

# Live Well Allegheny: Learning Collaborative Restaurants Workshop March 27, 2017



## Overview:

*Live Well Allegheny* and Sustainable Pittsburgh Restaurants program convened community partners, municipalities, workplaces, and restaurants that have committed to the *Live Well Allegheny* campaign at an in-person meeting on March 27<sup>th</sup>, 2017. The event was hosted at the restaurant, Franktuary in Lawrenceville. The purpose of the meeting was to: 1) discuss program updates from *Live Well Allegheny* and Sustainable Pittsburgh Restaurants; 2) learn from partner organizations about how to incorporate healthier options on the menu; and 3) encourage participants to identify future action steps for themselves and their organizations. The *Live Well Allegheny Learning Collaborative* will continue to provide opportunity for Live Well participants to learn about evidence-based policies and programs, how to implement them, and explore ways to collaborate with one another.



## Meeting Outcomes

- 20 participants, representing 12 community organizations
- 4 presenters shared their philosophy around healthy eating

## Session #1: *Setting the Stage*

The workshop began with program updates from the Allegheny County Health Department (ACHD) on *Live Well Allegheny* and Sustainable Pittsburgh Restaurants. Hannah Hardy, the Chronic Disease Prevention Program Manager, and Erica Bryson, Health in All Policies Coordinator represented the ACHD. The PowerPoint presentation is available on the Live Well Learning Collaborative [page](#). The Sustainable Pittsburgh Restaurants Program Manager, Rebecca Bykoski, shared information about the program, current restaurants designated, and project examples. Please visit their [website](#) to learn more about Sustainable Pittsburgh.

## Session #2: *How are we Living Well Today?*

The panelists were selected based on their established relationship with the *Live Well Allegheny* campaign and Sustainable Pittsburgh Restaurants Program. Presenters were asked to introduce themselves, their restaurant or organization, and discuss their approaches to incorporating healthier options into the menu. Megan Lindsey, the co-owner of [Franktuary](#), shared her journey to healthy eating and ways she has incorporated it into the restaurant's menu. Participants also heard from the owner and chef of [Dinette](#), Sonja Finn. In addition to incorporating healthier options on the menu, Dinette has a garden that provides fresh ingredients for the entrees. Lastly, Nick Fischer, RD, LDN discussed his recommendations for healthy eating and provided more information about his company, [Fischer Nutrition](#). The recommendations follow the US Department of Agriculture's [MyPlate](#) resource.



### Session #3: *Living Well into the Future*

Following the panel, workshop participants were encouraged to continue the discussion with presenters and network with one another.

#### Evaluation

Event participants were asked to complete an evaluation following the event with opportunity to rank satisfaction as well as provide feedback through open-ended questions.

**Responses to *please rate your satisfaction for each aspect of the event (1 is very dissatisfied, 5 is very satisfied)*:**

	1	2	3	4	5
Overall					6
Program Length				3	3
Session Content				1	5
Knowledge of Speakers					6

**Responses to *please rate how much you agree with these statements (1 is strongly disagree and 5 is strongly agree)*:**

	1	2	3	4	5
I learned about Live Well and Sustainable Pittsburgh Program updates					6
I learned about how restaurants incorporate healthier menu options					6
I identified potential action steps for my organization				1	5
I plan on attending future collaborative events					6

**Responses to *please provide any additional feedback*:**

- Engaging presentations
- Intends to try Sustainable Pittsburgh Restaurants