

Dear Dr. Hacker,

UPMC Mercy
Food & Nutrition Services

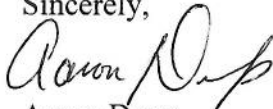
Room 2206
1400 Locust Street
Pittsburgh, PA 15219
412-232-7577

The Food & Nutrition Department at UPMC Mercy would like to be considered for Live Well Allegheny restaurant status. We are willing and excited to work along with the campaign to improve the health, lifestyle, and well-being of the residents of Allegheny County and our community. Our department has taken the following action steps to ensure we offer a wide variety of nutritious meals for our visitors and patients:

- Nutritional information, including calories, sodium, dietary fiber, and protein, are readily available for all of our menu offerings.
- Heart healthy entrees and sides are clearly marked with our UPMC Dining Smart logo to guide those looking for low calorie, low sodium options.
- Half portions are available on select menu items such as deli sandwiches, pastas and several of our vegetarian stir fries.
- We serve several low sodium soups throughout the week, as well as vegetarian and gluten free entrees and sides.
- Fresh fruit cups, baked chips, yogurt and granola, hummus, and fresh vegetables are offered as side dishes and snacks.
- Low calorie & fat free dressings are made available daily at our salad bar.
- We have worked with Pepsi Co. to increase the number of non-carbonated options at our soda fountain and currently offer over 20 different types of bottled flavored water and tea.
- Skim milk is offered for hot beverages in our cafeteria and our 1847 Café.
- All cooking is done with an olive/canola blend, peanut, or cottonseed oil.
- Bicycle racks are available around the hospital. We also have a rentable bicycle station nearby, as well as a charging station for electric cars.
- We participate in several hospital programs that encourage healthy life styles and fitness, including the UPMC Weight Race, an annual contest to promote weight loss, and the Race to No Place, a team based stationary bicycle race.
- Our Executive Chef, Justin Goel, holds classes during the holidays instructing staff members how to maintain their diets.
- UPMC Health Coaches have weekly information tables inside the cafeteria dining room where they discuss topics such as healthy eating and stress management.

UPMC Mercy Food and Nutrition Department takes tremendous pride in being able to offer healthy and nutritious meals to our fellow staff members and our patients. We look forward to joining the Live Well Allegheny campaign and doing our part to improve the health and lifestyle of the residents of Allegheny County and our community. Thank you very much for your time and consideration.

Sincerely,



Aaron Drop
Food & Nutrition Retail Manager