

# Great Plates Delivered

## Eligibility Requirements For LA County Restaurants

### State Eligibility Requirements

Each local administrator determines which local Restaurants & Food Providers (e.g. restaurants, kitchens, local farms, caterers) are eligible to participate in the program. Selection is contingent on food provider's ability to:

- Should meet volume requirements and nutritional standards as specified by the State and County's ENP programs (Required)
- Should source local produce/meats (Desired)
- Need to confirm if the restaurant can meet cultural/dietary requirements such as Vegetarian, Vegan, Kosher, Halal or Gluten Free meal options (Desired. Not all restaurants may meet this requirement. However, we would like to have a selection of restaurants in each region that offer these meal options)
- Prioritizes local jobs, worker retention, worker health and safety, and standards of equity and fairness in employment practices, wages, hiring, and promotion (Desired)
- 100% of meals must be supplied by a food provider not currently participating in a state or federal meal service program (Required)

### LA County Eligibility Requirements

In addition to the State of California requirements, Restaurants & Food Providers must meet the following:

- Restaurants should have at least 1 employee for scalability (Required)
- Restaurants must have a valid public health permit issued by the Department of Public Health. Restaurants should have an acceptable rating during their last inspection to be operational and participating in this program. Documentation should be submitted along with the contract submission. Acceptable ratings include Grade A or B as noted on the Retail Food Official Inspection Report (Required)
- Restaurants are required to provide background checked food delivery service (Required)
- Has your business been certified as either a Small Business, Disabled Veteran-Owned Business, or Social Enterprise by a federal source or another governmental source that does not base its certification on state, local or tribal criteria? (Desired) Examples of these certifications include:
  - ✓ by the federal Small Business Administration (SBA) or an active registration as a small business in the System for Award Management (SAM) data base
  - ✓ as a Service-Disabled Veteran-Owned Small Business (SDVOSB) by the Veterans Administration
  - ✓ as a Social Enterprise
- Food delivery drivers must ensure food is kept free from potential contamination and proper food temperatures are maintained if food delivery will exceed 30 minutes during transportation (Required)

### Nutritional Requirements

Food provider meals must meet the following nutritional requirements:

- Provide 3 meals a day
- Do not provide sugary drinks (see below definition) - allowable beverages:
  - ✓ Water, unsweetened tea and coffee
  - ✓ Fruit-based and vegetable-based drinks that are 100% juice (without added sweeteners)
  - ✓ Milk products, including 1%, nonfat, soy, rice, & other similar non-dairy milk without added sweeteners

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✓ Other beverages that do not exceed 25 calories per 8 ounces

- All meals should be low in sodium (see below guidelines)
- Lunch and dinner must follow food group and serving guidelines (see below chart)

### Definition of Sugary Drinks:

All sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.

### Guidelines for Low-Sodium Meals:

If including pre-packaged items:

- ✓ Beverages and sides should contain no more than 230mg sodium per serving
- ✓ Entrees should contain no more than 600mg sodium per serving
- ✓ The total meal (beverages, sides, and entrée included) should contain no more than 800mg per serving

If preparing entirely fresh:

- ✓ Use low-sodium sauces and flavorings
- ✓ Use no more than 1/3 teaspoon standard table salt per each full meal

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Food Group	Required Servings Per Meal	Dietary Guidelines Servings Per Meal
Protein	3 ounces	<ul style="list-style-type: none"> <li>✓ 3 oz servings whole or ground meats, chicken or fish. Limit ground meat three times per week.</li> </ul>
	2 ounces	<ul style="list-style-type: none"> <li>✓ 2 oz meat or meat alternate used in salad entrée recipes.</li> <li>✓ 2 oz meat or meat alternate used in sandwich recipes.</li> <li>✓ Limit sandwiches to 3 times per week.</li> </ul>
Vegetable/Fruit	2-3 servings	<p>Vegetables:</p> <ul style="list-style-type: none"> <li>✓ For most vegetables, one serving is ½ cup; for salad greens, one serving 1 full cup</li> <li>✓ Must be non-starchy; potatoes are counted in the grain/starch food group</li> <li>✓ Should not be fried; okay to serve raw, steamed, baked, grilled, or cooked into the entree</li> </ul> <p>Fruit:</p> <ul style="list-style-type: none"> <li>✓ ½ cup or 1 piece of fruit for dessert counts as 1 serving.</li> <li>✓ If canned, should be packed in unsweetened juice or water (not syrup)</li> </ul>
Grain/Starch	1 serving	<ul style="list-style-type: none"> <li>✓ 1 serving per meal such as 1 slice whole grain bread or ½ cup rice or pasta.</li> <li>✓ Frequently use brown rice, whole grain pasta, or half brown and white rice mixture.</li> <li>✓ Try to incorporate grains like quinoa, bulgur, or barley.</li> <li>✓ Should have 3 grams fiber/serving.</li> <li>✓ Half of all grains must be whole grains.</li> </ul>
Beverages	1 serving	<ul style="list-style-type: none"> <li>✓ 6 to 8 oz water (for others, refer footnote #2)</li> </ul>