
Allen Temple Healthy Beverage Practices and Policies

Position Statement: Allen Temple strives to be a role model in the community by promoting healthy choices. At all Allen Temple sponsored and/or coordinated gatherings, meetings, and events, both in the community and at Church, beverage offerings must be in accordance with the Church's Healthy Beverage Policy.

Therefore, Allen Temple 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 Guidelines**
All beverages served (e.g., at meetings) and sold (e.g., in vending machines) at the Allen Temple, will strive to increase the availability of healthy beverage options by promoting to provide the following:
 - Water with no added sweeteners;
 - Unflavored non-fat or 1% cow's milk with no added sweeteners
 - Unflavored non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces
 - Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
 - 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;
 - Diet beverages with non-caloric sweeteners

Allen Temple Healthy Food Practices and Policies

Position Statement: Allen Temple strives to be a role model in the community by promoting and consuming healthy foods and beverages. At all Allen Temple sponsored and/or coordinated gatherings, meetings, and events, both in the community and at Church, food and beverage offerings must be in accordance with the Church's Healthy Food and Beverage Policy.

Therefore, Allen Temple will:

- Increase the range and availability of healthy food and beverage options on our premises and at events, including break areas, at meetings, and at community events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
- Encourage cooking with healthier ingredients and promote healthy eating through the following ideas: church newsletter, healthy potlucks, and church recipe books.
- Provide food composed of healthy items at all Allen Temple sponsored events and meetings.
- Significantly limit / prohibit the serving of high calorie/low nutrient density foods such as donuts, pastries, cookies, candy, chips, and fried foods, etc. at any Allen Temple events, activities or celebrations.
- Educate Hospitality Ministry participants to provide healthy food and beverage options at Allen Temple services events.

Allen Temple

Health and Exercise Practices and Policies

Position Statement: As a faith-based organization that employs staff, has volunteers, serves the church community, and hosts community events, we are committed to promote health and wellness by providing health and movement opportunities.

Therefore, Allen Temple will:

- Create opportunities for movement for church members and staff, such as “prayer walks,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to church members and staff.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Provide prayer & fellowship walks on first and third Sundays before and after Church.



Rev. Dr. Eunice Shaw – Executive Director – Health & Social Services