

## ***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.

### **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](http://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](mailto: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: Where can I get more information?**

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