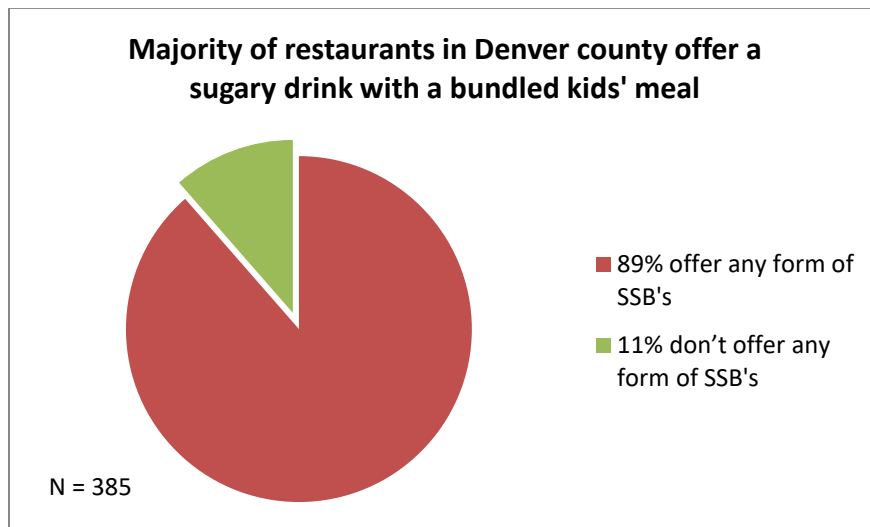
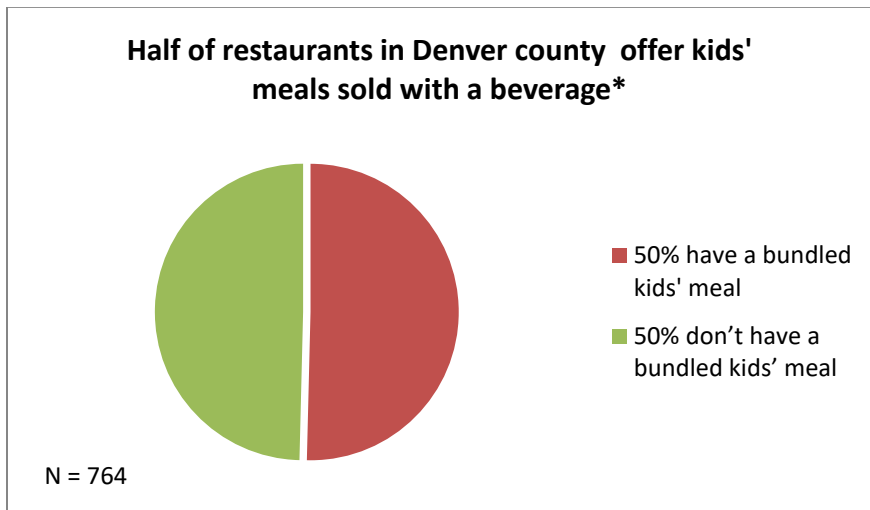
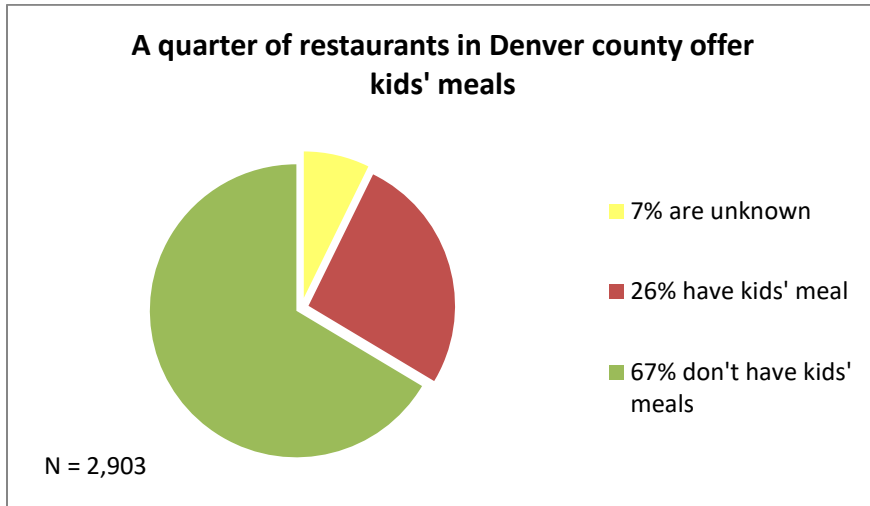


Denver Restaurant Assessment (2018-2019) – Status Report

1. What is a restaurant assessment and why are we doing it?
 - a. Given our busy schedules and the growing affordability of restaurant meals, eating out has become a daily necessity. On a typical day, 45% of children eat foods or beverages from fast-food joints or restaurants and, only 3% of kids' meal options are healthy¹.
 - b. Sugary drinks are often served as the automatic drink with kids' meals which are the largest source of added sugar and provides little to no nutritional value^{2,3}. Consumption of one or more sugary drinks a day increases the risk for short and long term health consequences including type II diabetes, coronary heart disease, cancer, high blood pressure, and osteoarthritis all resulting in poor quality of life, premature death and excess health care costs^{4,5}. Improving restaurant kids' meals can help improve our children's diet and health.
 - c. Sugary drink industry is responsible for creating an environment meant to encourage consumption of sugar by targeting their marketing towards marginalized communities⁶. Removing sugary drink marketing from kids' meal menus creates more room for healthier product promotion, availability, and justice with the food system.
 - d. As part of the Healthy Beverage Partnership efforts and the Serve Kids Better Denver Campaign, we are aiming to reduce the marketing of sugary drinks to kids.
 - e. In order to understand and address the health issues that arise from the consumption of sugary drinks, we are assessing what restaurant's in Denver offer kids' meals and of those, what beverage options are offered to children.
2. How have we been assessing the data received?
 - a. We began by assessing the data through a list of all of the retail food establishments in Denver obtained from the City of Denver health inspections.
 - b. We evaluated Denver's retail food establishments/restaurants by searching their establishment online and looking through their menu using Google, Yelp, Facebook, and Google maps.
 - c. The assumption is that this assessment of Denver's restaurants is not considered under the Denver Code of Ordinances municipal definition of "restaurant" (SEC.23-2).
 - i. *The list of excluded retail food establishments is at the end of the document**
3. What are we trying to understand?
 - a. We are trying to understand what restaurants in Denver have children's meals and of those restaurants, what beverages do they offer.
 - b. We want to assess if the children's meals include sugary drinks (soda, juice drink, flavored milk, and/ or lemonade)
 - c. Our goal is to build and engage relationships with community leaders and restaurant owners/ managers, to support and adopt healthy beverage changes in kids' meals.

Our Findings are on the next page.

Our Findings:



*List of excluded food establishments is at the end of the document**

**There are 2 establishments we haven't included due to lack of information.

*The restaurant assessment excludes the following retail food establishments:

- Meal prep locations
- Food trucks
- Movie theaters
- Bakery's (take home) or specified to only selling cakes
- Chocolate shops
- Denver private and public schools
- Grocery stores (unless specified restaurant inside)
- Gas stations (unless specified restaurant inside)
- Nursing homes/ Assisted living
- Places of private employment
- Community centers
- Sports facility's/ stadiums food and concession stands
- Parks
- Sports fields (baseball field)
- Creative work spaces
- Correctional facilities/ youth detentions/ jails
- Gift basket stores/ gift shops
- Hookah bars
- Quick delivery (such as Go Puff)
- Catering companies
- Funeral homes
- Wholesalers
- Shared kitchen/ commissary
- Amphitheaters
- Homeless shelters
- Farmers markets/
- Liquor store
- Employee cafes
- Grab and go market

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