



# VOLUNTEER RATER GUIDE

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## GETTING STARTED AS A RATER

### LETTER FROM SALLY

Dear 12 Spoons Rater Volunteers:

The Weston A. Price Foundation's (WAPF's) new web project will help WAPF members find restaurants (and catering services, community supported kitchens, and food trucks) that serve food prepared according to our dietary principles. The site is called "**12 Spoons**," after the 12 criteria by which we rate each establishment. Access to the site is a perk of membership in the Foundation; only current members may see the full content. Non-members see only "teaser" content and are encouraged to join WAPF.

**Why develop such a site?** Over the years, we have frequently been asked, "Where can I find WAPF-friendly food when traveling?" Many people must eat on the go regularly because of their jobs, and would like to find the best options available to them. And of course, most of us would like to eat out occasionally without having to compromise our principles too drastically. This site is meant to help people find at least *acceptable* food when they are in an area without many options. And it's also meant to highlight those establishments that are really doing great things. An establishment can earn one "spoon" for each of our 12 criteria that they meet. A 1-Spoon establishment signals a place where that busy traveler will find at least a few acceptable dishes, whereas a 12-Spoon establishment signals a place that truly gets it; that's doing everything right. We hope that as the site gains traction and food purveyors learn of it, they'll want to know our criteria and how they can earn a higher score. We look forward to a day when there will be a number of high-scoring establishments in every locale, at a variety of price points.

Thank you for volunteering to be a "rater"—a WAPF member who is knowledgeable about our dietary principles and food sourcing and preparation methods, who rates establishments in your area and submits these ratings to the 12 Spoons site via a simple web-based form.

The site is built with Word Press and when you log in, you'll have just a few simple interfaces to learn: creating a listing or editing one of your existing listings, and creating or updating your profile. It's easy "Rater Tutorials" you can access from your Profile page show you how to get started.

Teaching Chef and WAPF Honorary Board Member Monica Corrado will serve as blogger and moderator for the website. She'll check in with new volunteer raters to ensure they understand the 12 criteria. You can ask her questions about the criteria and whether what a particular establishment is doing warrants a Yes or a No when it's on the fence. She may also be able to help you with simple site troubleshooting, but may hand you off to 12 Spoons site administrator Jill Nienhiser to provide more extensive technical help (and Jill can escalate an issue to our programming company if necessary).

To get started, please familiarize yourself with the guidelines and rating criteria on the next few pages. Then start looking around your neighborhood to decide what restaurants, carryouts, and food trucks to rate. You're also welcome to rate catering services and community supported kitchens (CSKs). You may want to check out the establishment's website and/or call them (off hours vs. busy meal times for best results!) to ask additional questions.

Thank you again for your help!

—Sally



## THE 12 SPOONS CRITERIA

We evaluate each business based on the following 12 “Yes/No” criteria:

1. **Serves mostly (i.e., at least more than half of the menu) fresh food, prepared from scratch. Does NOT rely primarily on “kits,” which are prepared/partially prepared foods from commercial food services.** This is not an “all or nothing” criteria because most restaurants do make use of some canned or frozen ingredients that are acceptable (such as canned tomato paste or frozen shrimp). Or they may make most dishes in house from scratch, but use commercial kits for a few items (such as Duck a l’Orange in some French restaurants). Diners should ask about each dish they would like to order.
2. **Offers some locally sourced and/or organically produced food and/or wild-caught seafood.** We have heard complaints from farmers that restaurants will SAY they offer food from their farm, but do not. If you have the time, we would greatly appreciate if you would contact farms purported to supply a restaurant to confirm they are indeed supplying them. (If multiple farms for a restaurant, even spot-checking one or two would help!)
3. **Offers some pastured animal foods.** We have heard complaints from farmers that restaurants will SAY they offer animal products from their farm, but do not. If you have the time, we would greatly appreciate if you would contact farms purported to supply a restaurant to confirm the farm is indeed supplying them. (If multiple farms for a restaurant, even spot-checking one or two would help!)
4. **Offers some dishes made with organ meats (liver/paté, sweetbreads, heart, kidney, brains, etc.).** Ideally these would be pasture-raised; if they are you can say so in the comment area for this criterion.
5. **Cooks (sautés) at least some food in natural fats such as butter, lard, tallow, duck fat, coconut oil, or olive oil; may also use lard, duck fat, or tallow for frying.** Some places do sauté in natural fats, but deep fry in vegetable oil. Be sure to ask about both cooking and frying.
6. **Makes own bone broths/stocks for use in soups, stews, gravies, and sauces (does NOT use canned broth or powdered soup bases).** Remember that soups are not the only thing that will be tainted with MSG, soy protein isolate, etc. if the restaurant is not making their own true bone broth. Stews, gravies, sauces, etc. will be affected. Surprisingly, most large hotels do make their own broth. Still, diners should ask about each dish.
7. **Makes most of its own seasoning mixes (does NOT use flavoring packets or MSG).** This is not an “all or nothing” criteria because restaurants may use regular herbs and spices for most of their food, but then make use of some flavoring packets for some dishes. Diners should ask about each dish.
8. **Makes all or some of its own salad dressings using olive oil or cold-pressed sesame oil.** This is not an “all or nothing” criteria because restaurants may make some of their own dressings from good oils but then offer some with vegetable oil (whether made on site or purchased). Diners should ask about each type.
9. **Offers genuine sourdough bread.** Diners should ask about each type of bread offered; some may not be genuine sourdough.
10. **Offers at least some lacto-fermented beverages (such as kombucha or kvass).** Confirm that any “lacto-fermented” beverages are truly raw and have not been pasteurized (even “lightly pasteurized”).
11. **Offers at least some lacto-fermented condiments.** Confirm that any “lacto-fermented” condiments are truly raw and have not been pasteurized (even “lightly pasteurized”). The restaurant may also have some commercially prepared condiments to offer guests; be sure to ask about each type.
12. **Offers at least some desserts made in house with natural sweeteners (such as raw honey, maple syrup, maple sugar, molasses, date sugar, palm sugar, coconut sugar, sorghum syrup, or malt syrup).** Many restaurants outsource all their desserts (especially chain restaurants), or at least some of them. Suppliers would likely use white sugar, corn syrup, etc. unless special arrangements have been made. Diners should ask about each dish.



## GENERAL GUIDELINES & TIPS

**Finding Information:** A chapter leader who volunteered to help enter ratings as part of a brief pilot phase in June found that her local newspaper’s restaurant reviews are a very helpful source of information, both in finding establishments to rate and in learning more about their menu and preparation methods. Perhaps you will find a similar resource in your area.

**Don’t rate establishments that wouldn’t earn at least one Spoon:** Every establishment you rate SHOULD get a “Yes” for at least the first criterion, “Serves mostly fresh food, prepared from scratch.” If they don’t earn this Spoon, they are highly unlikely to earn any of the rest. Focus on reviewing establishments where patrons can expect to find a number of satisfactory (if not perfect) dishes typically available. Please do not bother rating places where almost nothing can be recommended. The goal is not to rate *every* food purveyor, but only those where at least *some* WAPF-friendly food is on offer. This may mean your area has only a few listings at first, or perhaps even none. But the site will grow and eventually businesses will compete to be listed and rated highly with us!

**Don’t rate chain restaurants:** We ask raters not to critique national and regional chains. We will have a special page for chain restaurants, rating the best ones and offering advice on how to choose foods at chains. This can be a tricky distinction, in that a successful restaurant may open several outlets in an area, but these are not yet a “chain.” A distinguishing feature of chains is that some food prep begins to happen in centralized kitchens. If a restaurant you’d like to rate has several outlets, a call to their headquarters may tell you if they’ve grown to the point that they are centralizing operations. If not, go ahead and rate the restaurant, but only for the outlet you visited. Each one could eventually have its own listing (similar to Yelp).

**Focus on the positive in comments:** For each criterion you are able to enter comments. Keep these as positive as possible, but straightforward (remember, you aren’t being paid to advertise for them). Focus on the best options typically available, vs. a lengthy list of what to avoid. For example, say you have a restaurant for which you can award one Spoon, for the first criteria, “Serves mostly fresh food, prepared from scratch.” In your comments you might say, “This restaurant has a nice range of entree salads and some simple preparations of meat and fish with vegetables that are suitable for WAPF-eaters. Ask for olive oil and vinegar or lemon to dress the salads, and ask about the seasonings used in meat/fish marinades as some may contain MSG.” Comments such as these help focus on what diners can eat with a few cautions. For this same restaurant, since you do not award them a spoon for “Makes own salad dressings using olive oil or cold-pressed sesame oil,” under that criterion you can repeat your comment about asking for olive oil and lemon to dress any salads.

**Ask about “kits.”** Remember to ask restaurants whether they use kits for any dishes. These are pre-packaged meals that the restaurant just heats up, usually with a sauce full of MSG. You can note such dishes to avoid under criterion one, about whether the restaurant serves *mostly* fresh food prepared from scratch.

**Photos.** You may take photos of the restaurant façade and dishes yourself to add to your listing. If you use photos you find online, be sure you have permission to use them—the restaurant’s own website or Facebook page may be a good source for photos that they would probably happily allow to be used on this site. When you upload photos to a listing you can arrange their order. The first photo will be the one that is used with the restaurant name in search results. If you do not upload any photos, a default 12 Spoons image will be used.



# GENERAL USER HELP

## HOW TO JOIN 12 SPOONS

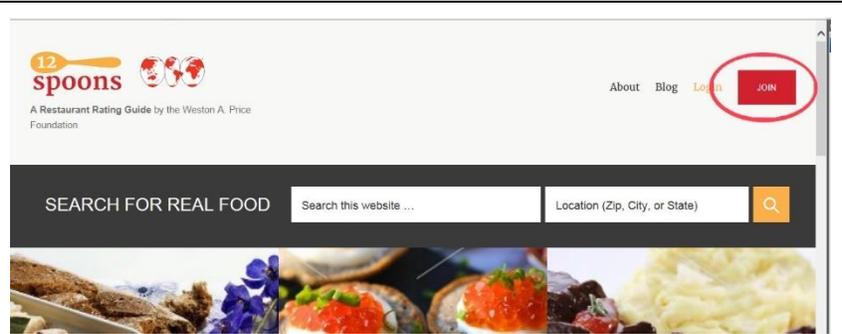
You must be a member of the Weston A. Price Foundation (WAPF) to use 12 Spoons, so first join WAPF at [www.westonaprice.org/why-join](http://www.westonaprice.org/why-join) if you are not already a member.

You will need to know your WAPF username and password to create a 12 Spoons account. Use the Forgot Username and/or Forgot Password links here if necessary: [https://secure.westonaprice.org/CVWEB\\_WESTON/cgi-bin/utilities.dll/openpage?wrp=mainlogin.htm](https://secure.westonaprice.org/CVWEB_WESTON/cgi-bin/utilities.dll/openpage?wrp=mainlogin.htm)

Go to 12 Spoons Website at: [westonaprice.org/12spoons](http://westonaprice.org/12spoons)

**BEFORE LAUNCH:** Go to development site here: [12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

Click red **Join** button at upper right (circled in image at right).

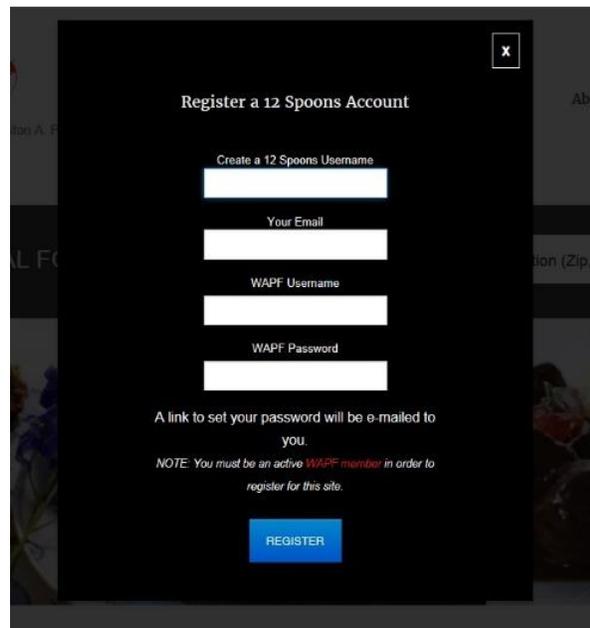


Complete the fields in the pop-up box as shown in image at right:

- Create a **12 Spoons Username** (you can use your WAPF username, or a different one).
- Enter the **email address** you wish to associate with your 12 Spoons account.
- Enter your **WAPF username**.
- Enter your **WAPF password**.

Click **Register**.

The WAPF login credentials you entered will be checked against the WAPF membership database. If this confirms you are an active member (i.e., your membership has not expired), a link to set your 12 Spoons password will be emailed to the address you entered.

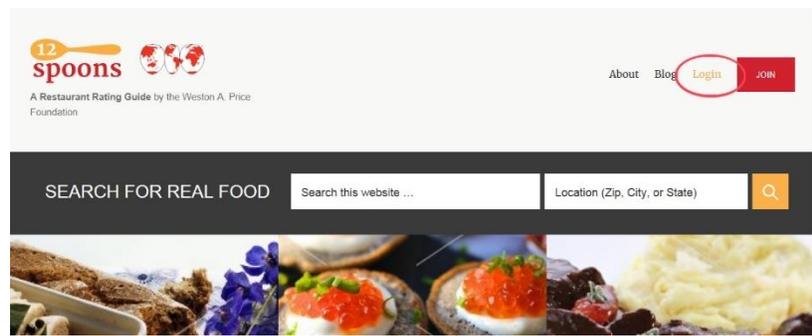


## HOW TO LOGIN TO 12 SPOONS

Go to 12 Spoons Website at:  
[westonaprice.org/12spoons](http://westonaprice.org/12spoons)

**BEFORE LAUNCH:** Go to  
development site here:  
[12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

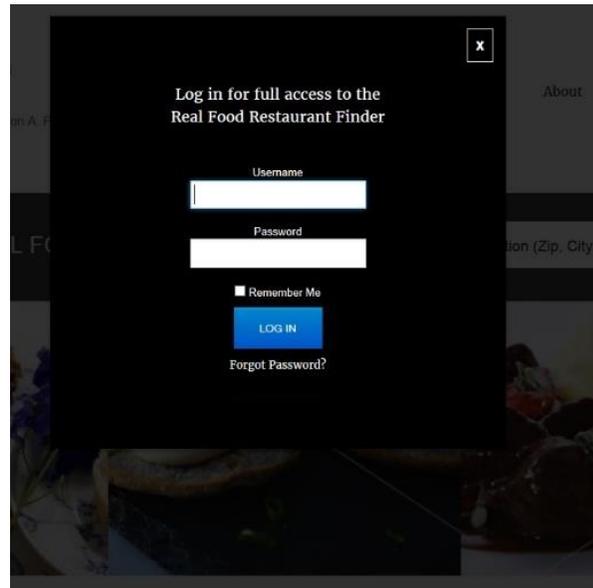
Click **Login** link at upper right  
(circled in image at right).



Enter your **12 Spoons username**  
and **password** in the pop-up box  
as shown in the image at right.

Click **Remember Me** if you would  
like to set a cookie to remain  
logged in on the site (only choose  
if using a private computer).

Click **Login**.

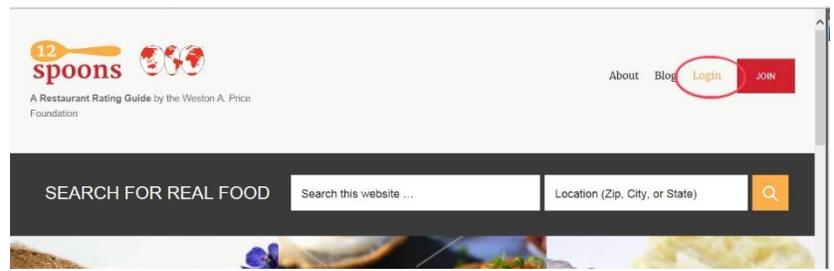


## HOW TO RETRIEVE YOUR 12 SPOONS PASSWORD

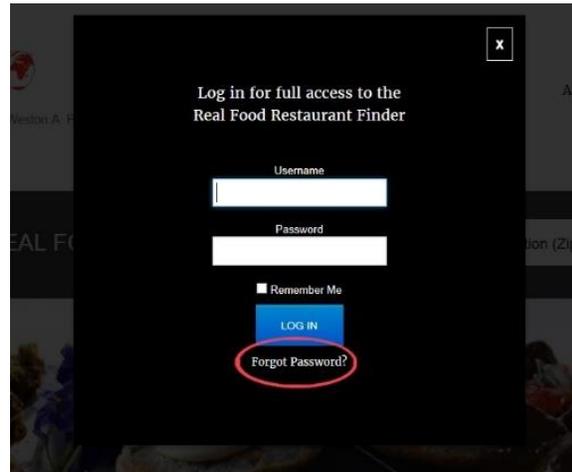
Go to 12 Spoons Website at:  
[westonaprice.org/12spoons](http://westonaprice.org/12spoons)

**BEFORE LAUNCH:** Go to  
development site here:  
[12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

Click **Login** link at upper right  
(circled in image at right).

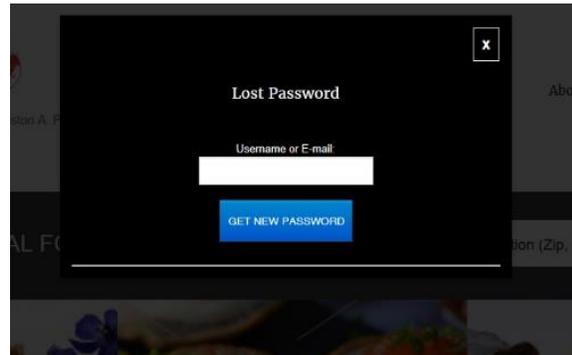


Click **Forgot Password?** in the  
pop-up box (circled in image at  
right).



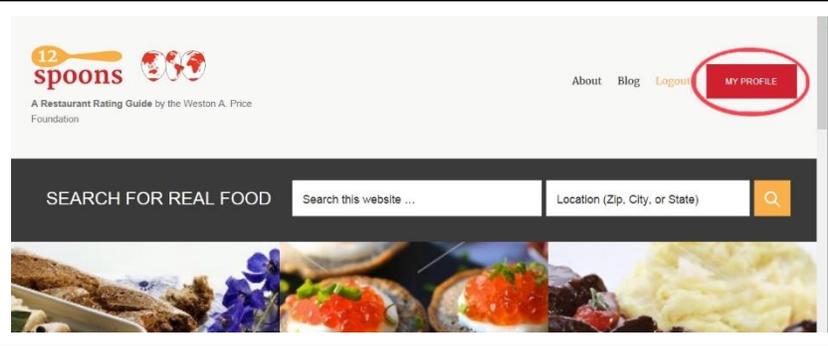
Enter your **12 Spoons username**  
or the **email address** associated  
with your account.

Click **Get New Password**.

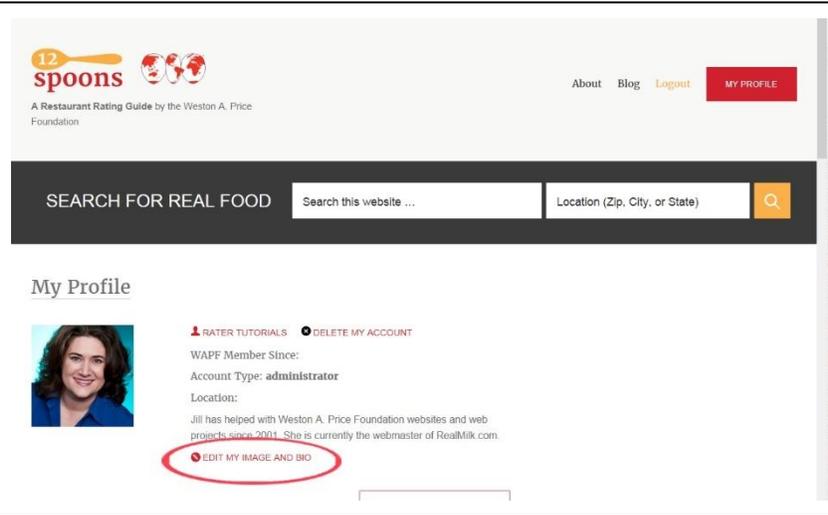


# HOW TO MANAGE YOUR 12 SPOONS PROFILE

While logged into 12 Spoons, click **My Profile** at upper right (circled in image at right).

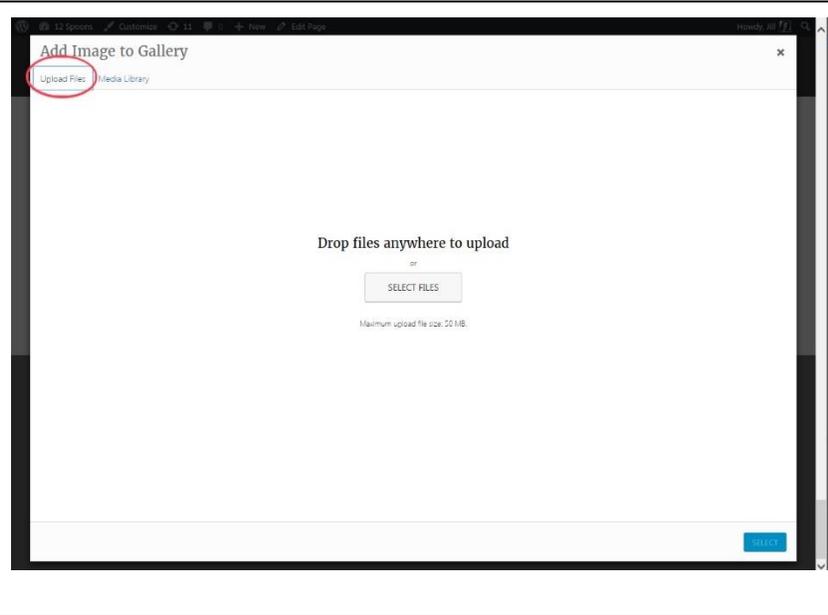


Click **Edit My Image and Bio** (circled in image at right).



**To Edit Your Image**  
 Under Edit My Profile, click **Choose image**.  
 Click tab **Upload Files**.  
 Upload your image by either:

- **Dragging** an image from your computer to the Upload Files window and clicking **Select**.
- Clicking **Select Files**, browsing to select an image on your computer and clicking **Open**.

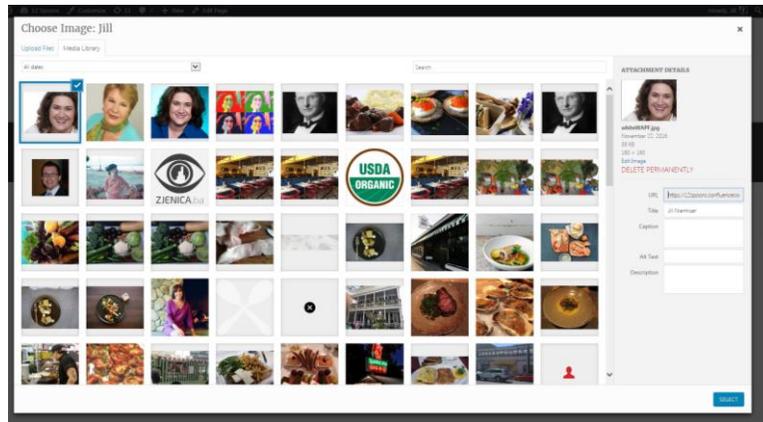


The image you uploaded will now appear first under the Media Library tab, with the first one selected.

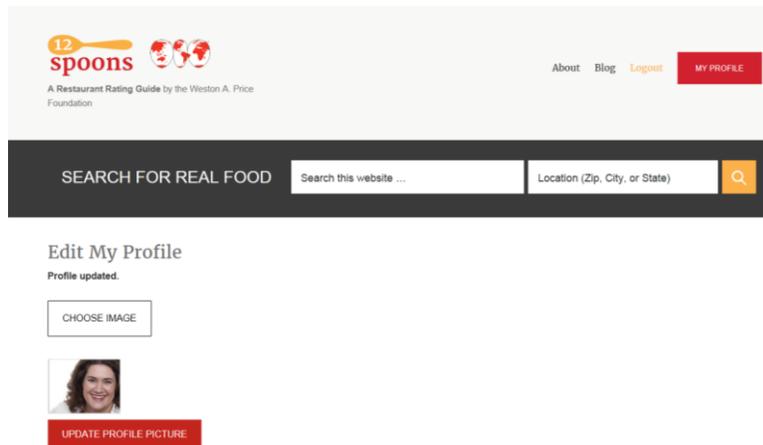
Click on the image you want to use so it shows a border and checkmark.

If desired, change the **Title** on the right from the default file name to your name.

Click **Select**.



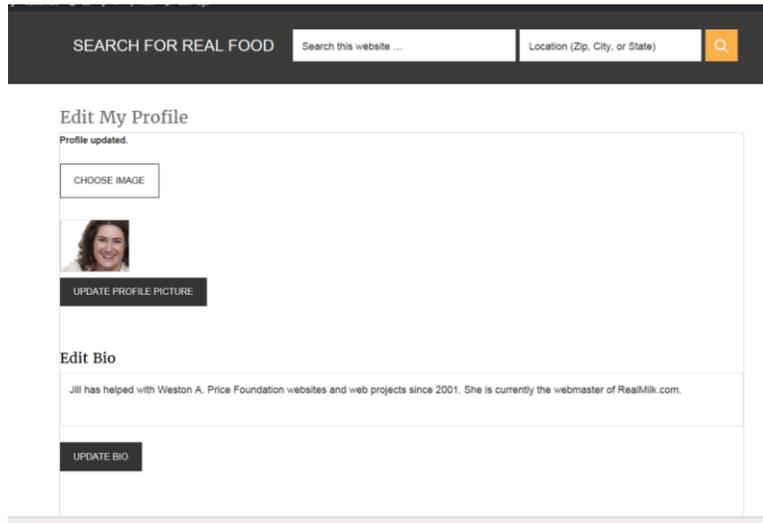
Click the **Update Profile Picture** button below the new image to save it as your profile image.



**To Edit Your Bio**

In the text box under **Edit Bio**, write a bio for your profile. You may say as much or as little as you like here. While this is a closed site for WAPF members only, use common sense and don't overshare personal information.

Click the **Update Bio** button below the text box, when you have finished editing your bio, to save it.



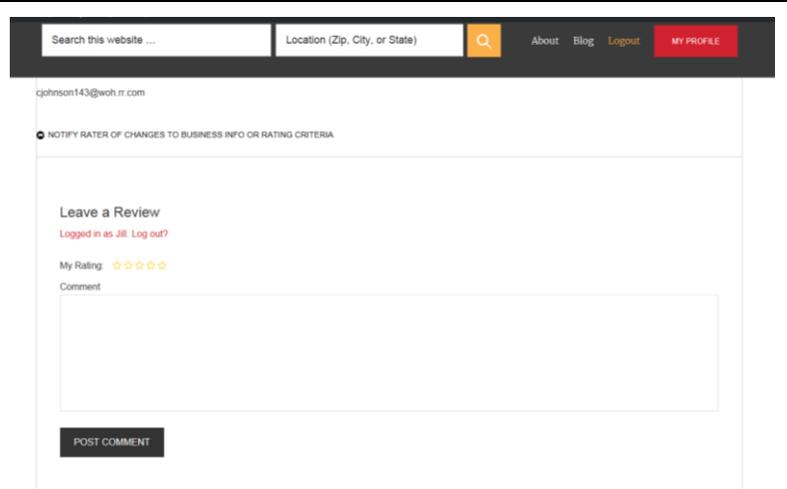
# HOW TO STAR/COMMENT ON RATINGS

## PENDING DEBUGGING

Raters evaluate whether businesses are following WAPF's criteria for nutrient dense food selection and preparation. The raters do not focus on taste, presentation, ambience, or customer service—but you can!

At the bottom of each business Rating, you have the option to give an establishment between one and five stars, and leave comments.

Click a star, type your comments in the text box, and click **Post Comment**.



Please only give a star rating if you have eaten at the establishment.

You may also use the comments feature to ask questions of the rater or other commenters.

*Question out to Confluence: Feature currently requires both star rating and comment. However, what if a user wants to ask a question? They shouldn't give a star rating unless they've eaten there (not that we can control that but the point is if they decide to give a star rating so they can ask a question, they're going to mess with the stars).*



# HOW TO REPORT ABUSIVE CONTENT

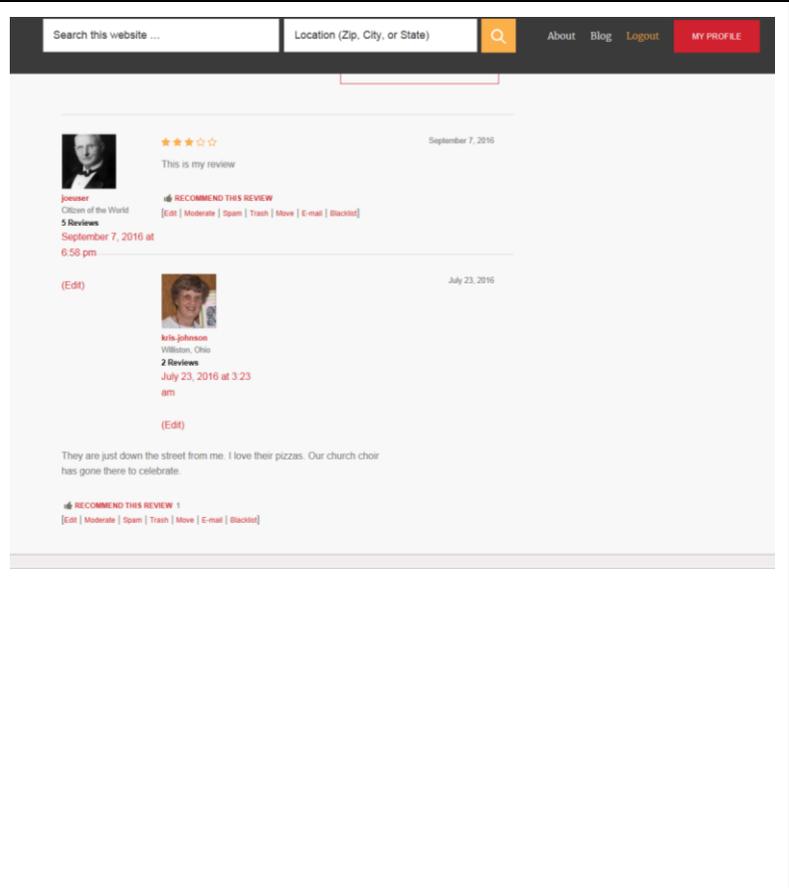
## PENDING DEBUGGING

Because 12 Spoons is a WAPF-members only website, comments are posted immediately without moderation.

However, commenters must follow our Comment Policy and refrain from vulgar or abusive language, unsupported accusations, personal attacks of any kind, and spam.

If you see a comment that you think violates this policy, click **Report** next to the comment to flag it for moderation. The site moderator will review the comment and determine if it is in violation. Users who violate the policy will get three warnings before being banned from the site.

*Question out to Confluence: I do not see ability to do this as user, only "Recommend this review." Admin can mark comments for moderation (which makes them not visible?), unapproved (also makes them not visible?) and blacklist (name, email, and/or IP)*

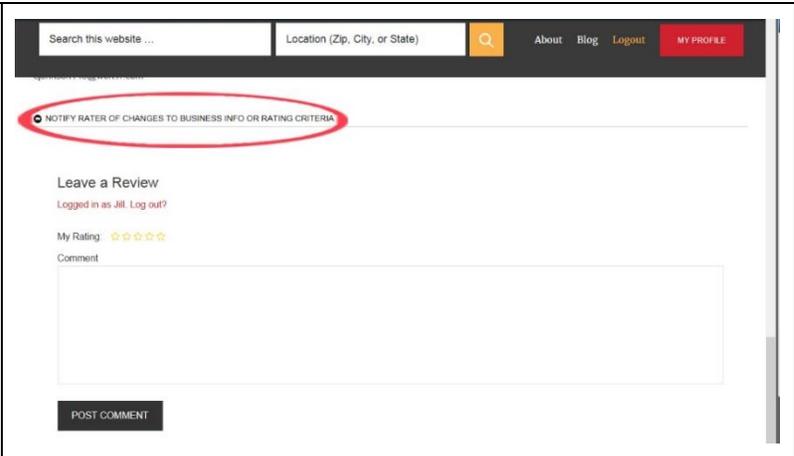


# HOW TO NOTIFY RATER OF INCORRECT/CHANGED INFORMATION

## PENDING DEBUGGING

If you know of changes to an establishment's information (e.g., name, address, phone, website, etc.), that they've closed, or that they have changed their methods for better or worse and a re-evaluation of the rating criteria is in order, you can notify the rater.

At the bottom of the rating, click the link to **Notify Rater of Changes to Business Info or Rating Criteria**.



Your default email program will start a new email with subject line [Business Name] – Notification of changes.

Copy and paste the rater's email address from the end of the rating into the To field.

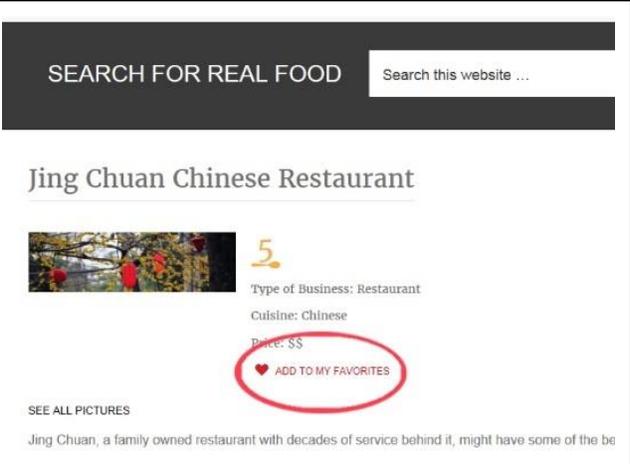
In the body of the email, provide the changed information or let the rater know what needs to be re-evaluated.

*Question out to Confluence about this. Functionality not tenable as is; I don't think users will notice the rater's email address there and will not like having to copy/paste it. Also, probably best not to display their email address on the page.*



## HOW TO ADD/REMOVE RATINGS FROM YOUR FAVORITES

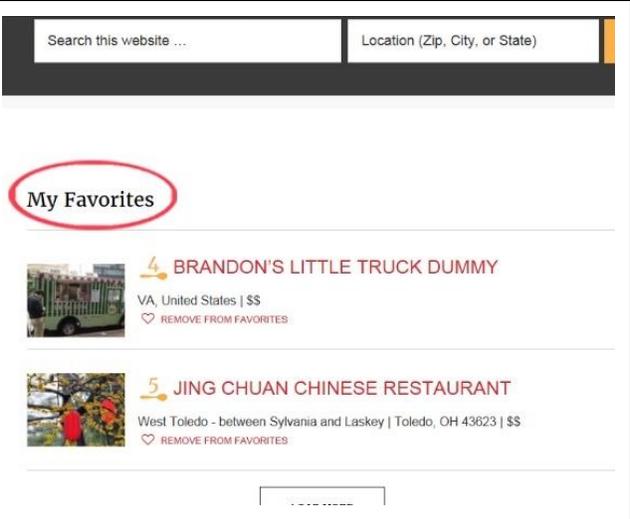
Click the **Add to My Favorites** link on Ratings you would like to be able to quickly find again.



To remove a Rating from Favorites, just click **Remove from Favorites**.

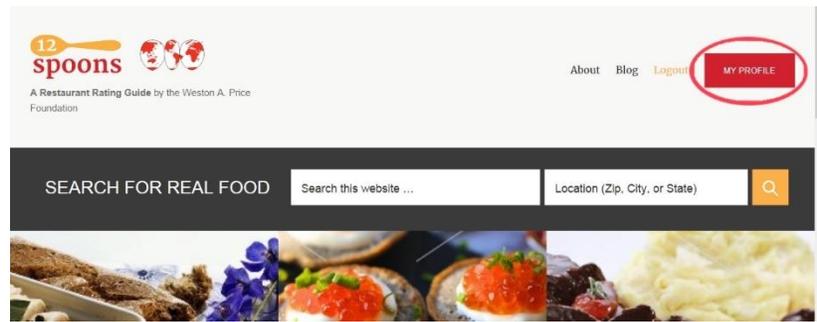


You can find all your Favorites on your **My Profile** page and you can easily remove them here, as well.

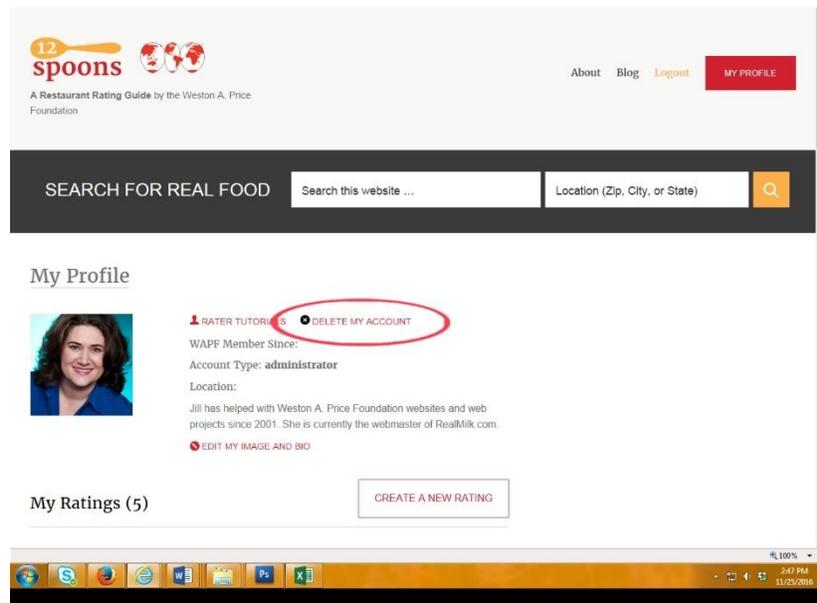


## HOW TO DELETE YOUR 12 SPOONS ACCOUNT

While logged into 12 Spoons:  
Click **My Profile** at upper right.



Click **Delete My Account**.



Your default email program will open a new email to the 12 Spoons Moderator with subject line "User [USERNAME] account delete request" and text in the body of the email "I would like my account deleted on 12 Spoons."

Add content to this default message if desired, and send the email.

Reply to the 12 Spoons Moderator when she emails back asking you to confirm that you wish to delete your account. She will then manually remove your account from the 12 Spoons website database.

**Note: This is a permanent action that cannot be undone. If you want to use the site again you will have to register again.**

**If you are a Rater and delete your account, editorial control of all your listings will be assigned to the Site Moderator or another Rater TBD.**



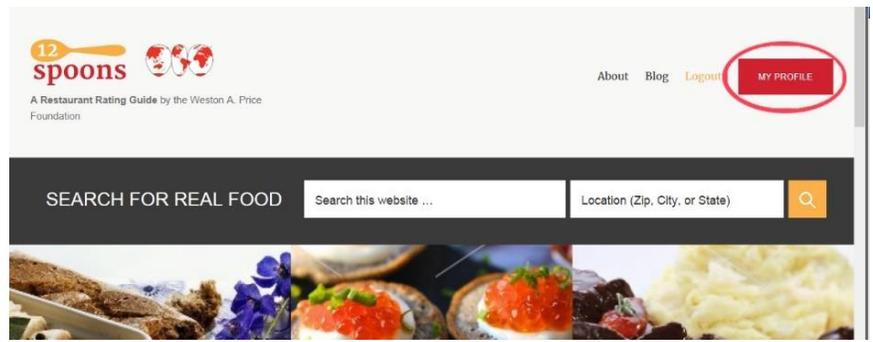
# RATER HELP

## HOW TO APPLY TO BE A RATER

Login to 12 Spoons Website:  
[westonaprice.org/12spoons](http://westonaprice.org/12spoons)

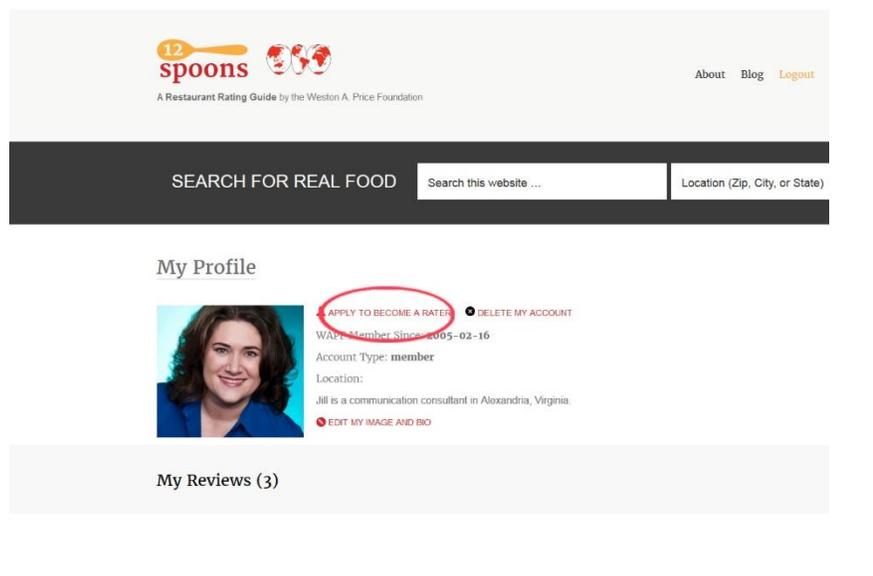
**BEFORE LAUNCH:** Go to development site here:  
[12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

Click **My Profile** at upper right (circled in image at right).



Click **Apply to Become a Rater** to send an email to the moderator.

The site moderator will contact you to talk about our 12 criteria and learn more about your interest. She'll change your site access to "Rater" and then the next time you log in you'll have links to "Rater Tutorials" and "Create a Listing" so you'll be able to rate businesses.

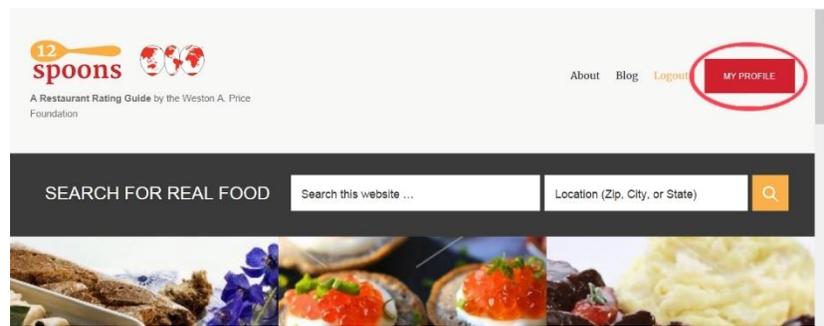


## HOW TO ACCESS RATER TUTORIALS

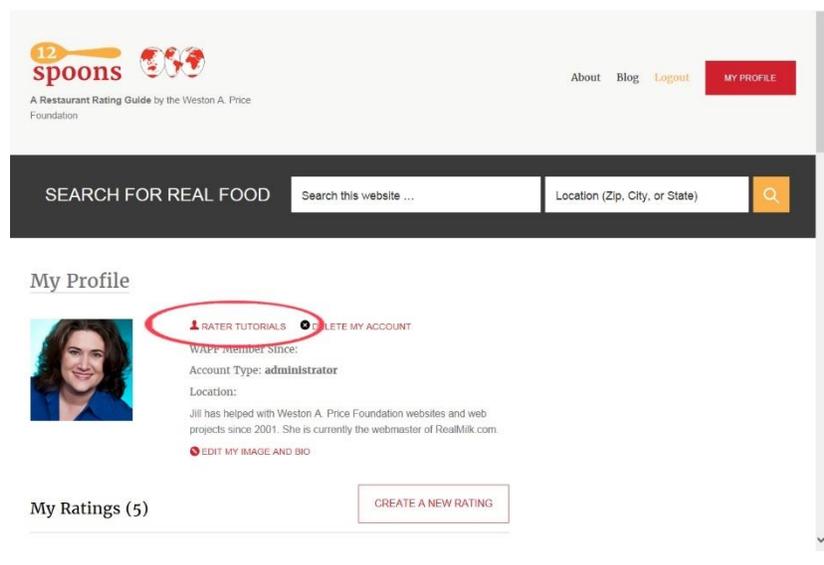
Login to 12 Spoons Website:  
[westonaprice.org/12spoons](http://westonaprice.org/12spoons)

**BEFORE LAUNCH:** Go to  
development site here:  
[12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

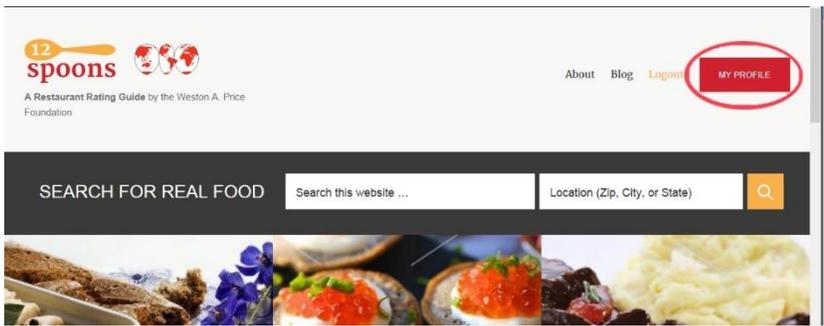
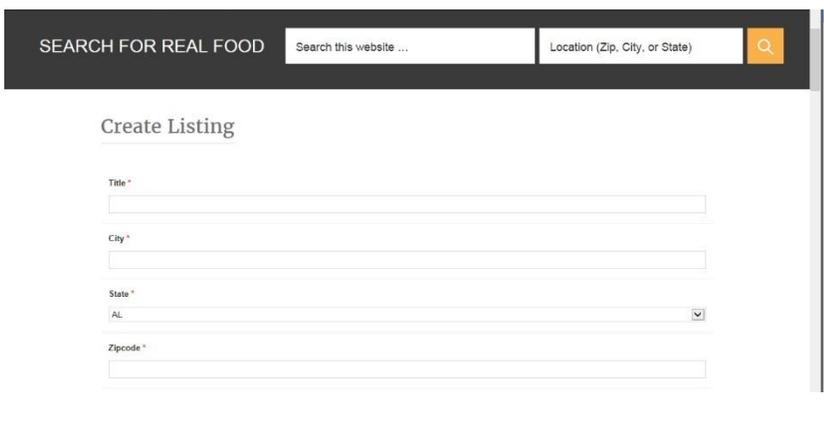
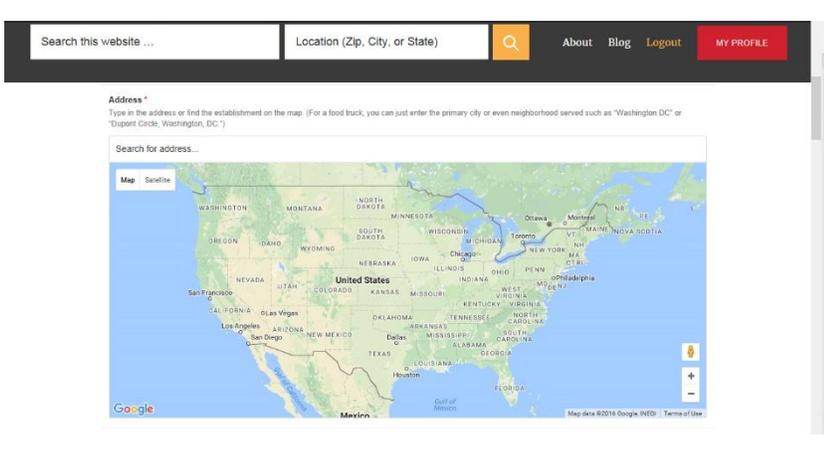
Click **My Profile** at upper right.



Click on **Rater Tutorials** next to  
your profile picture.



# HOW TO CREATE A RATING/LISTING

<p>Login to 12 Spoons Website: <a href="http://westonaprice.org/12spoons">westonaprice.org/12spoons</a></p> <p><b>BEFORE LAUNCH:</b> Go to development site here: <a href="http://12spoons.confluencecorp.net">12spoons.confluencecorp.net</a></p> <p>Click <b>My Profile</b> at upper right.</p>	
<p>Click on <b>Create a New Rating</b> box next to the heading My Ratings.</p>	
<p>On the Create Listing page, complete the fields using the guidance below.</p> <p><b>Title:</b> Put the name of the business.</p> <p><b>City:</b> Name of actual city where restaurant is located.</p> <p><b>State:</b> Select from dropdown.</p> <p><b>Zip Code:</b> Enter 5-digit ZIP Code for actual location of restaurant.</p>	
<p><b>Address:</b> Begin typing the address in the Search for address field, and the map will zero in as you enter text.</p>	

**Neighborhood:** Enter a neighborhood, region, or area if appropriate. This helps people zero in on businesses in a particular area they are in or want to visit.

**Telephone:** Enter full telephone number including area code.

**Website:** Enter full URL starting with http:// or https://

The screenshot shows a dark-themed header with a search bar, a location field, and navigation links: About, Blog, Logout, and MY PROFILE. Below the header, the form has three sections: 'Neighborhood' with a text input and a note about optional designations; 'Telephone' with a text input; and 'Website' with a text input and a note to include a complete URL.

*Best practice: For phone and website, enter at least one, preferably both, so users have some way to contact the business. We did not require either field because not all establishments have a website, and some food trucks list only a website and not a phone number.*

**Listing Type:** The following definitions can help you select the listing type.

The screenshot shows the same dark-themed header as above. Below it, the 'Listing Type \*' section contains four radio button options with their respective definitions: Restaurant (selected), Carryout, Food Truck, Catering Service, and Community Supported Kitchen (CSK).

**Restaurant:** An establishment where you buy food *and eat it on the premises* if you choose (restaurants *may* also offer food to go and cater events, but you still just mark them Restaurant, not Carryout or Caterer).

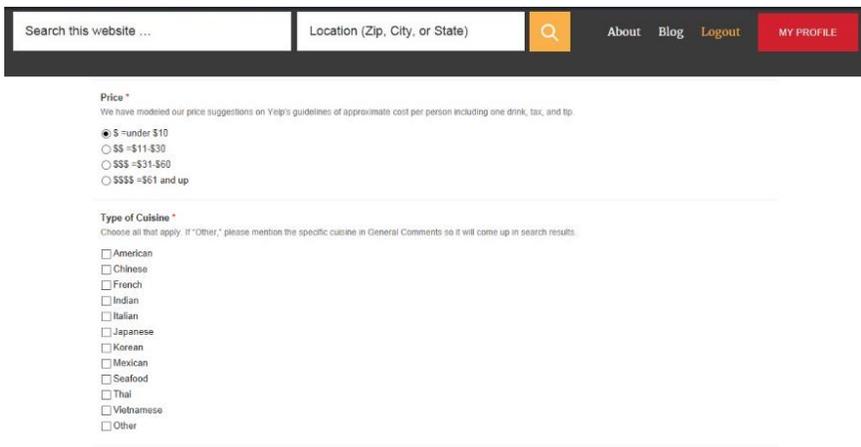
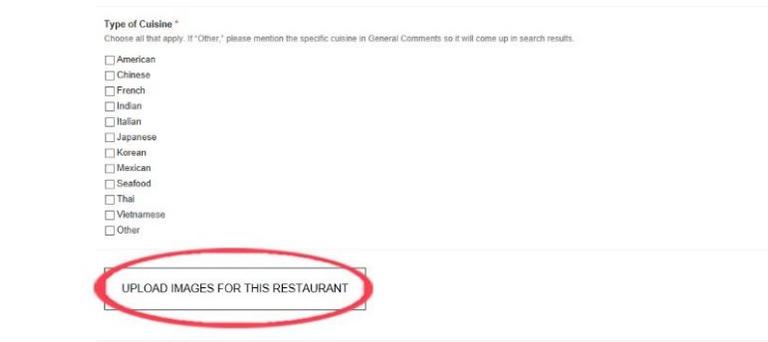
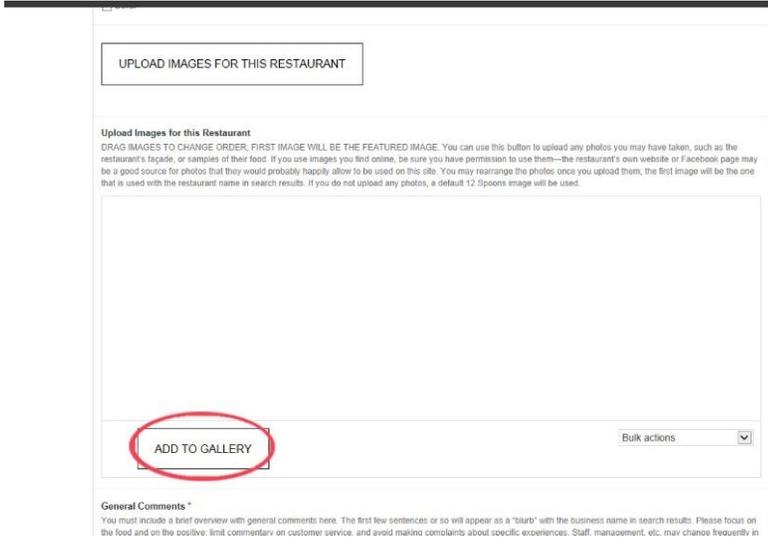
**Carryout:** An establishment where you buy food but *there is no seating on the premises*.

**Food Truck:** A mobile food operation (truck, cart, or stand); *they do not have seating for patrons*.

**Catering Service:** An establishment that *only* caters—brings food to events. Larger catering companies may offer a variety of cuisines and make use of freelancers to serve multiple and/or large events on the same day, thus they need careful evaluation. (If it's a restaurant that also will cater events, just mark them as a restaurant—typically they cater mostly food they offer on their dining menu. You can discuss a restaurant's catering options in the general comments section.)

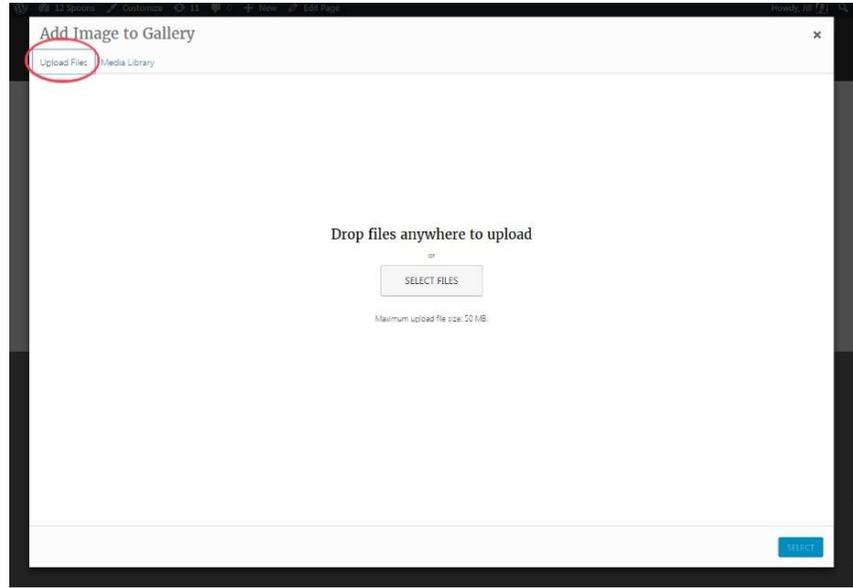
**Community Supported Kitchen (CSK):** An establishment that provides prepared nutrient-dense food that *members pick up to consume elsewhere*.

## 12 Spoons Website Volunteer Rater Guide

<p><b>Price:</b> We have suggested using the same breakdown Yelp uses, which assumes one meal with one drink, tax, and tip.</p> <p><b>Type of Cuisine:</b> Check all that apply. If you check “Other” please mention the specific cuisine type in the General Comments box so that it may be indexed for searching.</p>	
<p><b>Images:</b> Click <b>Upload Images for this Restaurant</b> (circled at right).</p>	
<p>This will cause an image gallery area to appear, with nothing in it yet.</p> <p>Click <b>Add to Gallery</b> (circled at right) to browse your computer for images.</p>	

From Add to Gallery, click the **Upload Files** tab.

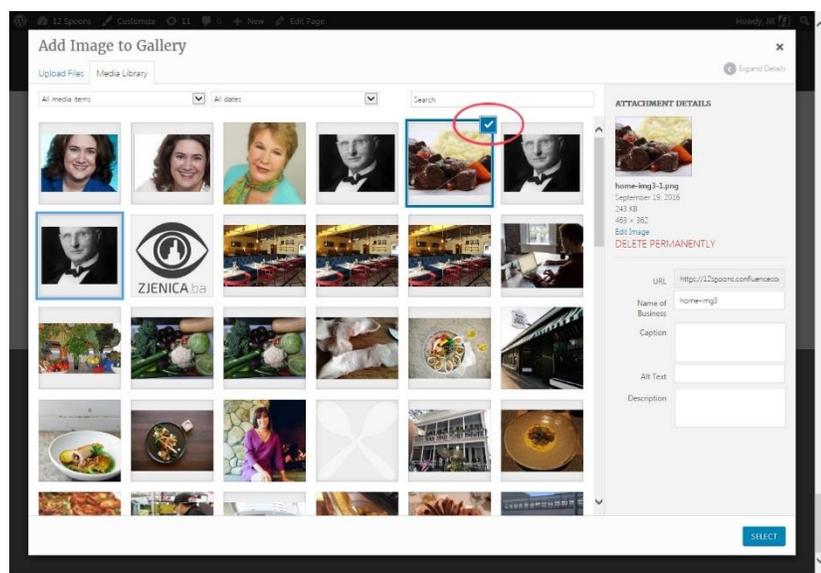
Drag and drop images from your computer into the **“Drop files anywhere to upload”** area, or click **Select Files** to browse.



Once uploaded, the view will change to the **Media Library** tab where you will see all your uploaded images.

Click on each in turn to select those you want to associate with this business. A checkmark will appear in the corner of each image you select.

Click **Select** when you are ready to insert the image(s).

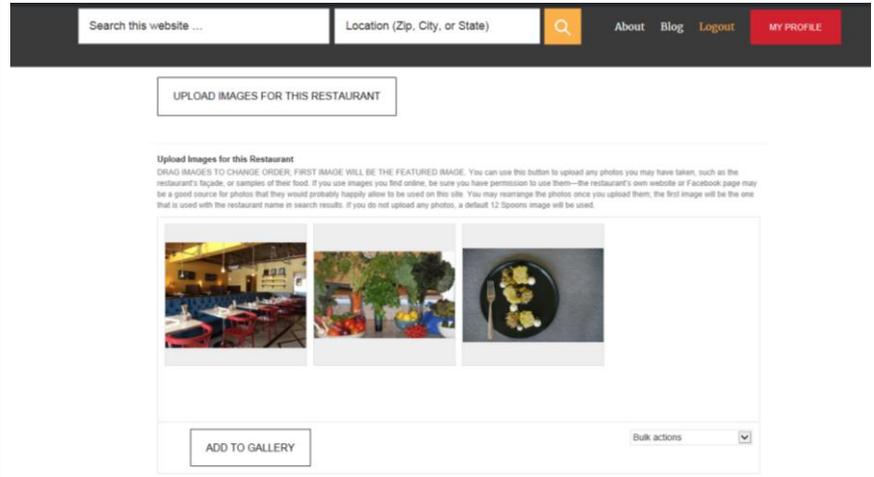


As a best practice, for each image, in the **Name of Business** field on the right, **change the default image file name to a descriptive name that includes the business name**, such as “Café Normadie Façade” or “Sweetbreads at Café Normandie”.

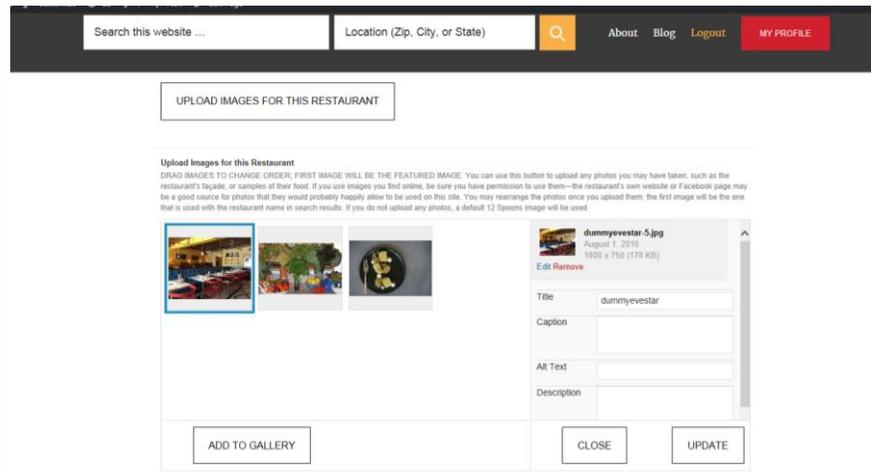
**Option:** You may add short **Alt Text** (which will be read to visually impaired users), and if desired, a longer **Description** (additional detail for visually impaired users).

## 12 Spoons Website Volunteer Rater Guide

Back on the form, you may drag images to re-order them. The first image will be the “thumbnail” for the listing. (You may change this at any time.)



You may also click on the images in your gallery for this listing, and a dialogue will open where you can edit or remove each image in turn.



### General Comments

You must include a brief overview about the restaurant and its menu in the “General Comments” area of the web form. **The first few sentences or so will appear as a “blurb” with the establishment name in search results.**

**General Comments \***

You must include a brief overview with general comments here. The first few sentences or so will appear as a “blurb” with the business name in search results. Please focus on the food and on the positive. Limit commentary on customer service, and avoid making complaints about specific experiences. Staff, management, etc. may change frequently in the food-service business, and anyone can have a bad night. It's fine to give general advice like “service can be slow on busy weekends; you may want to go early or late” or “wait staff is very knowledgeable” but please stick mostly to the food quality and preparation methods when creating a rating. (WAPF members who use the site will be able to review establishment, giving them from one to five stars and entering specific comments on food taste and presentation, customer service, ambience, etc., as on Yelp.) You may also want to cover aspects that are not part of the criteria such as type of pots and pans, use of microwaves, and environmentally friendly practices like compostable take-home boxes.

**Please focus on the food and on the positive;** limit commentary on customer service, and avoid making complaints about specific experiences (let members do that when they give star-ratings and leave comments).

This is also a good place to mention other things that aren't part of the 12 Spoons criteria, such as what type of pots/pans they cook with, whether they use a microwave for any cooking or reheating, whether they offer compostable take-home boxes, and so on.

**Rating Criteria:** For each of the 12 criteria, you must answer Yes or No to be able to publish the rating.

You have the option to add comments under each criteria to explain your judgment or provide nuance (such as if they generally meet the criteria but you want to warn them about a few dishes that do not).

Search this website ... Location (Zip, City, or State) About Blog Logout MY PROFILE

Rating Criteria

Rating Criteria

All 12 criteria must be answered Yes or No to publish rating. You MUST select at least one "Yes" among the 12 criteria. You should almost always be able to say Yes to at least the first criteria for the restaurant to be listed on this site. You have the option of commenting under each criterion, so you can use the comments to go into detail or explain why you gave a yes or no.

1. From Scratch: Serves mostly (i.e., more than half of the menu) fresh food, prepared from scratch. Does NOT rely primarily on kits or prepared/partially prepared foods from commercial food services.\*

Note: This is not an "all or nothing" criteria because most restaurants do make use of some canned or frozen ingredients that are acceptable (such as canned tomato paste or frozen shrimp). Or they may make most dishes in house from scratch, but use commercial kits for a few items (such as Duck a l'Orange in some French restaurants). Diners should ask about each dish they would like to order.

No  Yes

Comments (optional)  
(1000 character limit)

**Rater Disclosure:** If you have any relationship to the establishment you are rating, select Yes. This will cause a text box to appear where you should explain the nature of this relationship.

Rater Disclosure \*

If your answer to the question below is Yes, it's even more important that you be as straightforward and factual as possible in your comments vs. sounding like you are advertising. But if you do have a close relationship, you are also well positioned to be able to provide detailed responses!

Do you have any of the following relationships to this establishment: owner, employee, shareholder, family member or close friend of any owner, employee, or shareholder, someone with any other vested interest (such as being its landlord)?

No  Yes

SAVE AND REVIEW

**Save & Review:** Click Save & Review to save your work. Review your answers and then click **Publish** to make your rating visible.



## HOW TO EDIT A RATING

Login to 12 Spoons Website:  
[westonaprice.org/12spoons](http://westonaprice.org/12spoons)

**BEFORE LAUNCH:** Go to  
development site here:  
[12spoons.confluencecorp.net](http://12spoons.confluencecorp.net)

Click **My Profile** at upper  
right.

Scroll down to **My Ratings**  
and under the Rating you  
wish to edit click **Edit My  
Rating** (circled in image at  
right).

Search this website ... Location (Zip, City, or State) About Blog Logout MY PROFILE

My Ratings (5) CREATE A NEW RATING

**EXTRA PERKS DUMMY**  
Old Town  
Alexandria, VA 22314  
American, Other \$ No Member Reviews

A British man and his Thai wife own and operate this American coffee shop/diner (as well as a Thai place around the corner from it). The menu includes some British favorites like a side of baked beans as an option with breakfast platters, banger sausages freshly made by a local ...

Edit My Rating

**DUMMY CSK CHRISTINE**  
Del Ray  
Alexandria, VA 22305  
Other \$\$\$\$ No Member Reviews

CSK Christine is Jill Christine's personal home kitchen, where she makes WAPF-inspired fare. There is a small invitation-only dining room that seats four, where she tests new dishes with a lucky few.

Edit My Rating

The rating will open with all content as you last saved it.

Edit the desired fields.

Click **Save & Review**.

Review your work to ensure your changes are made accurately. (If you are happy, do nothing; the listing is now updated . If you want to make further changes, click Edit My Rating and continue editing. Don't forget to Save & Review again.)

