



Healthy Beverage Guidelines

Position Statement:

Oakland Food Connection strives to promote health and wellness by being a role model to promote healthy beverages. At all **Oakland Food Connection** sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where beverages will be provided, the selection must be in accordance with the **Oakland Food Connection** Healthy Beverage Guidelines.

Therefore **Oakland Food Connection** will:

- ***Provide access to free, safe drinking water***
Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.
- ***Comply with Beverage Standards***
All beverages served (e.g., at meetings) and sold in **Oakland Food Connection** facilities can only include:
 - Water with no added sweeteners;
 - Unflavored non-fat or 1% cow's milk with no added sweeteners
 - Unflavored non-dairy milk alternatives with low sugar
 - No more than 2.5 grams of fat per 8 fluid ounces
 - No more than 8 grams sugar per cup serving
 - May have up to 10 grams of sugar per cup serving if served **only** as an accompaniment or ingredient (e.g. in coffee/tea or a smoothie)
 - Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
 - Fruit or vegetable juices may have additional sugar added if homemade and served only occasionally as a treat
 - 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
 - Coffee and tea with no added sweeteners;
 - Sweeteners may be provided on the side to add into coffee or tea



Healthy Food Guidelines

Position Statement:

Oakland Food Connection strives to promote health and wellness by being a role model to promote healthy foods. At all **Oakland Food Connection** sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where foods will be provided, the selection must be in accordance with the **Oakland Food Connection** Healthy Food Guidelines.

Therefore **Oakland Food Connection** will:

- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
 - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
 - Encourage lean meats, poultry and fish.
 - For starches such as rice, pasta, and bread products, the recommended portion size is about $\frac{1}{4}$ of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Aim to serve fruit for dessert instead of sugary baked goods.
 - Encourage high calorie foods/desserts only as an occasional small treat. The items are offered as a side dish along with healthier food choices.
 - Strive to provide local, fresh and organic foods as much as possible
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to **Oakland Food Connection** employees and clients.
- Move towards providing an abundance of fresh fruits in kitchen or break rooms to keep staff focused and full of energy.
- Provide education to staff, volunteers and interns regarding healthy food and beverage choices



Healthy Movement Guidelines

Position Statement:

Oakland Food Connection strives to promote health and wellness by being a champion for exercise and movement. As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities.

Therefore **Oakland Food Connection** will:

- Create opportunities for movement for staff and clients, such as stretch breaks.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute physical activity break for every meeting lasting 60 minutes or longer.