

# 2020 Healthy Kids Menu Award

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

## 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 2020 SA Awards for Excellence annual gala dinner on Monday 12 October 2020 at the Adelaide Convention Centre. The winner will receive access to a suite of 'Healthy Kids Menu' materials such as a guide for businesses, and branding material which can be used for venues' promotional campaign. Each finalist in the awards is evaluated by independent judges. Each business is assessed on a strict set of judging criteria as displayed on this nomination form. The judges' decision is final and no correspondence will be entered into.

**NOMINATIONS CLOSE AT 4.00PM MONDAY 3 AUGUST 2020**

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