

# What is Refreshed Dining?

Refreshed Dining is a grassroots effort to increase awareness of and access to healthier dining options in Mower County.

We are focused on making healthy choices easier to order and more appealing while being offered at a fair price.

# Refreshed Dining Locations

These restaurants have committed to at least 5 of the 8 criteria set for Refreshed Dining. Look for Refreshed Dining specials and say thanks for making healthy options easier!

## 3B Eatery & Catering Company

401 1st St. | Lyle, MN  
507-325-9966

[3beateryandcatering.com](http://3beateryandcatering.com)

## Perkins Restaurant & Bakery

701 17th Ave NW | Austin, MN  
507-433-6720

[perkinsrestaurants.com](http://perkinsrestaurants.com)

## Steve's Pizza

421 N Main St. | Austin, MN  
507-437-3249  
[pizzaaustinmn.com](http://pizzaaustinmn.com)

## Coffeehouse on Main

329 N Main St | Austin, MN  
507-433-1200

[coffeehouseonmain.com](http://coffeehouseonmain.com)

## Four Daughters Vineyard

78757 State Highway 16  
Spring Valley, Minnesota

507-346-7300

[fourdaughtersvineyard.com](http://fourdaughtersvineyard.com)



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"This initiative doesn't mean taking choices away but focusing on the good that is already present and growing more of it."

~Mower Refreshed



Download our 5 Tips for Refreshed Dining



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# What criteria makes a Refreshed Dining Location?

Refreshed Dining Locations must meet at least 5 out of 8 of our established criteria.

1. Provide fresh fruits and vegetables (local when possible).
2. Offer a variety of healthy options (less fat, sodium, sugar) at equal prices to less healthy options identified on menu.
3. Options for reduced portion sizes advertised for customers to order.
4. Provide discounts on fruit or vegetable offerings to promote Wellness Wednesdays (ex. \$1 side salads/fruit cups or 5-10% off identified healthy choices on Wednesdays).
5. Have areas without TV/screens or other entertainment distraction. A bonus would be cards, games, etc. that promote interaction.
6. Provide eco-friendly, safe and healthy to-go containers (paper products vs. styro-foam, etc.)
7. Offer allergy friendly and gluten-aware options (clearly identified).
8. Lean and/or vegetarian options, ability to easily adapt menu items to make them vegetarian.

# Grow with us, become a Refreshed Dining Location!

## Who Qualifies:

Restaurants

Worksite Eateries

School Cafeterias

(Must meet 5 of the 8 criteria)

## Application Toolbox:

### BENEFITS

We have discovered some amazing benefits of being a Refreshed Dining Location.



### APPLICATION

Complete this and return it to us by email or thru snail mail.



### TIPS

Learn about and share some great information with your staff.



# Our Journey to Refreshed Dining

Refreshed Dining truly is a grass-roots effort to increase access to and awareness of healthier options when dining out in Mower County.

Community members of all ages throughout Mower County were surveyed regarding their needs and preferences when dining out.

Information provided helped us better understand their experiences and desires when spending money on a meal.

Their responses and the Community Health Needs Assessment completed by Mayo Clinic Health System through Mower Refreshed in 2013 (which reveal obesity as one of the top three concerns community members had in Mower County), along with the National Restaurant Association confirming that we are spending more of our food budget for dining out than ever before, provided the stimulus to innovate with local health professionals and restaurant owners.

This initiative **doesn't mean taking choices away but focusing on the good** that is already present and growing more of it.

It's about focusing on making the healthy choices both easier to order, and more appealing, at a fair price.

The team of community members, together with restaurant owners' feedback, created criteria to be named a Refreshed Dining location.

Sustainability and sensibility were essential and the group determined that meeting five of the eight criteria would get a restaurant started.

The intent is that as the restaurant receives positive feedback (and additional business) from the consumers, they will seek to meet all eight criteria (which we need to mention, some of them already meet).

Restaurants that apply and are given Refreshed Dining status will receive a window cling to inform the consumer they are entering a Refreshed Dining location and bookmark size brochures which provide dining tips and the criteria for Refreshed Dining locations.

Refreshed Dining will equip and empower the participating county-wide restaurants with on-going support, training, free marketing, and possibly nutritional consults to build business strategies that grow healthy options.

You may be thinking chain restaurants would have a difficult time with this. Yes, there may be some extra challenges for them but we need to let you know it's possible.

It takes working together to create opportunities and innovative approaches...what Mower Refreshed is all about!

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