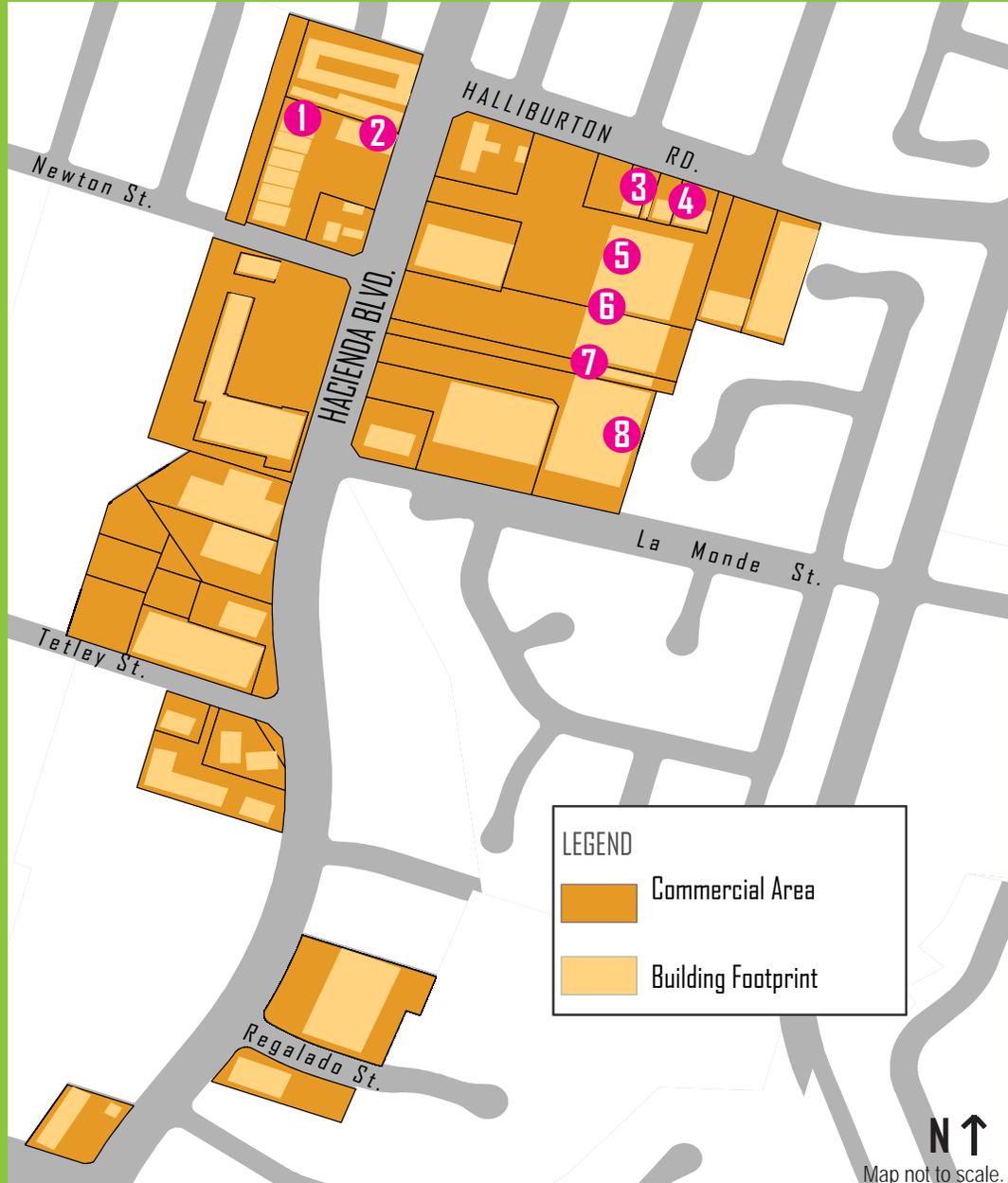


Restaurants Surveyed

- 1** Hacienda Village Meat and Deli
2021 S. Hacienda Blvd.
626.330.5555
- 2** Casa De Tacos
2015 1/2 S. Hacienda Blvd.
626.968.9180
- 3** E Mei Shan Restaurant
15848 Halliburton Rd.
626.937.6555
- 4** Pauline's Chinese Kitchen
15852 Halliburton Road
626.333.1733
- 5** Malan Noodles
2020 S. Hacienda Blvd., #B
626.369.5602
- 6** Boiling Point
Taiwanese Restaurant
2020 S. Hacienda Blvd., #E
626.369.0928
- 7** Nini Bakery
2112 S. Hacienda Blvd.
626.330.5619
- 8** Dumpling Master Restaurant
2124 S. Hacienda Blvd.
626.369.3788

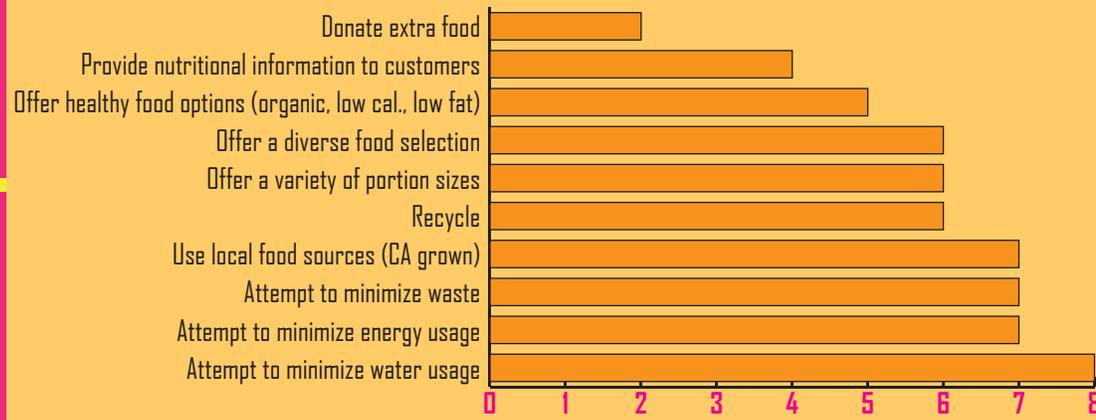


Food and Restaurant GUIDE

HACIENDA HEIGHTS MAIN COMMERCIAL CORRIDOR



Survey Results





Hacienda Heights Community Plan Update Youth Planning Committee

Restaurant Evaluation Demonstration Project

As part of the Hacienda Heights Community Plan Update the Youth Planning Committee conducted a Restaurant Evaluation Demonstration Project in Summer 2008. Focusing on Hacienda Heights' central commercial area, the committee members worked with a public health official and planners to survey restaurants' healthy food offerings and environmentally friendly business practices. Eight restaurants were surveyed. The purpose of this guide is to present the survey findings and to offer additional tips to restaurateurs and consumers on healthy eating and eco-conscious habits. The committee's work was also used to support policies in the Community Plan Update that encourage green and healthy living.

Tips for Restaurateurs

As a business owner or manager, restaurateurs have an important role to play in the health of a community's people and environment. Some ways you can be more environmentally friendly and can promote healthier eating are:

- **SHARE INFORMATION:** Consider joining Healthy Dining Finder to provide nutritional information of your meals. For more information, please visit www.healthydiningfinder.com
- **PROVIDE OPTIONS:** Healthy food options include offering smaller portions of meals available to customers of all ages. Offer food that is baked, broiled, roasted, or grilled more often than fried foods.
- **GO LOCAL:** Look for ways to make the best possible use of all the food resources in the community.
- **GO GREEN:** Going green is good for the environment and can help your business as well. Consider using more efficient light-bulbs. Save water by offering it only to those customers who ask. Finally, recycle as much waste as you can.

Tips for Diners

Dining out, eating healthfully, and being environmentally friendly do not have to be mutually exclusive. As a diner there are several ways for you to be healthy and eco-friendly.

Be conscious of...

- **WHERE** you will eat. Many restaurants are now offering low-fat entrees to meet customer demand. Pick a place with healthy options on the menu.
- **WHAT** you will eat. Many choices are often high in calories, fat, sugar, and sodium. Read the menu carefully and select an item that fits your plan.
- **HOW MUCH** you will eat. If you find the portions are large, decide ahead of time to eat only part of each food item.
- **HOW** your food is served and packaged can also have an impact on the environment. Try using re-usable bags instead of plastic ones for take-out orders. Ask for re-usable or recyclable utensils, dishes, and containers to minimize waste.



References: Los Angeles County Department of Public Health, American Heart Association, UCLA's Guide to Nutrition, Healthy Dining Finder.

For More Information on the Hacienda Heights Community Plan Update Please Visit:

<http://planning.lacounty.gov/haceinda.htm>