



Sample Policy

Purpose of the Policy

To improve the health of (students/staff/employees/members/citizens) by providing healthy food and beverage choices wherever and whenever food and/or beverages are offered, served or sold at group events.

Rationale

Improving nutrition can prevent and control the epidemic of overweight and obesity, as well as decrease the risk of chronic diseases including cardiovascular disease, diabetes, cancer and osteoporosis. Policies that support healthy food and beverage choices at group events make it easy for everyone to choose those options.

Nutritious Food and Beverage Choices

Nutritious and appealing foods, such as fruits, vegetables, whole grain and low fat grain products, low fat dairy foods, lean meats, fish and poultry will be available wherever and whenever food is offered, served or sold at group events. Nutritious and appealing beverages, such as water, 100% fruit juices and low fat or fat-free milks will be available wherever and whenever beverages are offered, served or sold at group events. Efforts will be made to encourage and promote choosing nutritious foods and beverages at these events.

Food and beverages offered, served or sold at group events shall meet nutritional standards set by the (government/state organization/school health council/wellness team/nutrition committee). This includes food and beverages offered, served or sold at:

- Meetings
- Celebrations
- Parties
- Fund-raising events
- Potluck meals
- Sports events
- Fairs
- Community meals
- Other group events



Defining Healthy Food

U.S. Food and Drug Administration (FDA)
Nutrition Labeling and Education Act of 1990 (NLEA)
<http://vm.cfsan.fda.gov>

- Healthy food is defined as follows:
 - Must be low in fat (3 grams or less per serving) and low in saturated fat (1 gram or less per serving) and contain limited amounts of cholesterol (60 mg or less per serving for a single-item food) and sodium (cannot exceed 360 mg per serving for a single-item food and 480 mg per serving for meal-type products).
 - Single-item foods that are not raw fruits or vegetables must provide at least 10% of the daily value of one or more of the following nutrients: vitamin A, vitamin C, iron, calcium, protein and fiber. Exempt from this “10%” rule (and considered healthy) are certain raw, canned and frozen fruits and vegetables and certain cereal-grain products.

American Heart Association
Food Certification Program
<http://www.aha.org>

- Based on the standard serving sizes established by the U.S. government, a product may:
 - Include up to 3 grams total fat, up to 1 gram saturated fat and up to 20 mg cholesterol.
 - Must not exceed a sodium disqualifying level of 480 mg.
 - Must include at least 10% of the Daily Value for at least one of six nutrients: protein, dietary fiber, vitamin A, vitamin C, calcium or iron.
 - Seafood, game meats and meat and poultry products must contain less than 5 grams total fat, less than 2 grams saturated fat and less than 95 mg cholesterol per standard serving and per 100 grams.

U.S. Department of Agriculture Food and Nutrition Services
<http://www.fns.usda.gov>

- National School Lunch and Breakfast Programs
 - Nutrition standards for these school meal programs have been established for calories, total fat, saturated fat, protein, calcium, Vitamins A and C and iron.
 - Foods of Minimal Nutritional Value.
 - Regulations that identify food and beverages that may not be sold in competition with breakfast and school lunch periods in food service areas.



Catering Guidelines

Institute for Public Sector Innovation (IPSI)

The purpose of these catering guidelines is to assure the availability of healthful food choices at IPSI-sponsored events. The following guidelines should be shared with all caterers providing services to IPSI.

For additional information, please call 207-626-5200 and ask for Chris Sady or Judy Gatchell.

For catered meals and snacks

- Fresh fruit and vegetable choices are offered.
- When soda is offered, juice is also available.
- When juices are served, 100% fruit juice choices are offered.
- Water is always available as a beverage choice.
- 1% fat or skim milk is offered as a beverage.
- When spreads are offered, soft margarine and reduced-fat and/or nonfat cream cheese are available.
- When chips are offered, baked varieties and/or pretzels are available.
- When serving coffee and tea, reduced-fat milk will be a choice along with half-and-half or creamer.

For catered meals

- When more than one entrée is offered, one will be vegetarian.
- When a variety of breads are offered, at least one choice will be whole grain.
- Reduced fat or fat-free cheeses (i.e., hard cheeses, such as cheddar and mozzarella, and soft cheese, such as ricotta and cottage cheese) will be used in the preparation of entrees and sauces.
- Low fat or fat-free salad dressing and mayonnaise will be offered as an option.
- Mayonnaise-based salads will be prepared with reduced-fat mayonnaise or other low fat ingredients, i.e., yogurt.
- If meat is offered as an entrée on deli platters or in sandwich fillings, lean meats will be used.
- Skin will be removed from poultry.
- Cooked foods will be baked, broiled, steamed or poached and not fried.
- When prepared foods are served, low-salt versions will be used when available.