



Recreation Department

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City of Gilroy Recreation Department Healthy Food and Beverage Options Policy

The City of Gilroy Recreation Department strives to promote community health, wellness, and active lifestyles by being a role model for the promotion of healthy foods and beverages and by providing recreational programs that encourage well being at all ages. Healthy food and beverage options will be provided when food and beverages purchased by department moneys are served. The Recreation Department will apply the following guidelines when providing healthy food and beverage options.

Food Options

Where food is provided or served by the Department, healthy options will be offered and promoted. These include:

- Fruits, vegetables, low-fat/low-sugar dairy products, lean proteins, lower-fat versions of condiments and whole grains
- Age-appropriate portion sizes (for very young children, a good rule is 1 Tablespoon of food per age)
- To the maximum extent possible, minimally processed foods produced without preservatives, added sugars, and that are low in sodium (look for foods with recognizable ingredients)

Beverage Options

Where beverages are provided or served by the Department, healthy options will be offered and promoted. These include:

Children: water, milk (non-fat or 1% for age 2 and above), not flavored, Plant-derived milk (i.e. rice, almond, soy)

Adults: Water with no additives and carbonated water with no added sweeteners, Milk (non-fat or 1%), not flavored, Plant-derived milk (i.e. rice, almond, soy), 100% fruit juice with no added sugar, and non-caloric beverages (i.e. coffee, tea, diet soda).

Examples

Examples of whole grains include: barley; brown rice; buckwheat; bulgur (cracked wheat); millet; oatmeal; popcorn; whole-wheat bread, pasta or crackers; and wild rice. To make sure a food contains whole grains, check the label. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

Snacks

A sample list of snacks that would meet the above nutritional guidelines is as follows:

Grains/Bread (initial grain products provided as a snack must be whole grains; second serving can follow other recommended snacks below)	Dairy/Protein	Fruits/Vegetables
Whole grain: Pretzels Crackers Bagels Bread English Muffins Light Popcorn	Cheese, including cheese sticks – reduced fat, fat-free or part skim; Cottage cheese – low-fat or fat-free	Bananas, Apples Pears, Peaches, or Oranges/ Cuties
Cereals – less than 6 grams added sugar, look for those containing oatmeal or other whole grains	Yogurt – fat free, low-fat and low sugar (less than 30 g of sugar per 8 oz serving)	Applesauce – no added sugar
Pita bread (preferably whole wheat)	Nut butters	Canned fruit in its own juice (no syrup)
Tortillas (preferably corn or whole wheat)	Lean meats (turkey slices)	Fruit and nut trail mix – pre-packaged, 1 oz serving
Rice Cakes	Hardboiled eggs	Blueberries or Grapes (cut in half for young children)
Crackers	Tuna canned in water	Dried fruit or Raisins
Waffles	Beans	Salad
Granola bars – must contain whole grains and be low in sugar	Nuts – for older children and adults only	Broccoli florets, Pepper slices, Carrot or Celery sticks
Baked chips	Hummus	Salsa

Meetings, Celebrations and Events

A sample list of foods that would meet the above nutritional guidelines and could be served at meetings, celebrations and events is as follows:

Meetings	Box lunch sandwich	Catered lunches & dinners	Celebrations or Receptions
Whole grain bagels (without added sugar) or whole grain bread/rolls	Whole grain breads or pita wraps	Whole grain bread/rolls	Whole grain crackers
Whole grain crackers	Lean meats, poultry or marinated tofu that are low-fat (3 g fat/oz)	Lean meats, poultry, or fish that is broiled, baked, grilled or steamed and approximately 12 to 15 g fat or less	Lean beef, turkey or salmon
Nuts or dried fruit	Cheese – no more than 1 oz	Vegetarian entrée, prepared in tomato-based sauce rather than cream, butter or cheese sauce	Vegetable sushi rolls or vegetable spring rolls (fresh not fried)
Cheese, including cheese sticks – reduced fat, fat-free or part skim	Toppings of lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise	Vegetable– include at least one fresh or cooked, with no butter or cream sauces added	Raw vegetables – cut up – with fat-free or low-fat dressing or salsa
Fruit – any kind	Pretzels or baked chips	Fruit – any kind	Fresh fruit – cut up – with low-fat yogurt dip
Vegetables – any kind	Fruit – any kind	Salads with dressing on the side and with at least one low-fat or fat-free option	Raw vegetable salads with fat-free or low-fat dressing
Yogurt – fat free, low-fat, low-sugar (maximum 12 grams of sugar per serving)	Small portions dessert (i.e. small bite-sized cookies)	Lower fat/lower calorie desserts/small portions (i.e. low-fat ice cream, frozen yogurt; sherbet or sorbet)	Pasta, tofu or vegetable salads with fat-free or low-fat dressing
		Angel food cake with fresh fruit topping	Angel food cake