



March 28, 2017

Live Well Allegheny
Dr. Karen A. Hacker
Director- Allegheny County Health Department

Dear Dr. Hacker,

Thank you for inviting us to participate in your Allegheny live well status. We are enthused to be listed as an Allegheny restaurant. As a member of the local and world communities, we believe that operating a sustainable restaurant business is an inherent responsibility. Below are our commitments to your program for Blue Bird Kitchen:

- We have reduced our resource usage and non-recyclable waste.
- We provide calorie counts and other nutritional information on menus or otherwise readily available to customers.
- We offer vegetarian/vegan fare.
- We provide healthy side dishes including fruit and vegetables that can be ordered in lieu of higher fat/sugar/salt options.
- We use plant based oils for cooking and baking
- We provide low calorie salad dressings
- We offer low fat milk as an alternate to cream for hot beverages.
- We are recognized as Sustainable Pittsburgh Restaurants.

Blue Bird Kitchen is committed to bringing quality sustainable food to our guests, and is constantly working to find ways to offer improvements to the rigorous lives of restaurant workers. We look forward to being able to participate in the Live Well Allegheny program.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Elizabeth Moore', with a long, sweeping underline.

Elizabeth Moore
President, Owner