



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!