

Healthy Beverage Practices and Policies



Position Statement: Easter Hill United Methodist Church strives to be a role model in the community by promoting healthy beverages. At all Easter Hill sponsored and/or coordinated gatherings, meetings, and events, both in the community and at Church, beverage offerings must be in accordance with the Church's Healthy Beverage Policy.

Therefore, Easter Hill will:

Provide access to free, safe drinking water

Require that there is access to 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 Guidelines

All beverages served (e.g., at meetings) and sold (e.g., in vending machines) at the Easter Hill, will strive to increase the availability of healthy beverage options by promoting to provide the following:

- 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).