

## On the Menu

## **Restaurant Commitments Announced on Food Day**

(Choose one, or many, of the following suggestions)

**Buy local! Buy more food from local, organic or sustainable farms.** (Locally produced food can add taste and nutrients, as well as bolster the local farm economy.)

Meet farmers! Invite farmers/suppliers during Food Week to meet with diners at the restaurant. (Connecting farmers to consumers is mutually educational and will build loyalty to the restaurant.)

Whole grains rule! Use more whole grain flours, breads, rice, and pasta. (Grains' bran and germ add dietary fiber, vitamins, and minerals—and flavor!)

**Cut the salt!** Lower sodium levels in certain dishes by 20 percent or more. (Talented chefs can partially replace salt with herbs, spices, and other ingredients and cooking methods; suppliers can provide lower-sodium baked goods, meats, and sauces.)

**Inform your guests! Provide calorie information on menus.** (Only chain restaurants will be required to provide calorie information, but diners at all restaurants appreciate knowing more about the foods being served.)

Do good! Collect money (percentage of sales, request to guests, etc.) during Food Week for food banks, farmers markets, or other local organizations. (Your restaurant's generosity will benefit your community—and repay itself with increased goodwill and patronage.)

Publicize Food Day! Use your listserv of customers to publicize Food Day (<a href="www.foodday.org">www.foodday.org</a>). (Help advance the national movement for healthier, more sustainably and humanely produced food. Ask the Food Day office for a printable file.)

Or use your imagination to come up with better, unique ways to celebrate Food Day!

\*Restaurants' actions will be publicized on the Food Day website.

Please send your restaurant's commitment to: Food Day-Restaurant Commitments, Suite 300, 1220 L St. NW, Washington, DC 20005, or to foodday@cspinet.org.