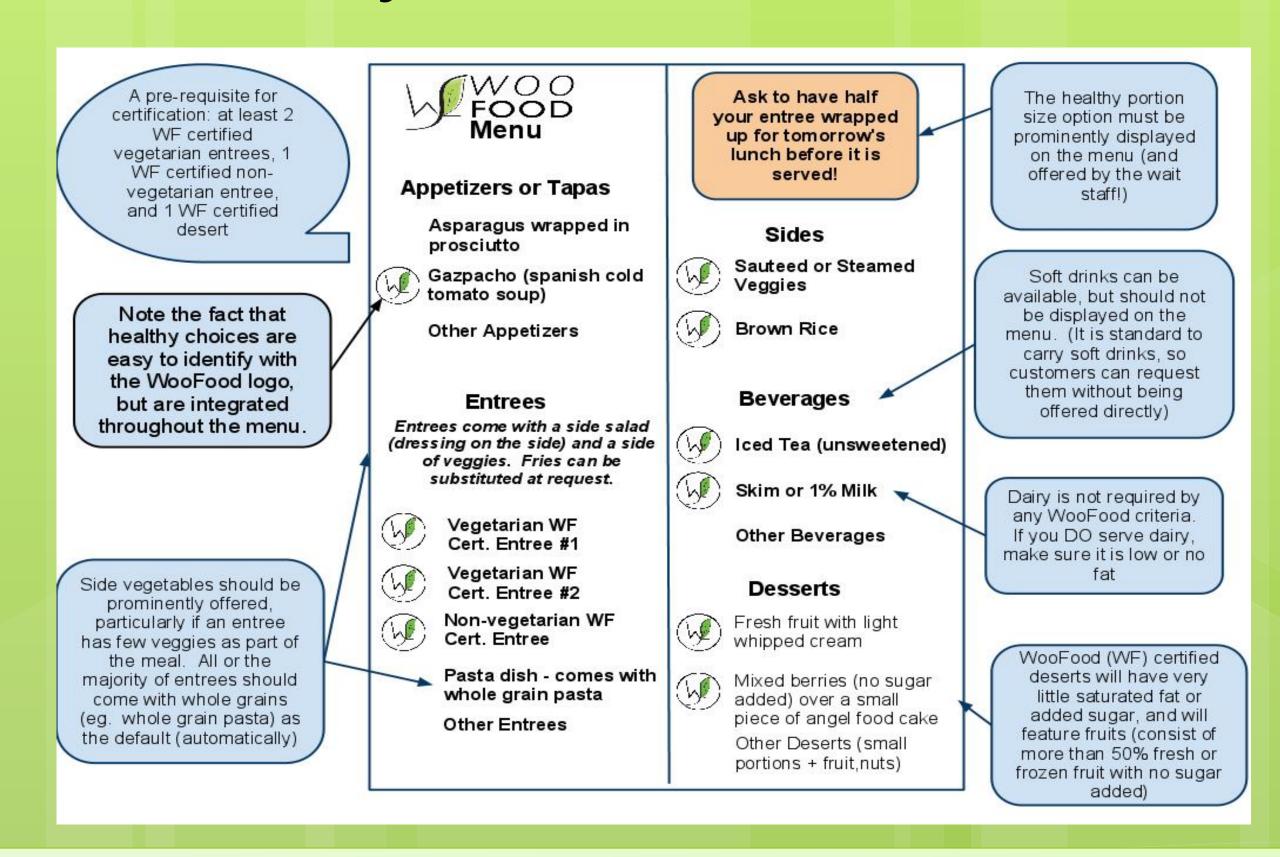
WooFood Summer Assistantship

Nutrition Outreach and Restaurant Recruitment

'WooFood strives to make the healthy choice the easy choice at restaurants and beyond'



Community Outreach

WooFood is working to expand its role here at UMass and in the greater Worcester community through nutrition education and awareness

Worcester DPH:

www.hsph.harvard.edu/nutritionsource

Coordinating efforts to address pediatric obesity in the community. Goal of maximizing nutrition education in grade schools and ensure healthy food is offered in their cafeterias

American Heart Association of Central Mass.

Collaborate on events and work to achieve mutual goals. Central Mass Heart Walk and CPR events/education initiatives

www.health.harvard.edu

Plumley Village Health Fair

WooFood reps distributed nutrition information and provided instruction on portion control as well as healthy cooking

HEALTHY EATING PLATE Use healthy oils (like Drink water, tea, or coffee olive and canola oil) (with little or no sugar). for cooking, on salad, and at the table. Limit (1-2 servings/day) and butter. Avoid trans fat. juice (1 small glass/day). WHOLE Avoid sugary drinks. **GRAINS** The more veggies— **VEGETABLES** and the greater the at whole grains (like brown variety-the better. rice, whole-wheat bread, Potatoes and french fries and whole-grain pasta). don't count. Limit refined grains (like HEALTHY white rice and white bread). **FRUITS** Eat plenty of fruits of all colors. Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and STAY ACTIVE! other processed meats. Harvard Medical School Harvard Health Publications Harvard School of Public Health The Nutrition Source www.hsph.harvard.edu/nutrition

WooFood's Goals

Increase restaurant recruitment in the greater Worcester area

Reach more populations in the community, specifically those with less access to healthy choices

Grow involvement in nutrition education and awareness via student capstone projects

Strengthen relationships with other community initiatives



Certified Restaurants Flying Rhino Nu Café Coral Seafood 7-Nana WooBerry Savor (DCU center) Garden Fresh Le Mirage Sweet Café Manzi's Nancy Chang's

Apple Spice (Pending)

A WooFood Certified Dish must:

Consists of at least ½ fresh or frozen fruits and/or vegetables

Consists of only whole grains (if dish includes more

than 0.5 oz of grains)

Use healthful fats like olive oil or canola oil if fats

are used

Contain less than 500 mg of sodium

Use a creative and descriptive name

Must taste good!

Restaurant Certification Criteria

At least three WooFood certified dishes are available and easy to identify

Two or more vegetarian dishes meeting WooFood standards are available One or more WooFood Approved Desserts is available (featuring fresh or frozen fruit)

Whole grain options are available for the vast majority of grain based items

No trans fats are used and instead healthful oils such as Canola or Olive oil are used with no more than 2 pats of butter per dish if butter is used for cooking

Unsweetened and low sugar beverages are available on the menu

Low or Nonfat Dairy are available and the default choice

For restaurants that offer a kids menu at least one WooFood Certified kids meal following the same standards as options is available





Special thanks to Dr. Heather-Lyn Haley and All those whose time, effort and resources make this program possible

Summer

Service-Learning

Assistantship

Program

Zachary Demma, UMMS 2017 Summer Assistantship Program