



## Local Restaurants!! Join Us!!

City of Rancho Cucamonga

In 2008, the City of Rancho Cucamonga launched Healthy RC – our commitment to a Healthy Mind / Healthy Body and Healthy Earth. We have long been dedicated to providing residents with opportunities for improving health through the hundreds of classes and programs we offer to thousands of participating residents.

In February, we launched the next stage of our programs with an on-line Healthy RC Challenge encouraging folks to get active and would like to reach out to our residents with a Healthy Eating component to this campaign. With today's busy life-styles, we would love to include our local Restaurants as partners with special menu items.

We'll use our resources to reach out to our residents and share with them the Healthy RC menu items our local Restaurants and eateries have created to show your support for Healthy RC – It's easy to participate:

- 1) Create a Healthy RC Menu item
  - 2) Complete our Healthy RC Restaurant Partner Form to share the Name, Description, Nutritional Information and other info – We'll post these descriptions on our City Healthy RC web page ([www.healthycrc.info](http://www.healthycrc.info)).
  - 3) Promote your Healthy RC Menu item offering in your establishment.
- A full-page advertisement in the Feb/Mar issue of *Inland Living Magazine* with a half-page dedicated to promoting our Healthy RC Restaurant partners & their menu items. The ad will re-run again in the fall of 2009. Other promotions / ads will follow and web listings will be updated regularly.
  - We will supply your Restaurant with 1" Healthy RC stickers for your menus & Healthy RC vinyl 6"x7" window decals to show your support of Healthy RC.
  - We can provide to you the Healthy RC logo for you to use internally promoting your participation in promoting for a Healthy RC!

Send Information to: Kristen Compean, Administrative Intern, City Manager's Office – City of Rancho Cucamonga- [Kristen.compean@cityofrc.us](mailto:Kristen.compean@cityofrc.us) or call (909) 477-2700 ext. 2046 if you have questions.

Interested in the Healthy RC Challenge? Sign-up your Restaurant as a Walking Club – [http://www.rcpark.com/pdf/HealthyRC\\_RegForm.pdf](http://www.rcpark.com/pdf/HealthyRC_RegForm.pdf) each member receives a Healthy RC Pedometer and you can use our on-line, interactive web tool [www.RCpark.com/HealthyRCchallenge](http://www.RCpark.com/HealthyRCchallenge) to track everyone's Steps – and earn prizes - with the ultimate Challenge of "Come on Healthy RC, Let's Walk to DC!" Virtually walking as a community from Rancho Cucamonga to Washington DC. **It's FREE!**

Restaurant Partner: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_ email: \_\_\_\_\_

Preferred method of communication: Telephone or email

Menu Item Description: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Price: \_\_\_\_\_

Calories	Fat	Protein	Sugar	Carbs	Fiber

Healthy RC Special Offer (not required but very nice): \_\_\_\_\_

\_\_\_\_\_

# of Healthy RC stickers: \_\_\_\_\_ # of Healthy RC window decals: \_\_\_\_\_

Check here to receive the Healthy RC logo:

Example: **Wahoo's Spring Salad** – A bed of spring mixed lettuce, topped with jack and cheddar cheese, fresh Pico salsa, homemade guacamole, flame broiled Wahoos fish and pan grilled banzai veggies. Price: \$7.75

Wahoos Fish Tacos – 11561 Foothill Blvd.

Calories: 380 Fat: 21g Protein: 33g

Sugar: 0g Carbs: 22.5g Fiber: 5.5 g

Send this completed form and your Logo to: Kristen Compean, Administrative Intern, City Manager's Office – City of Rancho Cucamonga, 10500 Civic Center Drive, Rancho Cucamonga, CA 91730 - (909) 477-2700 ext. 2046 - [Kristen.compean@cityofrc.us](mailto:Kristen.compean@cityofrc.us)

If you are submitting multiple Menu offerings, please complete  
A Description & Nutritional Information for each item.