

Berkeley Menu Assessment

In order to comply with the University of California Berkeley's Policy, *Food and Beverage Choices*, Retail Food Service Operations are required to complete an annual assessment of their operation. Foodservice Vendors complete the assessment by filling out the following form thoroughly and accurately. Vendors are subject to random in-person assessments at any time.

If your restaurant does not meet these standards, please make the appropriate corrections to your restaurant and submit a new menu assessment.

Vendor name & location:	
Date Assessment Completed:	
Name of staff liaison for this policy:	
Name of employee that completed assessment (if different from the liaison):	
Any additional vendor employees that provided support in completing the assessment:	

Please skip to the next page and fill out the information for the Bear minimum food and beverage standards. When those are complete come back to this page last.

Provide 2 examples of your vendor's biggest successes in meeting these standards

- 1.
- 2.

Provide 2 examples of your vendor's biggest challenges in meeting these standards

- 1.
- 2.

Signature and date of lead vendor employee responsible for assessment answers

Signature

Date

Bear Minimum Food Standards

Berkeley Menu Assessment

Respond to each line by placing a checkmark (✓) in the Yes or No column for each row. If you select no, please explain. See glossary on last page for any word with an asterisk.*

1 - Food and Menu Items Offered:	Yes	No	If no, explain.
Fresh vegetables or fruit in meals			
Fresh vegetables or fruit as side			
100% whole grain options are provided • 100% whole grain options are the default			
Plant-based entree/protein option*.			
Lean meats that are minimally processed*.			
Trans fat-free plant oils are used			
Overall, this restaurant offers options and ingredients from various cuisines reflective of Berkeley's cultural diversity.			
Overall, this restaurant offers choices that are nutritious, fresh, whole foods that are minimally processed.			
2 - Quality and Quantity:	Yes	No	If no, explain.
Options of small/moderate sized baked goods and desserts. (Write N/A if no baked goods/desserts)			
Options of healthier breakfast fare (e.g. oatmeal, whole grains). Write N/A if breakfast is not offered.			
Options available that are not deep-fried.			

Only if combination meals are offered:	Yes	No	N/A	If no, explain.
Side options for combinations include a non-fried vegetable or fruit.				
Half-portion entrees available.				

Please provide any additional comments (optional):

Berkeley Menu Assessment

Bear Minimum Beverage Standards:

Respond to each line by placing a checkmark (✓) in the Yes or No column for each row. If you select no, please explain. See glossary on last page for any word with an asterisk.*

1 - Healthier Beverages*	Yes	No	If no, explain.
SSBs* occupy less than or equal to 30% of shelf space.			
If bottles, cans, and/or packaged beverages are offered, there are a variety of sizes (ideally including 4-8 oz.)			
Serving sizes of SSBs* are no more than 20 oz.			
Bottles, cans and packaged energy, coffee, and sports drinks with caffeine as an additive do not exceed 71 mg caffeine per 12 fluid oz. serving*			
Fountain beverage cups are no larger than 21 oz., preferably 16 oz. (please note size or write N/A if no fountain)			
2 – Water	Yes	No	If no, explain.
Drinking water is always available at no charge to customers purchasing food			
Bottled water is priced equal or less per serving than SSBs* or artificially-sweetened beverages			

Please provide any additional comments (optional):

Berkeley Menu Assessment

Marketing and Advertising Standards

Respond to each line by placing a checkmark (✓) in the Yes or No column for each row. If you select no, please explain. See glossary on last page for any word with an asterisk.*

Marketing	Yes	No	If no, explain.
Marketing prioritizes healthier options. Write N/A if no marketing visible.			
The healthy food and beverage options are placed in a prominent location in the operation.			
Pricing encourages the sale of healthier food or beverages			
There are no pricing discounts for SSBs* and less healthy beverages (e.g. free refills, buy-one-get-one-free).			

Optional:

Healthy food and beverage items are labeled with a healthy icon such as Eat Well Berkeley			
Discounts and promotions are offered to those customers using reusable containers, subject to proper health and sanitation practices.			

Please provide any additional comments (optional):

Berkeley Menu Assessment

Glossary

Healthier Food Definitions

- Vegetable-centered entrees: make up at least half of plate; include leafy green or colorful vegetables
- Plant-based protein: dishes based on nuts and legumes; examples include tofu, tempeh, peanut butter, or black beans
- Lean meats that are minimally processed: poultry, pork, beef, etc., as opposed to cured bacon, hot dogs, salami, etc.
- 100% whole grains: whole grain bread, brown rice, quinoa, oats, etc. rather than white flour, white rice, etc.

Healthier Beverages Defined:

- Water with no added sweeteners
- Flavored, carbonated, or enhanced waters or electrolyte replacement beverages with less than or equal to 40 calories per 8 ounces
- One hundred percent fruit or vegetable juice
- Milk (unflavored) and non-dairy milk alternatives (unsweetened); flavored milks without added sweeteners
- Teas and Coffee (unsweetened with only naturally occurring caffeine)
- Diet and zero-calorie beverages with non-caloric sweeteners
- Fruit juice drinks or elixirs with non-caloric sweeteners

Sugar-Sweetened (SSB) and Less Healthy Beverages Defined:

- Sodas including all carbonated beverages with added sugar
- Fruit juice drinks or elixirs including all fruit drinks, fruit juices and fruit nectars with added sugar
- Electrolyte replacement beverages (sports drinks), energy drinks, coffee/tea drinks, protein drinks, sweetened and flavored teas, waters, coconut waters, rice drinks, bean beverages, sugar cane beverages, horchata, nonalcoholic wine/malt beverages, etc. exceeding calorie limit under Healthier Beverages

Caffeine limit in energy, coffee drinks:

- Products that meet this requirement: KickStart
- Products that do not meet this requirement: RockStar, Starbucks Double Shot