

Purpose: AACHAC strives to promote health and wellness by being a role model for promoting healthy food and beverages at hosted programs, events, community and committee meetings.

Policy: Healthy Beverages

- Beverages served at all AACHAC functions will be any of the following
 - Water (with no additives) preferably in large pitchers, but can be bottled
 - Dairy milk: non-fat, 1%, or 2% only (no flavored milk)
 - Unsweetened plant derived (rice, soy, almond, hemp, etc.) milk
 - Non-caloric (unsweetened) beverages such as coffee and tea
 - 100% Fruit juices with no added sugars, artificial flavors or colors (limited to 10 ounces per container)
 - Sweeteners in single serve packets in equal number for each type provided

Healthy Food

- Food served at committee meetings will meet the following guidelines:
 - Lean cuts of meat that have been baked/broiled/boiled/grilled
 - No deep fried items
 - Salt-free seasonings in all foods
 - No pastries
 - Low fat and low calorie salad dressings
 - Whole grain sides (brown rice, whole wheat bread products)
 - Vegetables prepared in a manner that avoids excessive use of oils or butter
 - Whole or sliced fruits in place of desserts
- Food served at events that are held during non-meal hours will meet the following guidelines:
 - Sliced/whole fruit or vegetables
 - Low calorie/low fat dips
 - Whole grain bread products (mini bagels, English muffins)
 - Nuts (raw or roasted, unsalted)
 - Low calorie yogurts
 - No pastries or cookies
- Food served at events that are held during meal hours will meet the following guidelines:
 - Whole grain breakfast cereals (i.e. oatmeal)
 - Eggs prepared from whole eggs or egg substitutes
 - Lean meats that have been baked/broiled/boiled/grilled
 - No deep fried items
 - Preference for sides that focuses on vegetables
 - Low calorie/low fat desserts
- Food served at large events (i.e. Soul Stroll) will likely be packaged and will meet the following guidelines for offerings even if provided as donated items:
 - Whole or sliced seasonal fruits
 - Low fat/ low sugar granola bars
 - Mini whole wheat/grain bagels
 - Low fat /low sugar spreads
 - Sandwiches prepared with low sodium meats and served on whole wheat breads

- Low calorie cheeses
- Vegetarian options for sandwiches
- No deep fried potato chips
- Low calorie yogurts
- Low fat/low calorie desserts

Purpose: AACHAC strives to promote health and wellness by being a role model for promoting physical activity at hosted programs, events, community and committee meetings.

Policy: Physical Activity

- Create opportunities for movement throughout employees' and volunteers' workday, such as "walking meetings" and stretch breaks.
- Create fun opportunities for staff, volunteers, and participants which involve movement, such as walking and stretching breaks during hosted programs, events, community and committee meetings.