



Healthy + Active Before 5

Food and Beverage Policy – May 10th, 2012

“Pledge the Practice. Pass the Policy” starts with us

- Recent reports show that 15.9% percent of low-income children age 2-5 in Contra Costa are obese, and another **16.3% of preschoolers are considered overweight.**
- CDC Reports that **24% of adults are obese** in California.
- Overweight can be caused by eating too much (even healthy foods).
- Our colleagues and the children they serve deserve the best we can offer.

Healthy and Active Before 5 strives to promote health and wellness by being a role model to promote healthy food and beverages.

As mentors and role models for children and families, we need to do our part to maintain a healthy image at work and at sponsored meetings and events by providing healthy opportunities and choices to our colleagues. Therefore, HAB45 will only serve healthy foods and beverages at all sponsored meetings and events.

- ✓ We will not serve sugar-sweetened beverages at any meeting where food will be served: only water, low-fat milk, unsweetened tea and coffee. No juice. We will avoid serving water in bottles.
- ✓ “Recreational eating” will be discouraged. Water and unsweetened beverages, not food, will be served for meetings lasting less than 2 hours.
- ✓ We will offer food tips, consisting of healthy, uplifting messages for choosing a healthy lifestyle, instead of food. When we send meeting invitations to our community partners, we will let them know ahead of time if any food will be provided.
- ✓ “Light” healthy snacks (less than 100 calories) will be offered at non-mealtimes.
- ✓ We ask that program staff, HAB45 Executive Committee members, volunteers and contracted caterers adhere to the following guidelines:
 - Use USDA MyPlate recommendations for balance, variety and proportion of healthy foods (see <http://www.choosemyplate.gov/> for details) including..
 - variety of fruits and vegetables (half of presented menu or more)
 - whole grains (no more than a quarter of presented menu)
 - low fat milk
 - low fat protein (no more than a quarter of presented menu.) Higher calorie nut butters and cheeses are allowed after careful consideration of other proposed menu items.

- No artificial sweeteners as ingredients in shared food items. Self-serve packets are ok.
 - Whenever possible, small portion sizes will be offered. Large muffins, bagels and other items will be cut in half. Small plates (less than 9”).
- ✓ Any high calorie celebratory “treat” items (cakes, candied nuts, cookies, granola, ice cream, etc) will be labelled with calories, fat and sugar content to help our colleagues make healthy food choices. Alternative healthy choices will be provided.
- ✓ We will only support fundraising activities involving food or drink items that meet HAB45’s food and beverage policy guidelines.

Implementing the Policy

Our agency’s *Healthy Food and Beverage Policy* will be distributed and explained to paid staff, clients and volunteers within our organization, and to collaborators, contractors and grantees.