



*"A community effort to support policies and programs designed to foster healthy lifestyles"*

Lee  
 Lenox  
 Stockbridge  
 Pittsfield  
 Great Barrington

## **Be Well Berkshires: A Mass in Motion Initiative – Healthy Dining Options Application**

*To promote healthier dining in Great Barrington, Lee, Lenox, Pittsfield, and Stockbridge, the **Be Well Berkshires** Mass in Motion Initiative has established a voluntary designation for food establishments that offer nutritious menu choices in a healthy environment. Please fill out the application, sign, and return it with a **copy of your menu** to: e-mail [krowe@bhs1.org](mailto:krowe@bhs1.org); or FAX (413)395-7028 or mail: 165 Tor Court, Pittsfield MA 01201 (ATTN: K. Rowe)*

Applicant's Business Name: \_\_\_\_\_

Business Owner/Manager: \_\_\_\_\_ Telephone: \_\_\_\_\_

E-mail \_\_\_\_\_ Web/facebook page \_\_\_\_\_

Address of establishment(s): \_\_\_\_\_

As the owner/manager of the above establishment(s), I certify that, as evidenced by my local health department records, this facility:

Has a healthy environment:

1. Has no unresolved health code violations
2. Maintains an appropriate food health license
3. Enforces no-smoking laws within the establishment
4. Follows guidelines for food allergen regulations
5. Enforces alcohol serving laws, training staff as appropriate

Serves healthy options:

6. Offers at least two choices of fruits and/or vegetables (other than potatoes)
7. Allows substitution of salad or other vegetables for fried potatoes (e.g. French fries) at no extra cost
8. Clearly designates low-fat, low-calorie, lower sodium, and trans fat free menu items when offered
9. Offers 1% or skim milk, when milk is offered as a beverage
10. Offers some dishes in a smaller portion size (e.g., half portion sizes) for a reduced price, OR offers a half-meal-to-go option

OPTIONAL: Attempts to serve seasonal items and to purchase locally; has removed salt shakers from the tables, providing them by request only.

To establish a baseline, please attach a copy of your current menu.

You will be notified within thirty days after the application is received and processed. Successful applicants will receive a decal designating your facility as an approved partner in the **Be Well Berkshires** Healthy Dining Options, as well as an electronic file that can be used to place the symbol on menus or advertisements.

Establishments that are designated as **Be Well Berkshires** Healthy Dining Options will benefit from additional free marketing and publicity as the program develops.

I, \_\_\_\_\_, hereby agree to the above terms and conditions, and to contact the **Be Well Berkshires** staff in the event that this changes.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:      Received \_\_\_\_\_      Approved \_\_\_\_\_