

MEETINGS AND EVENTS

Follow these Standards to provide healthful choices for employees and visitors when serving food at meetings and events.

Beverages

- 1 Require water be available when food and/or beverages are served.
- 2 Require all beverages contain 25 calories or less per 8 ounces, except 100% juice or milk.
- 3 Require milk be 1% or non-fat, and unsweetened.
Does not include milk available as a condiment for coffee or tea service.
- 4 If providing juice, require juice be 100% fruit juice.
 - Recommend 100% fruit juice be served in small cups.

Fruits and Vegetables

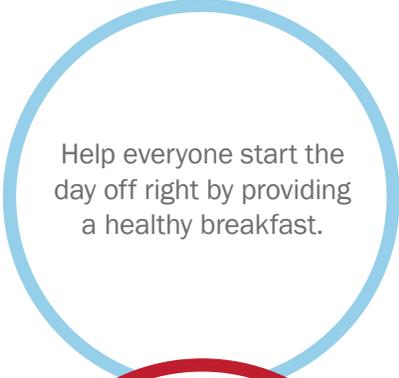
- 5 Require fruits or vegetables be provided when food is served.

Sandwiches, Entrees and Sides

- 6 Require no doughnuts, pastries, or sweet buns are served.
 - If providing breakfast breads, recommend mini muffins or mini bagels.
- 7 Require whole grain options be available when grains are served (e.g. whole wheat sliced bread, wraps, bagels, brown rice, whole wheat pasta).
 - Recommend sandwiches be cut in half, or served on small rolls.
- 8 Require yogurt be low-fat or non-fat, with 30 grams sugar or less per 8 ounces.
- 9 Require no fried foods are served (e.g. chips, French fries).
 - Recommend condiments and dressings served on the side.

Dessert

- 10 If providing dessert, require no more than one portion of dessert per person.
 - Recommend desserts served in small portions (e.g. mini cookies).



Help everyone start the day off right by providing a healthy breakfast.



Provide a healthy lunch by offering fruits or vegetables, appropriate portions, and bite-sized desserts.



Celebrate with healthy snacks such as fruits and vegetables or small treats.

Standards at a Glance, by Occasion

Breakfast

- Fruits or vegetables must be provided.
- Whole grain options must be available when grains are served (e.g. whole wheat bread, bagels).
- No doughnuts, pastries, or sweet buns can be served.
- Yogurt must be low-fat or non-fat, with 30 grams sugar or less per 8 ounces.
- Water must be available.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.
- Milk must be 1% or non-fat, and unsweetened.
- Juice must be 100% fruit juice.

Lunch

- Fruits or vegetables must be provided.
- Whole grain options must be available when grains are served (e.g. whole wheat bread, rolls, wraps, brown rice).
- No fried foods served (e.g. chips, French fries).
- No more than one portion of dessert per person.
- Water must be available.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

Snacks and Special Events

- Fruits or vegetables must be provided when food is served.
- No fried foods served (e.g. chips, French fries).
- No more than one portion of dessert per person.
- Water must be available.
- All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

Sample Menus

Breakfast

Mini whole wheat bagels
Fruit spread, peanut butter and low-fat cream cheese on the side
Low-fat plain yogurt with low-fat granola
Assortment of fresh fruit, such as bananas and whole tangerines
Coffee, tea, low-fat milk, water

Lunch

Turkey, avocado, lettuce and tomato sandwiches on whole wheat bread
Grilled vegetables on whole wheat wraps
Chopped salad with mixed greens and vinaigrette dressing on the side
Fresh fruit salad
Bite-sized chocolate chip cookies
Coffee, tea, water, seltzer

Snack

Assortment of fresh fruit, such as apples and pears
Air-popped popcorn with light seasoning
Mixed nuts
Water, seltzer

Special Event

Mixed vegetable platter with hummus
Cheese cubes and whole grain crackers
Fresh fruit skewers or fresh fruit salad
Special treat, such as celebration cake, cut into small portions
Coffee, tea, water, seltzer, 100% juice/seltzer “punch”

Tips for Implementing the Standards

- Purchase pitchers to provide water at all meetings and events where beverages are served.
- Give a copy of the Standards to your vendor/caterer and attach to all catering requests.
- If purchasing food from a local store or restaurant, use the Standards to create your shopping list or as you shop.
- Work with your vendor/caterer to identify healthy options from their menu.