

## Porter County Health Department-Health First Indiana-Chronic Disease Prevention & Reduction

### Retail Food Establishment-Heart(HFI) Approved Menu Item-Request for Application

Applications are due by 8:30 am on Monday, April 15, 2024 to [carrie.gschwind@porterco.org](mailto:carrie.gschwind@porterco.org)

#### **Funding Opportunity**

Did you know that heart disease is the leading cause of death among Porter County residents? The Porter County Health Department, through the Health First Indiana Initiative, is pleased to announce an opportunity to partner with our Porter County retail food establishments (RFEs) and the Porter County Extension office for a special chronic disease prevention & reduction initiative to promote healthy eating for all residents of our communities, as well as community connectedness for our aging population.

#### **Proposal Requirements**

Interested Porter County retail food establishments (RFEs) should submit:

- A suggested menu item for review and approval by Purdue Extension Nutrition Specialist. Menu items should be able to be made to meet the following criteria:
  - Total Fat: 3g or less per 100g of product and 30% or less calories from fat
  - Saturated Fat: 1g or less per 100g of product and less than 10% calories from saturated fat
  - Trans Fat: Less than 0.5g per serving. Products containing partially hydrogenated oils are not eligible
  - Cholesterol: 20mg or less per 100g of product and 90mg or less per serving for main dish and 120mg or less per serving for a meal.
  - Sodium: 600mg or less per serving
  - Beneficial Nutrients (naturally occurring): 10% or more of the daily value of 1 of 6 of the following- Vitamin A, Vitamin C, Iron, Calcium, Protein or Dietary Fiber per entire dish or meal.

\*based on guidelines as set forth by American Heart Association:

<https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification/heart-check-in-the-grocery-store/heart-check-food-certification-program-nutrition-requirements>.

- A suggested menu price for the submitted item
- Any senior discount incentives currently offered (senior discount days, times, percentage or amount of discount)
- A suggestion for a senior discount incentive to compliment the program (if not already in existence or different than current incentive)

Please note this is a brand-new program and initiative, you do not currently need to have any senior discount incentives to apply. Also feel free to think outside the box with your proposal.

**The Process:** Once an approval is accepted and approved-

- Menu submissions will be reviewed by Purdue Extension Nutrition Specialist and modifications needed to meet criteria submitted back to retail food establishment for agreement and acknowledgment signature.
- If desired, Porter County Health Department and Purdue Extension will shoot and publish videos of meals being produced to promote program.
- Heart (HFI) graphic will be provided to RFE electronically for addition to menus and advertisements.
- Porter County Health Department, Porter County Extension, RFE and community partners will promote program.
- Porter County Health Department will work with community partners to advertise and promote dishes to seniors and senior groups to promote social interactions surrounding the initiative.
- Funding will be provided to participating RFEs to cover the senior discount given in association with the Heart (HFI) dishes.

**The Deliverables:** Retail food establishments participating in the program must-

- Sign acknowledgement that menu item will be produced as approved to meet criteria
- Sign acknowledgement that only approved menu item will be marked or advertised with Heart (HFI) logo attached

- Track total number of Heart (HFI) menu items sold and report to Porter County Health Department by the 5<sup>th</sup> of the following month
- Track the number of senior incentive Heart (HFI) menu items sold and report via invoice to the Porter County Health Department (regular menu price-senior incentive menu price times the number of senior incentive menu items sold) by the 5<sup>th</sup> of the following month for payment within 45 days of invoice submission.
  - Please take into account that an “not to exceed” monthly amount may need to be placed on this reimbursement amount based on the number of applications.
- Report any other success stories surrounding the program as appropriate

Please note, menu items can be changed at any time following appropriate procedures.

Please contact Carrie Gschwind at 219-707-8157 or [carrie.gschwind@porterco.org](mailto:carrie.gschwind@porterco.org) with any questions. We are very excited to partner with our retail food establishments and community partners in this new initiative. Thank you for considering participation.

