



BGCSF FOOD POLICY

VISION: To become the healthiest place in San Francisco for young people, especially disadvantaged youth, by providing delicious, healthy food served in a clean and calm environment. High quality, nutritious food gives young bodies and minds what they need to grow into healthy adults.

Who should follow this policy?

Staff, members, and other organizations serving youth at Clubs & Camp (events, youth fundraisers, cooking classes, caterers, vendors, mini Camps, etc). Staff on field trips should follow the policy as closely as possible. Snacks provided by DCYF are exempt from this policy.

Why should I follow this policy?

- As a citywide organization, it is important that all staff follow the same standards so that youth have **consistent access to healthy food** and receive the **same messages** at each Clubhouse.
- Replacing sugary and fast foods with fruits, vegetables and whole grains has been shown to significantly **improve youth’s behavior and academic performance**.
- The youth we serve from minority and low-income communities **suffer the most** from diet related health problems such as Type 2 diabetes. By teaching healthy habits, we can help protect youth from heart disease, cancer, and stroke.
- The Department of Health and Human Services estimates that unhealthy eating and inactivity lead to **13 times** more deaths every year than guns.

Goal: Increase access to nutritious meals and snacks.

Policy: All Clubs should offer a daily snack during the school year and a daily snack and lunch during school holidays and summer.

The healthiest foods are:
fresh fruits & vegetables, whole grains & lean protein

Goal: Improve nutrition, freshness, and quality of food served & sold at the Clubs.

Policy: All food served at the Club should meet BGCSF guidelines outlined. Staff will:

- Serve food which is appealing, attractive to youth, and culturally diverse
- Offer a variety of fresh fruits and vegetables at every meal, sourced from local farmers when possible
- Serve water at every event or low-fat milk (100% juice should be served no more than once a week)
- Ensure that half of the grains served are whole grain*
- Provide healthy snacks and food from the approved list*
- Ensure food is served in appropriate portion sizes*
(*see list for details)

Not in the Club:
Gum, candy, soda, or sunflower seeds WITH shells.

Goal: Decrease environmental impact of Club events.

Policy: At all events where food is served, staff will:

- Clearly label bins and assign a recycling/compost/trash monitor
- Purchase compostable and recyclable plates, cups, and utensils
- When possible, buy food in bulk, avoiding individual packages or drinks
- When possible, serve food that is in season, organic or locally grown

Goal: Ensure that youth receive a consistent message within the Club.

Policy: The Club environment will promote healthy choices in the following ways:

- Staff should only eat food from the approved list in front of youth.
- No advertising or promotion is allowed of any food or beverage on the “never” list. This includes, but is not limited to, taste tests, posters, flyers, signs, curriculum materials, equipment, scoreboards, coupons, clothing, school supplies, or marketing research activities.