



## **DARDEN COMMITMENT TO PHA TO IMPROVE CHILDREN'S MENU OPTIONS AND OVERALL NUTRITIONAL VALUE OF FULL MENU**

The Partnership for a Healthier America has brokered commitments with Darden, the world's largest full service restaurant company, which owns and operates approximately 1,900 restaurants in 49 states. Darden's brands include Red Lobster, Olive Garden, LongHorn Steakhouse, and Bahama Breeze, among others. Altogether, Darden's brands serve over 400 million meals per year, making it the largest casual dining company in the country.

- In the last 10 years, Americans have spent roughly half of their families' total food budgets and consumed nearly a third of all calories away from home.
- In the last 10 years, Americans have almost doubled the amount of money spent on food outside the home. In 2010, Americans spent \$433 million on food away from home. In 2000, Americans spent about \$280 million.

Specifically, Darden is making the following commitments:

### **Kids' Menus – changes starting now and to be fully implemented by July 2012**

- Guarantee a fruit or vegetable will be the default side for every kids' menu item at those restaurants offering a default side on the children's menu: Bahama Breeze, LongHorn Steakhouse and Red Lobster.
- One percent milk will be the default beverage, provided automatically if no alternate beverage is requested. Milk will be prominently promoted on the menu and made available with free refills.
- Food illustrations on the menu will promote the healthy choices for meals and drinks.
- Healthier menu options will be more prominently displayed when possible.
- Carbonated beverages will not be displayed on children's menus.
- Improve the nutritional content of one or more children's menu items to provide equal or less than 600 calories, 30 percent of total calories from fat, 10 percent of total calories from saturated fat, and 600 mg of sodium.

### **Calories/Sodium Footprint Reduction – changes to be implemented by 2016 and 2021**

- By 2016, reduce calories by 10 percent and over a ten-year period by 20 percent.
- By 2016, reduce sodium by 10 percent and over a ten-year period by 20 percent.

### **Evaluation**

- Darden will annually provide reports outlining its progress in meeting calorie and sodium reductions on all menu items and its enhanced nutritional standards for children's menus
- Darden will annually provide samples of children's menus from each brand
- PHA will benchmark data in 2011 and contract with an independent verifier to monitor compliance beyond the Darden-submitted reports.