

## TABLE FOR TWO Application Form

In our world of 7 billion, 1 billion lack access to adequate food and nutrition, while a roughly equal number suffer from obesity, diabetes, and other health issues related to "overnutrition." TABLE FOR TWO ("TFT") rights this imbalance by simultaneously addressing the two opposing problems through a unique "calorie transfer" program. TFT partners with corporate cafeterias, university dining halls, restaurants, and other establishments, designating a healthy, slightly low calorie meal. The reduced calories are monetized and the equivalent of US\$0.25 per meal is donated to TFT and used to provide one school meal in recipient communities. This nutritious meal improves concentration, increases attendance, and supports learning to break the cycle of poverty.

By implementing the TFT program your organization agrees to:

1. Select/provide meals that adhere to the following TFT Healthy Meal Guidelines
2. Collect and remit to TFT donations through the sale of these meals
3. Adhere to TFT logo and name usage guidelines

### **1) TFT Healthy Meal Guidelines**

TFT-branded healthy meals should adhere to the guidelines below. It is up to your organization whether you wish to create a new menu or tailor an existing menu to meet TFT requirements. The guidelines consist of caloric requirements, balanced meal recommendations, and TFT logo and name usage:

**Calories** – TFT suggests a daily caloric intake of 2200-2900\* kcal per day, or 2550 on average. Consequently, TFT's single meal suggestion is one-third of the daily intake, or 750-950 kcal on average.

**Balance** – TFT recommends that a meal be balanced, consisting primarily of whole grains, vegetables and fruits. It is particularly important to avoid partially hydrogenated oils and processed meats, and to limit sodium, sugar, and refined carbohydrates\*\*.

**Logo and Name Usage** – All TFT-branded healthy meals must be clearly identified. The TFT logo or name must be prominently displayed. Logo and name usage instructions and verbiage for use in signs, email, and other announcements are detailed below.

\*Based on the recommended dietary allowances set forth by the USDA and international organizations)

\*\*For further reading and a revised food pyramid, please consult Walter Willett's [Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating](#))

### **2) Collect and Remit TFT Meal Donations**

The TFT program is easy to implement.

- A. Typically, one or more healthy items (or a meal station) are designated as the TFT option in a cafeteria. These meals meet TFT's nutritional guidelines and incorporate approximately the equivalent of a US\$0.25 donation within the price. TFT signage is placed by the meal or on the menu to signify the health and social contribution from this special meal.
- B. At the point of purchase the meal is paid for and payment is collected as usual. The organization or its cafeteria vendor tabulates the number of TFT meals sold multiplied by the per meal donation and remits this payment to TFT periodically.

In addition to this basic program, organizations are encouraged to make matching or additional contributions. Please consider this option as part of your charitable activities.

**3) TFT Logo and Name Usage**

In signing this document, your organization agrees to use the TFT logo or name as follows.



You will not use the logo or TFT name for any activity other than those outlined in this document without prior written permission from TABLE FOR TWO, and will not change or modify the TABLE FOR TWO logo or name. You will send TABLE FOR TWO copies of all signage, webpages, emails, or any other media that incorporates the TABLE FOR TWO logo or name. You will immediately cease all logo or name usage that TABLE FOR TWO deems inappropriate, or at the end of your TFT program participation. These guidelines extend to any external vendor or third party responsible for creating media or other printed material that contains the logo or TFT name.

**Participant Information:**

Company / Organization	
Address	
Implementing Location(s)	
Vendor (if outsourced)	
Implementation Date	From _____ For ____ Years and ____ Months <i>Month Day Year</i>

**Signatory Information :**

Name	Print Name _____ Signature _____ Date _____
Title	
Contact Information	Phone: Email:

TFT reserves the right to modify its programs from time to time. TFT is not responsible for oversight of your organization’s charitable activities or the food services provided by the participant organizations.