



4/3/13

Healthy Food Guidelines

Position Statement:

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

Therefore Community Health Partnership 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 (preferably whole grain options), the recommended portion size is about 1/4 of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Serve fruit for dessert instead of sugary baked goods. Encourage only occasional consumption of high calorie foods/desserts as a small treat. The items are offered as a side dish along with healthier food choices.
 - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, healthy foods at meetings.

Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Community Health Partnership employees and clients.

A handwritten signature in black ink, appearing to read 'K. Wilson' or similar, with a horizontal line underneath.