

# Food and Beverage Policy



## 1. PURPOSE

\_\_\_\_\_ (the Company) acknowledges and understands the importance of healthy eating and active living to an individual's health. Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are healthier choices for preventing many diseases. For example, heart disease, cancer, stroke and diabetes are largely affected by diet and lifestyle.

## 2. HEALTHY MEETINGS

The Company adopts the following Healthy Meeting Guidelines to promote and model healthy behaviours. These guidelines will be utilized for all meetings, seminars and catered events hosted by the Company.

### Refreshments

- When refreshments are being served at a meeting, seminar or Company event, include water and fresh fruit or vegetable options (at a minimum).

### Meals and Snacks

- Emphasize fruit, vegetables, whole grains and non-fat or low fat dairy products.
- Include lean meat such as skinless poultry and fish. Beans, tofu, eggs, nuts and seeds are also appropriate.
- Remember to include a vegetarian option and consider a vegan option for larger groups.
- Select foods with no trans fat and that are low in saturated fat, sodium and added sugar.
- Choose food that is prepared by grilling, baking or sautéing with healthy fats.
- Serve healthy portions.

### Beverages

- Water should always be included, preferably served in bulk containers such as water pitchers rather than individual plastic bottles.
- Other healthier beverage choices include:
  - Non-caloric beverages such as coffee or tea
  - Carbonated water or iced teas, flavored or unflavored, with no added

sweeteners

- Non-fat milk, 1% milk or dairy-free alternatives (soy, rice milks)
- 100% fruit or vegetable juices (6-8 ounces or less)
- When possible, serve beverages in bulk.

### **3. HEALTHY VENDING**

All vending will provide at least 35% healthy options and will transition to 50% healthy options within 12 months of adoption of the Food and Beverage Policy.

To be deemed a healthy option, a product must meet the following guidelines:

- No more than 35% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 35% of calories from sugar
- No more than 200 calories per serving
- No more than 230 mg of sodium per serving.

To be deemed a healthy option, a beverage must meet the following nutritional guidelines:

- 100% vegetable or fruit juice
- Carbonated water or iced teas, flavored or unflavored, with no added sweeteners
- All non-caloric beverages, including diet soda