



UPMC Passavant Hospital

Food & Nutrition Services

9100 Babcock Blvd

Pittsburgh, PA 15237

412-748-5496

Dear Dr. Hacker,

The Cafeteria of the Food and Nutrition Services Department of UPMC Passavant Hospital would like to be considered as a Live Well Allegheny restaurant. We have adopted a three week rotating menu that offers a variety of nutritional and season needs and promotes a healthy lifestyle. I believe our Cafeteria meets the criteria for becoming a Live Well Allegheny Restaurant by practicing the following:

- Nutritional information is available for all menu items and is posted at each station.
- Our cafeteria incorporates the UPMC Dining Smart guidelines and utilizes these healthier options at each one of our stations daily.
- We offer side portions when appropriate.
- An assortment of vegetarian and vegan items are offered including fresh vegetables, side starches, soups and salad bar offerings.
- We offer healthier snack side options snack cups in our grab n go sections.
- The use of all animal fat has been reduced and cottonseed and olive/canola oil blends are used as our primary oil and fat sources.
- We offer low calorie salad dressing options daily at our salad bar and lite and low fat options as well.
- Skim milk is offered a beverage options as well as Tropicana low calorie beverages. We also installed a hydration cooler that offers regular and flavored waters.
- We have limited fountain beverages available and refills are not free.
- Bicycle storage is available in several locations around the hospital property.
- We participate in several annual campaigns to promote a healthier lifestyle such as the annual UPMC Weight Race and National Nutrition Month.
- Our dieticians offers a wellness outpatient program to assist patients with creating healthy eating and weight loss programs.
- During the months of June through September we offer a biweekly Farmer's Market that incorporates fresh and local produce available for purchase to visitors and staff.

The Food and Nutrition Department at UPMC Passavant Hospital is committed to bringing quality food service to our staff and visitors. We look forward to partnering with Live Well Allegheny to further this commitment.

Sincerely,

RJ Franz

Retail Manager