

Let's Eat/ Vamos a Comer Request Form

McDonald's understands that meal times have become a pervasive obstacle for families as their daily lives have gotten increasingly busier. This is especially true for parents looking to serve satisfying and delicious meals in a hurry that are also healthy and balanced. We're here to help navigate nutritional information by providing two free of charge community health programs led by independent registered dietitians and sponsored by Southern California McDonald's® restaurants.

Let's Eat- General Consumer Program

"Let's Eat" is a 90-minute workshop that gives parents tools to help their kids make food choices that fit into a balanced, active lifestyle. The presentation is led by a registered dietitian and includes an interactive discussion with time allotted for questions and answers. The program's four objectives are: identify and balance carbohydrate, protein and fat intake; plan a realistic pattern of food intake to sustain energy and stamina for the day's activities; determine how much to eat; and learn to manage better food choices in a variety of eating environments.

Vamos a Comer (Let's Eat)-Spanish-dominant Consumer Program

Vamos a Comer is designed specifically for Spanish-dominant consumers. The one-hour interactive workshop, led by registered dietitian Monica Montes, RD, provides culturally-relevant nutrition information to help families make wise food choices whether eating in or dining out. Practical nutrition tips are discussed including ways parents can be good nutrition role models and promote healthy eating habits among children, and new ways to cook tried-and-true traditional Hispanic dishes.

Although McDonald's is not the focus of either presentation, fast food examples are given to demonstrate how parents can plan a well-rounded meal even when families dine out.

Your school/organization is invited to take advantage of this valuable, cost-free opportunity.

Due to the large number of requests we receive, we ask that this form arrive in our office at least six (6) weeks prior to the date requested. All requests are on a first-come, first-served basis. You will receive a confirmation letter approximately two (2) weeks prior to the presentation date.

NAME OF SCHOOL/ORGANIZATION: _____

PROPOSED DATE OF PRESENTATION: _____ START TIME: _____

ALTERNATE DATES: _____

SCHOOL/ORGANIZATION CONTACT: _____

ADDRESS: _____

CITY AND ZIP CODE: _____

CONTACT MOBILE: _____ FAX: _____

E-MAIL: _____

ESTIMATED SIZE OF AUDIENCE: _____ PREDOMINANT LANGUAGE OF AUDIENCE: _____

Please return this completed form to:
Let's Eat/ Vamos a Comer
C/O: Porter Novelli
10960 Wilshire Blvd., Suite 1750, Los Angeles, CA 90024
(310) 444-7000 phone (310) 444-7004 fax

THIS IS NOT A CONFIRMATION LETTER

FOR McDonald's OFFICE USE ONLY

McDonald's Information

NAME OF OPERATOR/McOpCo REPRESENTATIVE: _____

ADDRESS: _____

CITY AND ZIP CODE: _____

PHONE: _____ FAX: _____

E-MAIL: _____

NAME OF MOASC REPRESENTATIVE ATTENDING: _____

THIS IS NOT A CONFIRMATION LETTER