



January 26, 2017

Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 4th Avenue
Pittsburgh, PA 15219

Dear Dr. Hacker,

The Apollo Cafe is committed to providing healthier options to our customers to contribute to improving the health of Allegheny County. Restaurants can play an important role at improving the health of our community and we will continue to do our part!

We have received a Silver designation as part of the Sustainable Restaurant Program. In addition to committing to eliminating trans fats oils and being smoke and tobacco free, we commit to the following actions that provide healthier options for our customers and employees:

- Most food items are low calorie options with options spread across menu categories (main dish, appetizer, etc.)
- Offer half portions on select menu items
- Offer vegetarian/vegan fare
- Provide healthy side dishes including fruits and vegetables that can be ordered in lieu of higher fat/sugar/salt options
- Offer brown rice other whole grains as an alternate to white rice and whole grain bread as an alternate to white bread
- Use plant based oils for cooking and baking (for example olive oil and canola oil instead of animal fat containing predominantly monounsaturated and polyunsaturated fats partially hydrogenated oils) and make customers aware
- Provide homemade/ no preservative salad dressings
- Offer low fat milk (1% or skim) as an alternate to cream for hot beverages
- Promote healthier beverage options by providing smaller sized sugar sweetened beverage (including soda) options (8 ounce) without refills, highlighting unsweetened options (via lower prices) or by providing healthier options to soda like soda water flavored with fruit juice or alternate recipe
- Provide a location to store bicycles at or near the restaurant
- Provide a children's menu that adheres to the Kids Live Well criteria as established by the National Restaurant Association (http://www.healthydiningfinder.com/kids_livewell/criteria)
- Upon request, we provide customers with special dietary plan including items that are gluten free and low sodium
- We provide optional egg white omelettes which eliminates cholesterol intake
- Our soups are provided fresh daily and are home-made, low sodium



The Apollo Cafe is committed to providing healthier options for our guests. We look forward to being able to participate in the *Live Well Allegheny* campaign.

Sincerely,

Christina Hammerling
Owner/ Manager