

True Vine Baptist Church
505 South White Road
San Jose, CA 95127
Reverend Dr. Louis Jones Jr-Pastor

Wellness Policy Healthy Beverage Guidelines

Position Statement:

True Vine Baptist Church strives to promote health and wellness by being a role model to promote healthy beverages. At all True Vine Baptist Church 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 True Vine Baptist Church Healthy Beverage Guidelines.

Therefore True Vine Baptist Church will:

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

Have free, safe drinking water wherever beverages are offered and/or sold. 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) and sold (e.g., in the cafeteria and vending machines) in True Vine Baptist Church facilities will include:

- Water with no added sweeteners;
- Unflavored* non-fat or 1% cow's milk with no added sweeteners
- Unflavored*non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 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;
- Diet beverages with non-caloric sweeteners.

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



Margaret Glenn
Church Administrator

4-18-13

Date