

## **Healthy Food and Beverage at Meetings and Events Policy**

South Santa Clara County residents suffer from higher rates of chronic diseases such as obesity, heart disease, certain cancers and diabetes as compared to Santa Clara County. These chronic diseases are largely affected by what we eat and how active we are.

The mission of the South County Collaborative is to be a strong voice for the human care needs, services, and issues of South County residents. This includes serving as a role model for healthy living.

Effective February 6, 2014, it is the standard of the South County Collaborative that all activities and events (*examples of events include: meetings, conferences, catered events, and community-sponsored events, like health fairs*) sponsored by this collaborative will include opportunities for healthy foods and beverages consisting of:

- Serving vegetables and fruits
- Serving plain water instead of sugar-sweetened beverages
- Offering lower fat milk and dairy products
- Offering a variety of whole grain products
- Providing smaller portions sizes
- Limiting/eliminating foods of high caloric value and low nutrient value
- Encouraging membership to adopt healthy meeting and event policies

**Please refer to page 2 for guidance.**

## Food and Beverage Standards

<p><b>Bread, Cereals and Pastas:</b> Whole grain (listed on label as the first ingredients) breads/rolls/crackers/baked tortilla chips/pita bread/ bagels/pretzels, rice cakes, light popcorn. Granola bars – made with whole grains and no more than 12 grams of sugar per bar. Whole grain pasta served in tomato instead of cream sauce, or if as salad, prepared with low fat dressing.</p>
<p><b>Meats and Protein foods:</b> Lean meats, poultry, or fish that is broiled, baked, grilled or steamed, hummus, tuna canned in water, beans prepared with no/minimal amount of fat, hardboiled eggs, nuts and nut butters with no added sugar and minimal salt. Vegetarian entrées, prepared in tomato-based sauce rather than cream, butter or cheese sauce</p>
<p><b>Dairy Products:</b> Non fat or 1% milk, cottage cheese, cream cheese, cheese, and yogurt containing less than 12 grams of sugar per serving, Plant-derived milk (i.e. rice, almond, soy) calcium enriched and without added sugar.</p>
<p><b>Vegetables:</b> Any kind (preferably fresh and in season), whole, cut-up and served with low fat dressing on the side. If cooked, no butter or cream sauces added. Vegetable juices containing 100 % vegetables, no added sugars and maximum 230 mg of sodium per serving.</p>
<p><b>Fruit:</b> Any kind (preferably fresh and in season), whole or cut-up, 100% fruit juice (without added sugar)</p>
<p><b>Desserts:</b> Lower fat/lower calorie desserts (i.e. low-fat ice cream, frozen yogurt; sherbet or sorbet, angel food cake with fruit topping, or low fat, wholegrain cookies)</p>
<p><b>Cold Beverages:</b> Water (preferably served in pitchers) unsweetened ice tea and beverages listed above. <b>Hot beverages:</b> Tea, coffee Not acceptable: Soda, juice blends and fruit punches (Sunny-D, Tampico, Capri), flavored milks, electrolyte replacement beverages or energy drinks.</p>

### **Sample lunch items:**

Turkey sandwiches on whole grain bread  
Fresh cut-up vegetables with low fat dressing on the side  
Salsa and baked tortilla chips  
Meatless pizza topped with vegetables  
Pasta salad with low fat dressing  
Salad with low fat dressing on the side  
Fruit salad or whole fruit  
Water