

# Contra Costa Health Plan

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Title: **Food & Beverage Policy**

Policy #: **ADM 1.037**

Origin Date: Nov. 10, 2011                      Author: Kevin Drury; Diane Dooley, MD  
BIM (Benefit Interpretation Committee) Approval Date & Sign Off: 12/15/11

**Applies to:**

- Medi-Cal
- Medicare
- Commercial
- BHC
- State Sponsored
- All**
- N/A

**Regulatory/Accreditation:**

- DMHC:
- CMS:
- DHS:
- Other Reg. References:
- NCQA:
- N/A

**Units:**

- Health Ed/Cultural Ling.
- Claims
- Member Services
- Credentialing
- Provider Affairs
- Quality Management
- Utilization Management
- All**

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## **POLICY**

This policy outlines standards for making meetings, events, and celebrations more healthful for staff, members, and partners by including nutritious food and beverage options and for encouraging safe and sustainable catering practices.

## **PURPOSE**

To promote the health of our staff and to model the behaviors we advocate to our membership, we must ensure that the foods and beverages served by the Plan are consistent with healthy lifestyles. We also strive to be environmentally friendly and to model that behavior.

## **PROCEDURE**

See the excerpt from *Guide to Healthy Meetings and Events* (Appendix A) for ideas for healthier food and beverage options.

## 1. Meetings and Events

When catering a gathering, we will refer to UC Berkeley's *Guide to Health Meetings and Events* (<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>) to guide food and beverage selection. When food and beverages are offered, healthy items will be included. These include:

- Fruits, vegetables, whole grains, and low fat dairy.
- Beverages without added sugar, corn sweeteners, or artificial chemical sweeteners.

## 2. Potlucks and events sponsored by employee groups, including CASA

- We will encourage healthy food and beverage options, while supporting the cultural diversity of participants.

3. At any event visible to the public, healthy options must be offered.

4. Flyers promoting events with food should emphasize or encourage the inclusion of healthy options.

## 5. **Water will always be provided at meetings and events where beverages are served.**

Other healthy beverage options may also be included, and one option without sugar added must be offered for each sugar-sweetened beverage. Examples include:

- Non-caloric beverages such as coffee or tea
- Carbonated water or iced teas, flavored or unflavored, with no added sweeteners
- Nonfat or 1% milk or dairy-free alternative (soy, rice milks, Lactaid)
- 100% fruit and vegetable juices. Fruit juices are often high in sugar content; vegetable juices frequently have high sodium content. These beverages should be offered only in moderation (6 ounces or less per serving).

Sugar-sweetened beverages may *not* be provided to children (under age 21).

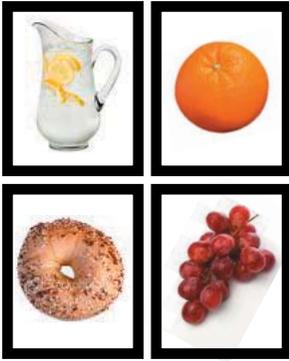
6. To the extent feasible, catering practices should be environmentally friendly. This includes serving water using pitchers and paper cups or reusable containers, rather than in individual bottles, when practical.

## 7. Food Safety

- Perishable foods should be kept at the appropriate temperatures (135 degrees or above for hot, 41 degrees or below for cold.)
- Perishable foods not kept hot or cold as described above should be discarded after holding for 2 hours at room temperature.
- Persons handling food – preparing, displaying or serving – should wash their hands before doing so. People who are ill should not handle food or utensils.

## Appendix A

Excerpt from UC Berkeley's *Guide to Healthy Meetings and Events*



# Menu Suggestions for Healthy Choices

The following chart is designed as a resource tool to help with planning and selecting food and beverages for meetings and events. It is not all-inclusive and is meant to provide representative examples.

Choose more of these:	Choose fewer of these:
<b>In General</b>	
Healthy portions (small to moderate) and half portions	Large portions
Food prepared by baking, roasting, broiling, grilling, poaching, steaming, stir-frying	Fried food, food prepared or served with a lot of added oil, fat, mayonnaise, and/or dressing
Foods prepared with healthy fats such as olive, canola, and soybean oils	Foods prepared with oils or spreads made from trans fat (partially hydrogenated fat), butter or cream
Whole grain products without trans fat, high-fructose corn syrup (HFCS), or added sugar	Baked goods with white flour, trans fats, HFCS, and/or high sugar content
Fruit and vegetables in a variety of colors, sides including fruit and vegetables, platters with half fruit and/or vegetables to complement other choices (cookies, cheese/crackers)	Starchy sides without fruit and vegetables and platters with only refined carbohydrate choices
<b>Snacks &amp; Appetizers</b>	
Fruit: whole or sliced such as berries, melon, pineapple, grapes, apples, kiwi, banana, dried fruit	Baked goods high in sugar and/or fat such as cakes, pastries, cookies, pies
Vegetables: whole or sliced such as baby carrots, pear/cherry tomatoes, broccoli & cauliflower florets, celery, bell pepper; raw, grilled or roasted	Vegetables prepared with a lot of added fat, fried or served with high fat dips or dressings
Whole grain crackers and breads/pita/tortillas	White flour crackers and breads/pita/tortillas
Nuts and seeds (low in added sugar & salt)	Nuts and seeds high in added sugar & salt
Baked chips, pretzels, low fat popcorn, breadsticks, rice cakes, "puffed" or "popped" snacks	Fried chips, regular popcorn
Spreads and dips: hummus, olive tapenade, tuna with lemon, small cheese cubes, salsa, low-fat dips	Spreads and dips: large cheese cubes/slices, salami, high fat dips such as ranch
<b>Beverages</b>	
Water and carbonated water, unflavored or flavored without sweetener (try adding citrus slices!)	Soda and other sweetened drinks (fruit-flavored drinks, juice, sports drinks)
Coffee & hot tea* (decaf or regular), herbal tea <i>*Offer skim or low fat milk in addition to half &amp; half</i>	Sports and energy drinks with caloric sweetener and/or high caffeine content
100% fruit or vegetable juices, less than 6-8 ounces per serving	Juices less than 100% fruit, fruit-flavored drinks, portions of juice greater than 6-8 oz.
Unsweetened iced teas	Sweetened iced teas
Nonfat (skim) or 1% milk, nondairy alternatives	Whole or 2% milk, milk with added sweetener

<b>Choose more of these:</b>	<b>Choose fewer of these:</b>
<b>Breakfast</b>	
Fruit: fresh, frozen, canned (unsweetened); see snacks & appetizers section	Fruit canned in syrup or sweetened
Eggs prepared with minimal added fat, egg white dishes, vegetable omelets	Egg dishes with a lot of added fat such as butter, cream, meat and/or cheese
Lean sausage and bacon (or meat substitute)	Regular bacon and sausage
Low-fat yogurt or cottage cheese; yogurt or cottage cheese fruit parfaits	Regular fat and sugar yogurt or cottage cheese; Yogurt with high fructose corn syrup
Low-fat/high fiber granola	Regular granola with high fat, sugar, low fiber
Mini bagels, muffins, small portion baked goods	Regular or large baked goods, croissants
Nonfat or low-fat spreads such as low-fat cream cheeses or fruit spreads, salsa; nut butters	Butter or regular cream cheese spreads
Baked alternatives to fried potatoes/hash browns	Fried food such as hash browns
Nuts and fresh or dried fruit such as berries or apples to top cereal and yogurt	
<b>Lunch, Dinner &amp; Boxed Lunches</b>	
Vegetables: fresh, steamed, oven roasted or grilled; see <i>Snacks &amp; Appetizers</i> section	Vegetables fried or in butter, cream, or mayo sauces such as béchamel, hollandaise, aioli
Whole grain breads, pasta, and tortillas, corn tortillas, brown rice, and wraps	Breads, pasta, and tortillas made with white flour, white rice, biscuits, croissants
Lean protein such as skinless turkey or grilled chicken, fish, tofu, beans/legumes; nut butters	Higher fat/saturated fat protein such as ham, beef, poultry with skin, cheese, fish packed in oil
Platters of half-sandwiches or “tea sandwiches”; lavash or tortilla wraps cut into pieces	Large pre-portioned sandwiches
Dressings made from olive, vegetable or nut oils	Cream-based dressings
Soups and sides made with clear stock base, vegetables, beans and legumes	Soups and sides made with cream base, cheese and/or meat high in saturated fat
Sushi made with fish, vegetables, tofu, avocado	Sushi made with cream cheese, mayo
Condiments: mustard, oil & vinegar, salsa, spreads made w/healthy fats, served on the side	Condiments: butter, mayonnaise, sour cream, cheese or cream sauces
Cheese as a garnish (if used)	Cheese as the main protein source
For boxed lunches: whole grain & lean protein or vegetable main with fruit or vegetable side(s) and dessert from choices below	Boxed lunches with high carbohydrate or saturated fat mains, sides (pasta, potato, egg & macaroni salads, fried chips) and desserts below
<b>Desserts</b>	
Fresh fruit or fruit salad <i>Served with low-fat dip such as yogurt, if desired</i>	Large portions of baked goods (cake, pie, cookies) with no fruit ingredients
Small/half portions of baked goods (1 oz or smaller), made w/fruit ingredients, whole grains	Desserts high in fat and calories: ice cream, cake, pie, cheesecake, cookies, pastries
Desserts: Small portions or desserts low in fat and calories: fruit, angel food, low-fat yogurt, meringues, sherbet, sorbet, mints, hard candy	