

As part of the 2019 Savour Australia™ Restaurant & Catering Hostplus for Excellence, R&CA will include a 'Healthy Kids Menu Award' for restaurants and cafes offering healthy choices for kids.

I am a member of Restaurant & Catering Member Number: \_\_\_\_\_

I am not a member of Restaurant & Catering

Establishment Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

Postal Address (if different): \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Twitter Handle: \_\_\_\_\_

Email: \_\_\_\_\_

## ELIGIBILITY

To be eligible to enter, venues must meet at least 50 per cent of the following criteria.

HEALTHY CHOICES FOR KIDS CRITERIA	
Venues must meet at least 50 per cent	
1. A VARIETY OF MENU OPTIONS SPANNING THE FIVE KEY FOOD GROUPS (breads and cereals, vegetables, fruit, dairy, lean meats, egg, tofu, nuts and seeds, and legumes/beans)	
2. SALAD AND/OR VEGETABLES SERVED WITH MEALS AS A STANDARD (either 1/2 cup of cooked vegetable or 1 cup salad)	
3. VEGETARIAN OPTIONS AVAILABLE	
4. POLY/MONOUNSATURATED BASED OILS ARE USED FOR COOKING (eg. Canola, olive, sunflower oils).	
5. REDUCED OR LOW FAT INGREDIENTS ARE USED	
6. WHOLEMEAL, MULTIGRAIN, OR HIGH FIBRE BREADS AND/OR ROLLS ARE AVAILABLE	
7. SALT SHAKERS ARE REMOVED FROM TABLES	
8. HEALTHIER COOKING METHODS OFFERED (eg. Grilling, steaming, baking)	
9. FRUIT- BASED DESSERTS ARE AVAILABLE (No more than 2 tspns of added sugar, honey, syrups or topping per serve)	
10. FREE TAP WATER IS MADE AVAILABLE ON TABLES	
11. HEALTHIER DRINK CHOICES AVAILABLE ON MENU (eg. Water, plain milk, or 100% fruit juice)	

## TO ENTER

To nominate for this award, applicants must:

1. Return a completed copy of this form;
2. Include a brief summary describing how your business meets the above criteria; and
3. Provide a copy of the venues kids menu along with photographs of the healthier meals.

The successful venue will receive fabulous marketing and advertising opportunities that are invaluable to your business. Award winners will be presented with a trophy at the 2019 SA Awards for Excellence annual gala dinner on **Monday 15 July 2019** at the Adelaide Convention Centre. The winner will receive access to a suite of 'Health Kids Menu' materials such as a guide for businesses, and branding material which can be used for venues' promotional campaign.

**NOMINATIONS CLOSE AT 4.00PM FRIDAY 7 JUNE 2019**

For all enquiries please email [events@restaurantcater.asn.au](mailto:events@restaurantcater.asn.au) or call 1300 722 878.