

# San Francisco Children's Dental Health Committee

## Healthy Beverage Guidelines

### Position Statement:

San Francisco Children's Dental Health Committee strives to promote health and wellness by being a role model to promote healthy beverages. At all San Francisco Children's Dental Health Committee sponsored and/or coordinated meetings and events, where beverages will be provided, the selection must be in accordance with the San Francisco Children's Dental Health Committee Healthy Beverage Guidelines.

Therefore San Francisco Children's Dental Health Committee 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 Standards***

All beverages served (e.g., at meetings) at San Francisco Children's Dental Health Committee meetings can only 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.

- ***Above Standard***

To go above and beyond the aforementioned standards:  
Eliminate all diet beverages with non-caloric sweeteners

# San Francisco Children's Dental Health Committee

## Healthy Food Guidelines

### Position Statement:

San Francisco Children's Dental Health Committee strives to promote health and wellness by being a role model to promote healthy foods. At all San Francisco Children's Dental Health Committee sponsored and/or coordinated meetings and events, where foods will be provided, the selection must be in accordance with the San Francisco Children's Dental Health Committee Healthy Food Guidelines.

Therefore San Francisco Children's Dental Health Committee will:

- Increase the range and availability of healthy food options at our 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, the recommended portion size is about  $\frac{1}{4}$  of the plate.
  - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
  - Aim to serve fruit for dessert instead of sugary baked goods.
  - Encourage high calorie foods/desserts only as an occasional 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 San Francisco Children's Dental Health Committee members.
- Move towards providing an abundance of fresh fruits in kitchen or break rooms to keep members focused and full of energy.

# San Francisco Children's Dental Health Committee

## Healthy Movement Guidelines

### Position Statement:

San Francisco Children's Dental Health Committee strives to promote health and wellness by being a champion for exercise and movement. As an organization that serves the community, we are committed to promote health and wellness by providing physical activity opportunities.

Therefore San Francisco Children's Dental Health Committee will:

- Create opportunities for movement for members, such as stretch breaks.
- Find and capitalize on opportunities to promote exercise/movement to members.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.