

January 21, 2016

Dr. Karen A. Hacker

Allegheny County Health Department

542 Fourth Avenue

Pittsburgh, PA 15219

UPMC Presbyterian

Dietary/Food Service

200 Lothrop Street
11th Floor
Room B-1180
Pittsburgh, PA 15213
412-647-8001

Dear Dr. Hacker,

The Food & Nutrition Department at UPMC Presbyterian would like to be considered for Live Well Allegheny restaurant status. We are committed and passionate about working alongside this campaign to improve the health, lifestyle and well-being of our Allegheny county residents and guests form around our community. Our department has taken the following action steps to ensure we offer a wide variety of nutritious options for our employees, patients, and visitors:

- Nutritional information, including calories, sodium, dietary fiber, and protein are readily available via web menus located:
- Heart healthy entrees and sides are clearly marked with our UPMC Dining Smart logo, which identifies offerings lower in serving size, calories, and sodium
- Half portions are available on select menu items such as deli sandwiches, salads, certain pastas, soups, grab 'n go sandwiches
- Salad bar is sold by weight, enabling guests to determine an appropriate sized salad
- We serve several lower sodium soups, in reduced portion sizes
- Fresh fruit cups, baked potato chips, yogurt & granola
- Wheat buns & wraps are available at the grill and deli
- Butter alternatives and light cream cheese are readily available
- A breakfast sandwich made with whole wheat muffins & turkey sausage, which is lower in calories and fat is offered daily
- Extensive gluten free program with dedicated area, including separate toaster and cutting board implemented at Presbyterian. It includes, breakfast items, beverages, entrees, snacks, and desserts.
- Yonanas© Frozen Fruit Soft Serve concept sold at Presbyterian. This is a gluten free, no added sugar, and low fat dessert
- Low calorie and fat free salad dressings offered daily
- We have worked alongside Pepsi Co. to reduce the number of full calorie fountain beverages and also carry 25 different bottles of water, flavored water, and teas
- 2% & skim milk is offered in a dispenser for hot drinks as an alternative to half & half
- All cooking is done with....
- Fried entrees removed from a Made To Order station at Presbyterian. One salad offered weekly on this station as well
- Bicycle racks are available outside of most entrances to the hospital
- Parking garage has electric car charging stations

- We participate in several hospital-wide programs that encourage healthy lifestyles and fitness, including the UPMC Weight Race, an annual contest to promote weight loss, and the Race To No Place, a team based stationary bike contest
- Literature related to healthy eating and drinking are available throughout the cafeteria compliments of the UPMC Dining Smart program
- UPMC has a resource called Life Solutions which is free to employees and assists with personal challenges and stress management.

The Food & Nutrition Department at Presbyterian/Western Psychiatric Hospitals of UPMC are committed to bringing quality food service to our patients and families, employees, and visitors. We look forward to gaining Live Well Allegheny restaurant status.

Sincerely,



Samuel A. Kane

Retail Manager

UPMC Presbyterian

UPMC Western Psychiatric Institute & Clinic