



UPMC St. Margaret
815 Freeport Road
Pittsburgh, PA 15215
1st Floor Dietary, Café Retail Services
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Dr. Karen A. Hacker, Director
Allegheny County Health Department
542 Fourth Avenue
Pittsburgh, PA 15219

Dr. Hacker,

The Café of the Food and Nutrition Department at UPMC St. Margaret Hospital would like consideration as a Live Well Allegheny Restaurant. We have a robust 21 day cycle menu that utilizes a variety of offerings that supports our “Dining Smart Program,” in addition to offering daily alternatives of healthy offerings which support active and healthy lifestyles in our café. Our Food Service Department, in conjunction with the café and the St. Margaret Facility, currently offer, feature, or support the following which we believe meet the criteria for becoming a Live Well Allegheny Restaurant:

1. Nutritional information is available for all menu items on the 21 day menu.
2. The café adheres to the Dining Smart guidelines, which promote healthier menu items in all menu categories (Dining Smart Enclosure).
3. Half portions are offered when appropriate, with entrée items such as pastas and casseroles. The deli and salad bar are all sold by weight, allowing the customer to completely control their portion sizes.
4. Vegetarian, vegan, and specialized diet items are offered or available in the café.
5. Deep fried items are limited in retail use the preferred methods of cooking are baking, steaming, and grilling.
6. The offering of condiments, dressings, drinks, and desserts are consistently balanced in retail to offer customers regular, lite, or fat free choices.
7. Guest Chefs and Vendors are used to infuse new ideas and flavorful foods to try.
8. Every fall, the café celebrates with a fall festival, allowing employees and the visiting public an opportunity to mingle on the patio and enjoy free samples of large varieties of fall foods and engage with not only our food partners but also some of our medical and hospice partners to see and hear about the work they do.
9. The café has two tables that groups can book free of charge to showcase their company or organization to the employees or visitors. Most of the organizations are educational, medical or not for profit, which aid in delighting and educating our employees and visitors for free.
10. Adjacent to the café there is a water bottle refilling station the Green Team financed through their green campus efforts. Adding to the wellness of the campus the green team has also donated numerous trees and plants.
11. The facility has a pavilion with enhanced private seating, smaller café for visitors, and a three season patio with a water garden for inspirational healing and healthy meditation.
12. The department supports and provides assistance to events such as the American Heart Association, Breast Cancer Awareness, and Go Red for Heart Health, National Nutrition Month, Annual UPMC weight race, Annual 5k race, and the United Way Campaign.

13. The hospital has bicycle racks and electric car charging areas, In addition the campus is located in such a manner where staff and visitors can take short or longer walks to exercise while here, without exposing themselves to pedestrian traffic.

The Food and Nutrition Department at UPMC St. Margaret supports a wide range of programs showing our commitment to our guests and customers. We welcome the opportunity to join the Live Well Allegheny Campaign and do our part to improve our community health.

Sincerely,

A handwritten signature in black ink, appearing to be 'Richard Hart', written in a cursive style.

Richard Hart, Chef
Food Production Manager