



County of Santa Cruz



HEALTH SERVICES AGENCY

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Public Health
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Public Health Department

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GOLDEN CARROT AWARD CELEBRATES NUTRITIOUS, DELICIOUS MENU OPTIONS

Santa Cruz County – Healthy eating shouldn't just happen at home! As 2015 comes to close, it is time to think about how to start fresh in 2016. That's why the **Santa Cruz County Health Services Agency and the Go for Health! Collaborative** are bringing back the Golden Carrot Award (GCA) in 2016! The award exists to provide a ready list of restaurants that feature healthy menu options to help members of the community make healthful decisions about where they choose to eat away from the home.

The growing number of children and adults who are obese or overweight has become an epidemic in our country and local community. According to a survey done in 2014 by the Community Assessment Project, 61% of Santa Cruz adults are either overweight or obese, along with one out of three children ages 12-17. Overweight and obesity rates are increasing in the community and can lead to chronic diseases such as diabetes, heart disease, stroke and early death.

One contributing factor is the increase in consumption of food away from home. When eating out, consumers typically have less information about calorie content and may find it challenging to determine the healthiest options. For this reason, **Santa Cruz County Department of Public Health** has partnered with the local food industry to increase healthier options on area restaurant menus.

Healthy eating comes in many different flavors in our diverse community. Previous GCA winners have included: The Picnic Basket and Charlie Hong Kong in Santa Cruz; Second Street Café and California Grill in Watsonville; Auntie Mame's Café and Jia Tella's Cambodian Cuisine in Scotts Valley; Fresh Choice and Dharma's in Capitola; and Land of Medicine Buddha and El Chipotle Taqueria in Soquel, to name just a few.

Restaurants are invited to submit a completed nomination form, which they received from the Santa Cruz County Health Services Agency. Restaurants and the public can also nominate restaurants by going to www.facebook.com/GoldenCarrotAward. The deadline for the nominations is **December 11, 2015**. All nominations will be reviewed by a panel of health and nutrition experts. Winners will be awarded a Golden Carrot Award certificate to display in their restaurant. The applicant with the highest overall score will be named the Ultimate GCA and host a community event at their restaurant complete with menu tastings.

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