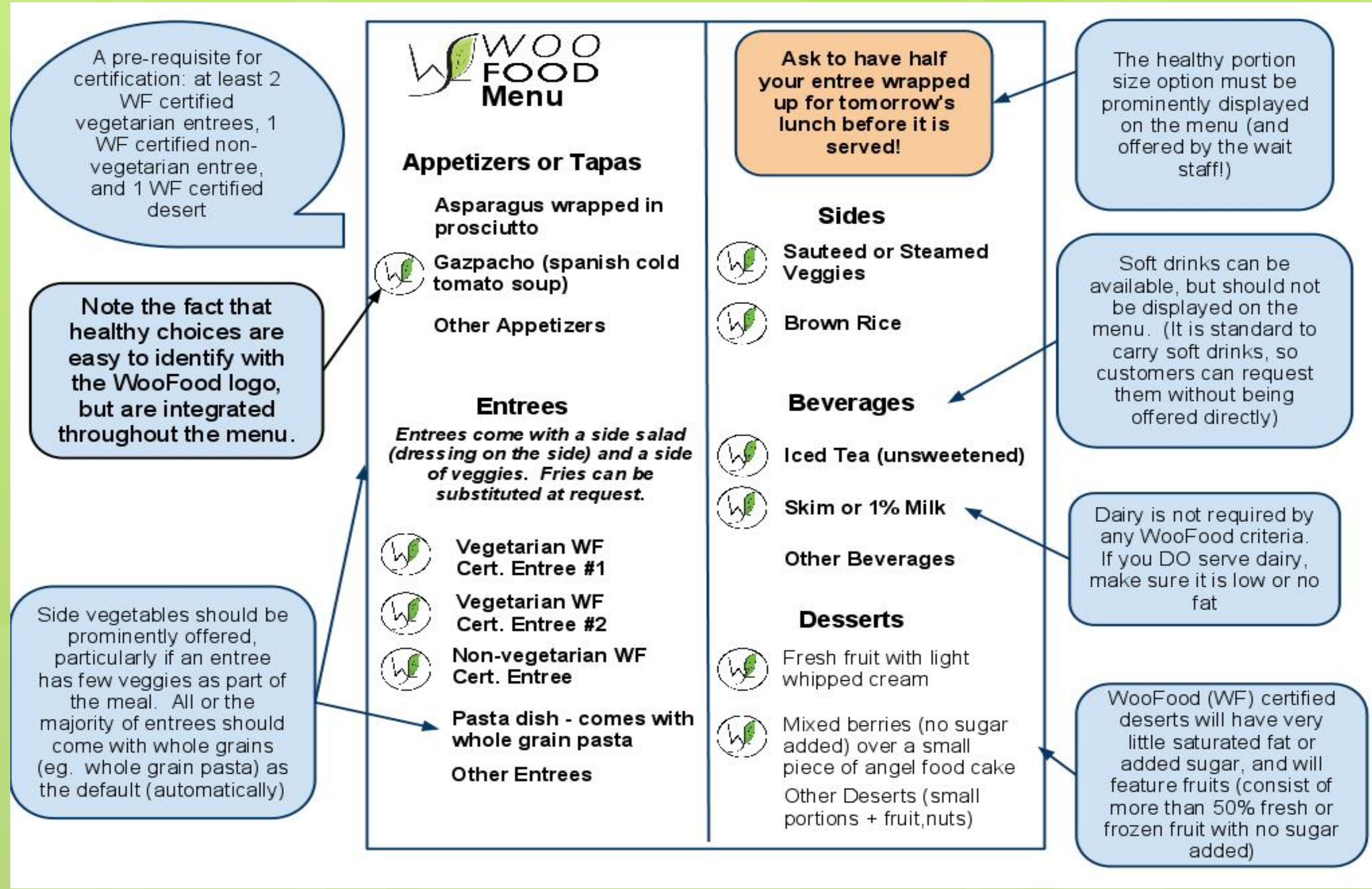


# WooFood Summer Assistantship

## Nutrition Outreach and Restaurant Recruitment

*‘WooFood strives to make the healthy choice the easy choice at restaurants and beyond’*



### 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!**

### 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:

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

#### Plumley Village Health Fair

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

### 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)

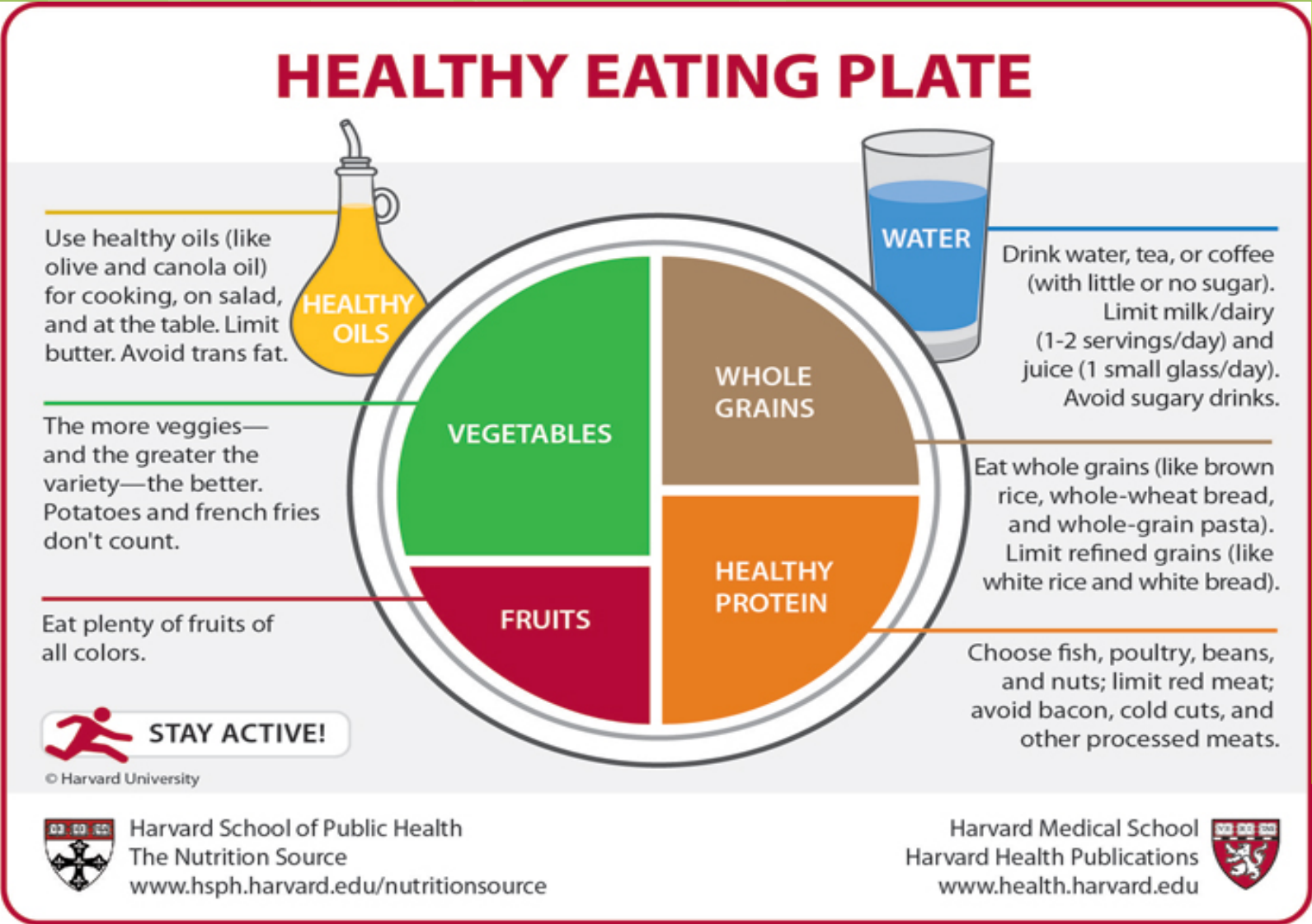
**Whole grain options** are available for the vast majority of grain based items

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



### 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



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