

Smokefree Benefits

- Smokefree environments have less absenteeism among their employees
- There's a reduction of insurance costs among non-smoking environments.
- Citizens of Helena Montana voted to ban smoking in all public places. Six months later the state Legislature rescinded the ban. During the six month ban, heart attack rates dropped by 58%. Once the ban was lifted, the heart attack rate went back to previous levels. Source —Associated Press & NY Times.
- "A smoke-free environment has the potential of reducing costs to restaurant operators. There is simply less maintenance because there are no carpet or table burns; less ceiling, window and drapery cleaning is necessary; and the risk of fire is greatly reduced." Source—Wisconsin Restaurant Association.
- The survey found that the public preferences for restaurants, in which 52% favor setting aside areas for smoking while 44% say a total ban is in order. Source— Gallup Polling



For More Information

- www.smokefreemichigan.org: View the latest listing of smoke-free restaurants in Michigan. You'll also be able to get a map, eatery locations and even to have a custom "trip tick".
- Participate in the Great American Smokeout held annually the third Thursday in November by the American Cancer Society.
- Held annually in October, Drug-free Work Week is a public awareness campaign intended to highlight the fact that being drug free is key to protecting workplace safety and health. It is sponsored by the US Department of Labor and the tentative dates for 2008 is October 20-26
- The American Cancer Society can provide your worksite with the necessary tools to become a smoke-free environment.



Royal Oak Community Coalition
707 Girard Ave.
Royal Oak, MI 48073

248-588-5050 Ext 231
ropc@royaloakschools.com

Guide to Smoke-Free Restaurants



Second Hand Smoke Exposure Information



How to avoid second-hand SMOKE

- Whenever possible, ask people that are visiting your home to smoke outside.
- Open windows and use fans to ventilate rooms.
- Don't keep ashtrays in your home.
- Tell babysitters and other caregivers no to smoke around your children, even if it is in their own home.
- If you are visiting a smoker's home with your children, try to socialize outside.
- If smoking is allowed where you work, talk to your employer about modifying the company's smoking policy.
- Ask to work near other non-smokers or as far away from smokers as possible.
- Use a fan and open windows to ventilate your workspace.
- When staying in a hotel, ask for a non-smoking room.
- Ask to be seated in the non-smoking sections of restaurants, and suggest to the managers that they make the restaurants smoke-free.
- Stay informed about any changes in federal, state, and local smoking laws and become involved in strengthening those laws.

Royal Oak Smoke-free Restaurants

1. Albano's Café
2. Arby's Roast Beef
3. Astoria Pastry Shop
4. Athens Coney Island
5. Avenue Family Restaurant
6. Baskin Robbins
7. Baskin Robbins/Dunkin Donuts (2)
8. bd's mongolian barbeque
9. BIGGBY COFFEE
10. Brueggers' Bagels
11. Burger King (3)
12. Caribou Coffee (2)
13. Chicken Shack
14. Delmar Family Restaurant
15. Fiddleheads Restaurant
16. Goombah's Pizzeria
17. IHOP
18. Inn Season Café
19. Jimi's Restaurant
20. Jimmy John's Sandwiches
21. Kathmandu Chullo
22. McDonald's (4)
23. Monty's Grill
24. Nello's Family Restaurant
25. Noodles
26. Oaks Family Restaurant

Smoke-free Restaurants Continued.....

27. Onion Roll Deli
28. Peking House
29. Pita Pit
30. Potbelly Sandwich Works
31. Qdoba Mexican Grill
32. Ray's Ice Cream
33. Royal Thai Café
34. Second Street Sub Shop
35. Sign of the Beefcarver
36. Spanga's Coney Island
37. Spice of Thai Express
38. Starbucks Coffee (5)
39. Subway (4)
40. Taco Bell
41. Tasi Juice Bar
42. Thai Café
43. Thai House Express
44. Thai on Main
45. Tim Hortons
46. Town Tavern
47. Tubby's Submarine Shop (2)
48. Vinoteca
49. Vinsetta Grill
50. White Castle
51. Yaya's Chicken
52. Zumba Mexican Grille

- Free Quit Smoking Kit
1-800-537-5666
- Quit the Nic 1-800-775-BLUE
- Beaumont Referral (248) 577-9277

- www.cancer.org
search under guide to quitting smoking
- www.smokefreemichigan.org
- www.michigan.gov/mdch

