



4/3/13

Healthy Beverage Guidelines

Position Statement:

Community Health Partnership strives to promote health and wellness by being a role model to promote healthy beverages. At all Community Health Partnership 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 Community Health Partnership Healthy Beverage Guidelines. These guidelines do not apply to the personal beverage choices of Community Health Partnership staff.

Therefore Community Health Partnership will:

- **Provide access to free, safe drinking water**

Require that there is access to free, safe drinking water wherever beverages are offered. 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) at Community Health Partnership facilities can only include:

- Water with no added sweeteners;
- Unflavored* non-fat or 1% dairy milk with no added sweeteners;
- Non-dairy milk alternatives (e.g. soy, almond, coconut, rice)
 - No more than 4 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.

*This excludes flavored dairy milk (e.g., chocolate, strawberry and vanilla).

- **Above Standard**

Eliminate all diet beverages with non-caloric sweeteners.