

If you are interested in becoming a member of the Black Hawk County Tobacco Free or Clean Indoor Air Coalitions please see the opposite side of this page.

If you are a smoke-free restaurant and would like to be listed in the next edition of the dining guide, *please call* 319-235-2521 ext. 429 smoke-free@pathwaysb.org

Want to quit smoking?
Call Quitline Iowa
1-800- QUIT-NOW
(1-800-784-8669)
Free help over the phone!

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319-266-7578

Black Hawk County Smoke-Free Dining Guide



Endorsed by
Black Hawk County Board of Health

Sponsored by
Black Hawk County Tobacco Free Coalition
Clean Indoor Air Coalition (cia)
Bravo Printing Company

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Iowa Department of Public Health

The Black Hawk County Tobacco Free Coalition and the cia (Clean Indoor Air) coalition, in collaboration with the Black Hawk County Health Department, are excited to present the 2007 Black Hawk County Smoke-Free Dining Guide.



On June 27, 2006 U.S. Surgeon General Carmona released a comprehensive scientific report on the negative effects of secondhand smoke.

The report states that secondhand smoke is a serious health hazard that can lead to disease and premature death in children and adults.

The report goes on to say the only way to protect children and nonsmoking adults from the dangerous chemicals found in secondhand smoke is to eliminate smoking indoors.

Surgeon General Carmona concluded his report by saying there is no risk-free level of exposure to secondhand smoke.



Look for this window cling at participating smoke-free establishments

The Black Hawk County Tobacco Free Coalition works to prevent the initiation of tobacco use by youth, promote cessation among adults and youth, and eliminate exposure to secondhand smoke.



The coalition is always looking to add to its membership.

If you are interested in joining the coalition please fill out this form and mail it to:

*Pathways Behavioral Services
Tobacco Prevention Coordinator
3362 Univeristy Ave.*

Waterloo, IA 50701

Or send an email to:

smoke-free@pathwaysb.org

Name _____

Address _____

City _____ Zip Code _____

Phone _____

Email _____

I am joining as a concerned community member

I am part of an organization

Organization _____

Secondhand Smoke: The Facts

● For every eight smokers tobacco smoke kills, one nonsmoker is also killed by inhalation of secondhand smoke



● Secondhand smoke can be harmful to many nonsmokers. It contributes to:
3,000 lung cancer deaths
and
35,000 to 40,000 heart disease deaths per year



● Secondhand smoke causes chronic respiratory problems such as coughing, asthma, and chronic bronchitis.



● Smoking during pregnancy is responsible for more than 20% of low birth weight babies

Black Hawk County Smoke-Free Dining Locations

Average Cost of Meal

\$. Five Dollars

\$\$: Ten Dollars

\$\$\$: Over Ten Dollars

ARBY'S \$

3657 Kimball Ave., Wloo
6018 University Ave., CF

233-4147
266-3627

BARN HAPPY \$

11310 University Ave., CF

266-0888

BARNES & NOBLE CAFÉ \$

1518 Flammang Dr., Wloo

232-0475

BOARDWALK DELI \$

206 E 4th St., Wloo

233-9160

BOURBON STREET \$\$\$

314 Main St., CF

266-9994

BROWN BOTTLE, The \$\$

1111 Center St., CF
209 West 5th St., W'loo

266-2616
232-3014

BURGER KING \$

1215 Ansborough Ave., Wloo
109 Jefferson St., Wloo
1925 La Porte Rd., Wloo
102 W Tower Park Drive, Wloo

234-6669
235-7910
232-6552
287-4246

CELLAR, The \$

320 E 4th St., Wloo

274-8889

CHINA WOK \$

123 E 18th St., CF

277-8641

CHUCK E. CHEESE'S \$\$

2915 Mc Clain Dr., CF

277-6321

COLDSTONE CREAMERY \$\$

2060 Crossroads Blvd., W'loo
6421 University Ave., CF

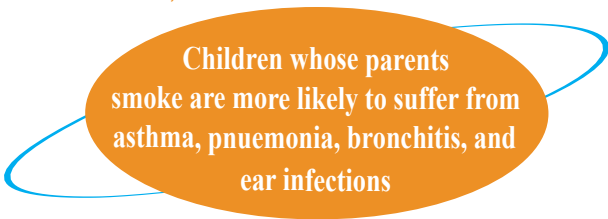
235-8015
266-1605

COTTONWOOD CANYON \$

218 E 4th St., W'loo 233-5018

CU \$\$\$

320 E. 4th St., Wloo 274-8889



Children whose parents
smoke are more likely to suffer from
asthma, pneumonia, bronchitis, and
ear infections

CULVERS \$

209 E Tower Park Dr., Wloo 291-6640

CUP OF JOE \$

102 Main St., CF 277-1596

DAIRY QUEEN \$

2719 University Ave., Wloo 233-8603
 W 5th & Baltimore Sts., Wloo 232-5067
 321 S Washington St., Hdsn 988-9393
 1506 LaPorte Rd., Wloo 232-0108

DOUGHY JOEY'S PEETZA JOINT \$\$

4th & Jefferson St., Wloo 274-0996

EAST CHINA \$

2108 Kimball Ave., Wloo 226-3333
 2044 Logan Ave., Wloo 226-3338

FAZOLI'S \$

441 E Tower Park Dr., Wloo 236-2731

FERRARI'S \$\$\$

1521 Technology Pkwy., CF 859-3200

GALLERIA DE PACO \$\$\$

622 Commercial, W'loo 833-7226

GARY'S RESTAURANT & CATERING \$\$

2820 Falls Ave., Wloo 291-6742

GENOS PIZZA \$

2060 Crossroads Blvd., Wloo 287-6508

GODFATHER'S PIZZA \$\$

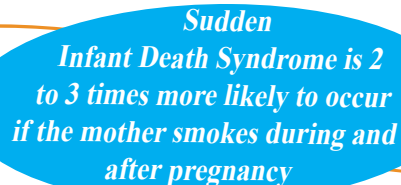
3811 University Ave., Wloo 235-7104
 1946 Schukei Rd., Wloo 233-3000
 1621 W 1st St., CF 277-7777

GRANNY ANNIE'S \$\$

1724 W 31st St., CF 277-4650
 2710 St. Francis Dr., Wloo 236-9866
 3025 Kimball Ave., Wloo 233-4546

GREAT WALL \$\$

2125 College St., CF 277-8899



*Sudden
Infant Death Syndrome is 2
to 3 times more likely to occur
if the mother smokes during and
after pregnancy*

HARDEE'S \$

805 Franklin St., Wloo 236-2595
 3110 University Ave., Wloo 235-1287

HIGHWAY 63 DINER \$\$

3030 Marnie Dr., Wloo 232-0635

HOMETOWN FOODS DELI \$

1010 Mitchell Ave., Wloo 233-6628

HU HOT MONGOLIAN GRILL \$\$

6301 University Ave, W'loo 553-1100

HY-VEE DELI \$

1422 Flammang Dr., Wloo 234-7523
 2181 Logan Ave., W'loo 234-8627
 4000 University Ave., Wloo 236-0580
 6301 University Ave., CF 266-753

INDULGENCE \$

305 Main St., CF 266-6109

JAGS JAVA \$

5315 University Ave., CF 266-4916

JAMESON'S PUBLIC HOUSE \$\$

310 E. 4th St., W'loo 233-0701

JIMMY JOHN'S GOURMET SANDWICHES \$
1515 San Marnan, W'loo 233-4800
2016 College St., CF 266-9977

KFC \$
3115 Kimball Ave., Wloo 233-9302
Broadway & Park Rd., Wloo 234-8745

KFC/LONG JOHN SILVER'S \$
6104 University Ave., CF 266-8551

K-MART SNACKBAR \$
3810 University Ave., Wloo 232-6511

LA MICHOCANA \$
1221 Franklin St., Wloo 236-9990

LAVA LOUNGE \$
2401 Falls Ave., Wloo 234-5686

LONG JOHN SILVER'S/A&W \$
2775 Crossroads Blvd., Wloo 236-0505

LOS CABOS RESTAURANT \$
112 Main St., CF 277-9676

MAID RITE \$
116 E 4th St., CF 277-9748

Secondhand
smoke is classified as a "known
human carcinogen," which is
cancer causing

MCDONALD'S \$
3775 University Ave., Wloo 234-1107
3658 Kimball Ave., Wloo 234-3517
1709 La Porte Rd., Wloo 232-7719
610 W 1st St., CF 266-0677
2515 Main St., CF 266-6330
2222 Logan Ave., Wloo 233-9588
350 Evansdale Dr., Evansdale 235-5599

MONTAGE \$\$
222 Main St., CF 268-7222

MOO ROO ICE CREAM SHOPPE
3015 Kimball, W'loo 234-3309

PABLOS MEXICAN GRILL \$
310 Main St., CF 277-8226

60 out of
4,000 secondhand smoke
chemical compounds are known or
suspected to cause cancer

PANCHERO'S MEXICAN GRILL \$
6401 University Ave., CF 277-1054

PANERA BREAD \$
6403 University Ave., CF 553-0250
1818 LaPorte Rd., Wloo 433-3003

PIZZA HUT \$\$
6130 University Ave., CF 277-3661
2825 Crossroads Blvd., Wloo 233-0120

POPEYE'S CHICKEN AND BISCUITS
4015 Lowes Blvd., W'loo 234-2393

QUICK WOK \$
2936 University Ave., Wloo 236-2888

QUIZNO'S OVEN BAKED SUBS \$\$
207 E Tower Park Rd., Wloo 287-4433
5925 University Ave., CF 266-6856

RED APPLE CHINESE \$
305 W 4TH St., Wloo 833-7299

RED LOBSTER \$\$
941 E San Marnan Dr., Wloo 234-0288

ROOTS MARKET \$
2021 Main St., CF 266-3801

RUDY'S TACOS \$
2401 Falls Ave., Wloo 234-5686

SOHO SUSHI BAR & DELI \$\$
119 Main St., CF 266-9995

SOOKIE'S RESTAURANT \$
506 E Argyle St., Wloo 235-7642

SOUTHTOWN LOUNGE \$\$
2026 Bopp St., Wloo 236-9112

STARBUCKS \$
6301 University Ave., CF 232-2491
1501 Flamming Dr., Wloo 232-1456

STUFFED OLIVE, The \$
115 Main St., CF 266-0868

SUB CITY \$
3045 Kimball Ave, Wloo 235-7670
118 E 4th St., Wloo 236-2300
2218 College St., CF 277-7071

Being in a
smoke filled bar for only two
hours is the same as smoking four
cigarettes

SUBWAY \$
1237 Ansborough Ave., Wloo 233-7806
314 Brandilyn Blvd., CF 266-2399
525 Brandilyn Blvd., CF 277-7496
124 Crossroads Center, Wloo 287-3908
1334 Flammang Dr., Wloo 287-5405
518 Jefferson St., Wloo 433-0468
3620 Kimball Ave., Wloo 233-1977
1807 La Porte Rd., Wloo 291-6448
2118 Logan Ave., Wloo 234-7030
102 Plaza Dr., Elk Run Heights 287-4400
6822 University Ave., CF 268-1774
1525 W 1st St., Wloo 268-4225

Smoke-filled rooms
can have up to six times the air pollution
of a busy highway

TACO BELL \$
1819 La Porte Rd., Wloo 232-0233
6023 University Ave., CF 859-0700

TACO JOHN'S \$
1620 La Porte Rd., Wloo 233-3651
602 Broadway St., Wloo 233-3476
6210 University Ave., CF 277-6658

TARGET DELI/STARBUCKS \$
1501 E San Marnan, Wloo 277-6658

TEXAS ROADHOUSE \$\$
5715 University Ave., CF 266-3200

**TOKYO JAPANESE STEAKHOUSE
& SUSHI BAR \$\$**
126 E Ridgeway Ave., Wloo 433-0999

VIBE COFFEEHOUSE \$
909 W 23RD St., CF 268-8227

VILLAGE INN \$\$
6301 University Ave, CF 277-5551
212 W Ridgeway Ave, Wloo 291-2010

WENDY'S \$
1815 La Porte Rd., Wloo 236-2290
Black Hawk Village, CF 277-1765

WISHBONE \$
201 W 18th St., Wloo 234-4641

ZIO JOHNO'S SPAGHETTI HOUSE \$
5312 University Ave., CF 859-0111