaller portion size options – these items are in addition to the existing items on your menu
- Healthier children's meals that include fruits and vegetables, healthy beverages, and non-fried foods
- Chilled water, free of charge

Q: I'm a restaurant owner/operator in Los Angeles County. How do I sign up?

Download the application online at choosehealthla.com or call us at (213) 351-7807 to receive an application through the mail.

Q: How will *Choose Health LA Restaurants* benefit my restaurant?

Choose Health LA Restaurants offers you the opportunity to promote community health and also respond to customer demand. In a recent survey of LA County residents, 85% indicated support for restaurants offering reduced-size portion options. Additionally, a recent report looking at restaurant trends on the national level found that restaurants

increasing their healthier offerings saw a 5.5% increase in same-store sales over a five year period, while restaurants that did not experienced a decline.

- Participating restaurants will be recognized as Public Health partners in promoting healthier communities on our Choose Health LA website and through other public outreach efforts.
- Participants will be issued an official *Choose Health LA Restaurants* decal that can be displayed in the restaurant, as well as in-store promotional materials about the program.
- Participating restaurants will be offered free, on-site assistance from *Choose Health LA Restaurants* program staff to implement these menu changes. A dedicated staff member will guide you through the application process, from start to finish. Contact *Choose Health LA Restaurants* at choosehealthla@ph.lacounty.gov, or (213) 351-7807.

Q: Are restaurant owners charged a fee to participate in the program?

We do not charge restaurants any fees to participate in the program, and promotional materials are provided free of charge.

Q: What if I am not sure if my restaurant meets the specific criteria listed in the application?

If you have any questions or concerns around the potential eligibility of your restaurant, we encourage you to contact *Choose Health LA Restaurants* staff by calling (213) 351-7807 or emailing choosehealthla@ph.lacounty.gov. Staff are available to discuss the criteria in further detail and assess individual situations to help determine eligibility for the program.

Q: Where can I get more information?

To learn more about *Choose Health LA Restaurants*, go to choosehealthla.com, email us at choosehealthla@ph.lacounty.gov, or you can call (213) 351-7807.