

4 January 2016

Dear Dr. Karen A. Hacker,

Since opening in 2008, Dinette has been committed to responsible business practices that promote environmental sustainability and foster a community of health and well-being. As a business owner that wishes to pursue a truly positive engagement with the community that I serve, I would like to express my enthusiasm for the Board of Health's *Live Well Allegheny* initiative. As the objectives of *Live Well Allegheny* correspond with those of Dinette, I commit to the advancement of the initiative's goal for improved health and well-being in our region. Below are some of the action steps my restaurant continues to take to provide customers with healthy eating options.

- Dinette's model of environmental sustainability naturally yields healthier food. Whenever possible Dinette sources fresh produce from local, organic farmers to supplement the harvest from the rooftop garden.
- Dinette's menu changes daily in accord with the seasonal produce that is available and always offers a range of vegetarian items.
- Dinette is committed to serving real food. All food is made in house from scratch using real ingredients. No processed foods which are universally packed with sodium and added sugar. Besides the obvious taste benefits – this allows Dinette to limit sodium levels and keep sugar out of savory food.
- When meat is included as an ingredient of a dish it is used with focused moderation. Restrained portioning of some of the richer ingredients (i.e. heavy cheeses and meats) ensures a healthier meal as well as a thoughtful balance of flavors.
- Dinette chooses to use only extra-virgin olive oil and canola oil, never trans-fat oils.
- Guests may choose "soda spritzers" (6 ounces of soda diluted with 6 ounces of sparkling water) over full bottles of soda drinks for their children and wine spritzers (3 oz wine diluted with 3 oz soda water) for themselves.
- All non-alcoholic drinks on the menu are made with real, not processed, sugars and are sold in bottles (non-refillable).
- A bicycle rack located outside of the restaurant makes it easy for guests to choose a more active mode of transportation.
- Dinette does not sell tobacco products and is a non-smoking environment.

Thank you for your consideration. Dinette looks forward to becoming a designated Live Well Allegheny Restaurant.

Sincerely,



Sonja Finn
Chef/Owner
Dinette