



# Illinois Restaurants, Let's Get Ready to Serve Kids Better!

*Many of our kids are consuming 2-3 times the recommended amount of sugar every day. Illinois restaurants are going to help change that.*

**Starting January 1, 2022**, Illinois restaurants that serve a packaged “children’s meal” will offer at least one of the following beverages as the default beverage with that meal:

- Water, sparkling water or flavored water with no added natural or artificial sweeteners
- 100% fruit or vegetable juice with no added sweeteners, in a serving size of no more than 8 ounces
- Nonfat or 1% dairy milk containing no more than 130 calories per container or serving as offered for sale
- Non-dairy milk alternatives with no added natural or artificial sweeteners that contain no more than 130 calories per container or serving offered for sale

## What does our restaurant need to know about complying with the new law?

- While the healthy beverages above must be what automatically comes with the meal, the law does not prohibit restaurants from providing another beverage if requested by the customer
- All beverages that automatically come with the meal must meet the criteria above, however a restaurant is not required to include all of those options. (e.g. serving water as the only default is okay)
- Local health departments will check for compliance with this law during inspections of the restaurant. A restaurant that violates the law will be subject to a warning for the first offense, a civil penalty of \$25 for a second offense, and a civil penalty of \$100 for a third or subsequent offense.

## How can our restaurant prepare for January 1, 2022?

It’s time for restaurants to start updating their menus, menu boards, and beverage lists, as well as in-store advertising for children’s meals so these options are listed as a default beverage to make sure you are compliant.

## What qualifies as a “children’s meal?”

A “children’s meal” is a combination of food items sold for a single price intended for consumption by children.

## Any tips for implementing the new law?

Offer low-fat milk, 100% juice and small bottled water as the options and let the customer choose!