

## Grass Lake charter township

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**Restaurants #4  
Roaming Goat  
Completed on 7/9/2018**



According to recent estimates, Americans consume more than 40% of their meals away from home, in various types of restaurants. The Restaurants assessment evaluates the extent to which all types of restaurants in your community offer healthy options at price comparable to other options and promote healthy eating, including providing information about which menu selections are healthy.

[Click here](#) for a downloadable copy of the Healthier Items List.

**1. Provide the name and zip code of one of the most popular, non-chain restaurants in your community.**

**Restaurant Name:**  
*(Limit to 25 characters  
for display purposes)*

**Zip code (5 digits):**

**2. Dates you started and ended the information collection process for assessing this restaurant (MM/DD/YYYY):**

**Date Started:**

**Date Ended:**

**3. Are the following available on the menu:**

**a. Healthier options are available.**

- Yes (5 pts)       No (0 pts)

**b. Half- or reduced size choices are offered.**

- Yes (5 pts)       No (0 pts)

**c. Menu notations identify and encourage healthy requests or healthy options.**

- Yes (5 pts)       No (0 pts)

**4. In general, is the pricing for healthier entrees more or less than regular entrees?**

- Healthier entrée costs more (0 pts)  
 Healthier and less healthy entrees cost about the same (8 pts)  
 Less healthy entrée costs more (10 pts)

**5. Does the restaurant offer the following:**

**a. Offers at least 1 meal with 900 mg sodium or less.**

Yes (3 pts)  No (0 pts)

**b. Offers a fruit or non-fried vegetable as a side dish when value meal combinations are offered**

Yes (3 pts)  No (0 pts)  Value meal combinations not offered (3 pts)

**c. Offers at least 1 whole grain starch side**

Yes (3 pts)  No (0 pts)

**d. Offers at least 1 raw, salad-type vegetable or salad bar with at least 1 nonfat or low-fat dressing**

Yes (3 pts)  No (0 pts)

**e. Offers dairy items (cottage cheese, yogurt) that are low fat (2% or less) or fat-free**

Yes (3 pts)  No (0 pts)

**f. Offers a variety of beverage choices that contain  $\leq 40$  calories per serving**

Yes (3 pts)  No (0 pts)

**g. Offers 1% or fat-free fluid milk**

Yes (3 pts)  No (0 pts)

**6. Does the restaurant allow for **healthy substitutions** at no additional charge?**

Healthier substitutions are available and there is no extra charge (8 pts)

Healthier substitutions are available, with an extra charge (4 pts)

Healthier substitutions are not available (0 pts)

**7. Does the [signage](#) in the restaurant promote healthy menu options? [Click here](#) for examples of unhealthy and healthy [signage](#).**

- Only unhealthy options are depicted in [signage](#) (0 pts)
- Mostly (greater than 50%) unhealthy options are depicted in [signage](#) (0 pts)
  - Mostly (greater than 50%) healthy options are depicted in [signage](#) (4 pts)
- Only healthy options are depicted in [signage](#) or there is no [signage](#) (8 pts)

**8. What nutrition information is available to customers? *Available means it applies to all menu items.***

**a. Calories**

- Yes (2 pts)
- No (0 pts)

**b. Milligrams of Sodium**

- Yes (2 pts)
- No (0 pts)

**c. Grams of sugar**

- Yes (2 pts)
- No (0 pts)

**d. Grams of fat or percent calories from saturated fat**

- Yes (2 pts)
- No (0 pts)

**9. Is [nutrition information](#) available in the following locations:**

**a. Point of purchase/service, such as on the menu or menu board**

- Yes (2 pts)
- No (0 pts)

**b. Signs or brochures in the restaurant**

- Yes (2 pts)
- No (0 pts)

**c. Online**

Yes (2 pts)

No (0 pts)

#### d. QR codes

Yes (2 pts)

No (0 pts)

#### e. Please describe any other locations at this restaurant where nutrition information is made available.

#### 10. Does the restaurant offer kid's meals

Yes (0 pts)

No (22 pts)

#### 10a. Check the unhealthy beverage options that are offered with kids meals and then answer the question below. *If none are offered, do not check any.*

Soda

Lemonade, punch, sports drink, energy drink, sweet tea, or other sweetened non-milk beverage

Flavored milk

Unflavored whole or reduced fat (2%) milk

#### How many of the items were checked in the list above?

1 or more (0 pts)

None (6 pts)

#### 10b. Check the healthier beverage options that are offered with kids meals and then answer the question below. *If none are offered, do not check any.*

Unflavored low fat (1%) or non-fat milk

100% juice

Water

**How many of the items were checked in the list above?**

1 or more (8 pts)

None (0 pts)

**10c. Which of the following foods are offered as part of the kid's meal?**

**1) Non-fried vegetable**

Yes (2 pts)

No (0 pts)

**2) Whole grain starch**

Yes (2 pts)

No (0 pts)

**3) Fruit without added sweeteners**

Yes (2 pts)

No (0 pts)

**4) Lean, non-fried meat, poultry or fish alternative**

Yes (2 pts)

No (0 pts)

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Promoting Healthy Eating

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