

HOW TO PARTICIPATE IN KIDS LIVEWELL

1. PROVIDE AT LEAST 2 CHILDREN'S MEALS THAT MEET KIDS LIVEWELL CRITERIA.

KLW requires participating restaurants to offer **at least 2 children's meals** that meet the following criteria:*

- **CALORIES:** ≤ 550
- **CALORIES FROM SATURATED FAT:** $\leq 10\%$
- **TRANS FAT:** 0 g
- **ADDED SUGARS:** ≤ 15 g
- **SODIUM:** ≤ 700 mg
- **FOOD GROUPS:** KLW meals must include servings in the specified amounts from **at least 2 of the following 5 food groups. At least 1 of the 2 food groups must be a fruit or vegetable.**
 - **Fruit:** $\geq 1/2$ c (cup) (includes 100% juice)
 - **Vegetable:** $\geq 1/2$ c
 - **Non/low-fat dairy:** ≥ 1 c; $1/2$ c yogurt
 - **Meat or meat alternative:** Includes meat, poultry, seafood, eggs, pulses (beans, peas, lentils), soy products, and nuts and seeds: ≥ 1 oz.
Examples of 1-oz. equivalents: 1 oz. of meat, poultry or seafood; 1 egg; $1/4$ c of cooked beans or tofu; 2 Tbsp peanut butter; or 1 oz. of nuts or seeds.
 - **Whole grains:** $1/2$ serving
To provide a half-serving of whole grains, a food must provide ≥ 8 g of whole grains and meet at least one of the following: 1) First ingredient a whole grain; 2) $\geq 50\%$ whole grains by weight of product; or 3) 50% whole grains by weight of grains.

2. PROVIDE AT LEAST 2 SIDE DISHES THAT MEET KIDS LIVEWELL CRITERIA.

Restaurants participating in KLW must offer **at least 2 side dishes** for children that meet the following nutrition criteria:

- **CALORIES:** ≤ 200
- **CALORIES FROM SATURATED FAT:** $\leq 10\%$
- **TRANS FAT:** 0 g
- **ADDED SUGARS:** ≤ 5 g
- **SODIUM:** ≤ 225 mg
- **FOOD GROUPS:** KLW side dishes must include at least **1 serving from the following 5 food groups:**

- **Fruit:** $\geq 1/2$ c (cup) (includes 100% juice)
- **Vegetable:** $\geq 1/2$ c
- **Non/low-fat dairy:** ≥ 1 c; $1/2$ c yogurt
- **Meat or meat alternative:** Includes meat, poultry, seafood, eggs, pulses (beans, peas, lentils), soy products, and nuts and seeds: ≥ 1 oz.
Examples of 1-oz. equivalents: 1 oz. of meat, poultry or seafood; 1 egg; $1/4$ c of cooked beans or tofu; 2 Tbsp peanut butter; or 1 oz. of nuts or seeds.
- **Whole grains:** $1/2$ serving
To provide a half-serving of whole grains, a food must provide ≥ 8 g of whole grains and meet at least one of the following: 1) First ingredient a whole grain; 2) $\geq 50\%$ whole grains by weight of product; or 3) 50% whole grains by weight of grains.



3. ADHERE TO THE K LW’S “DEFAULT BEVERAGE” POLICY.

If you include or offer beverages as part of the kids’ meals at your restaurant, the K LW program requires participating restaurants to ensure that the **“default beverages” you make available for any of your children’s meals meet certain criteria.**

A default beverage refers to the beverage or beverages that are automatically included or offered as part of any children’s meal. Customers are free, of course, to make a specific request for an alternative beverage that’s not on the list. Specifically, to participate in K LW, a restaurant that sells a children’s meal must make the default beverage(s) offered with their children’s meals. See details on page 4.

To make it easy for families to choose these better for you offerings, restaurants participating in K LW should include a list of any of the default beverages they offer on any material or collateral from which people order a children’s meal. That would include, for example, paper and digital menus and menu boards in the store, at the drive-thru, for takeout, or on websites; any app; and any in-store signage from which people could order a children’s meal (for example, a poster or a register cling).



4. PROVIDE VALIDATION FOR THE NUTRITION CONTENT OF YOUR MENU ITEMS.

- **Third-party validation:** Nutrition information for all Kids LiveWell meals and side dishes must be verified. Contact **Maggie Gentile** (MaggieGentile@fooddirectionsdc.com) for details.

5. MAKE NUTRITION INFORMATION ABOUT KIDS LIVEWELL ITEMS AVAILABLE FOR YOUR GUESTS.

Display or make available on request the nutrition profile of the K LW menu options you offer, and promote/identify these better for you menu options, whenever possible, to make it easy for families to choose.

