



Healthy Food and Beverage Policy

Creating healthier food and beverage environments can start in our own workplaces. BANPAC strives to promote health and wellness by being a role model to promote healthy food and beverages.

The following food and beverage policy applies to BANPAC Leadership Council meetings and functions:

1. All foods and beverages provided will be 100% healthy*.
2. No sugar-sweetened beverages will be provided.
3. Water will be provided in pitchers (or readily available nearby.)
4. A physical activity break will be conducted every 2 hours.

*Guidelines adapted from the UC Berkeley Guide to Healthy Meetings and Events
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>

Foods

Food selections should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.

- Include lean meat such as skinless poultry, fish, beans, and tofu, or eggs, nuts, and seeds.
- Include a vegetarian option; consider a vegan option for larger groups.
- Select food with no trans fat, and low in saturated fat, sodium, and added sugar.
- Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
- If dessert is provided, choose fruit or other healthy options.
- Serve healthy portions.

Beverages

Water should always be included, preferably served in bulk containers such as water pitchers rather than individual plastic bottles. Other healthier beverage choices include (when possible, serve beverages in bulk):

- Non-caloric beverages such as coffee or tea.
- Carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
- Nonfat or 1% milk or dairy-free alternative (soy & rice milk, Lactaid).

Availability of Food

Offer food only at meetings that take place during usual meal times or are more than three hours in length. Otherwise, beverages such as tap water, coffee, and/or tea are suggested. If food is offered as an incentive for meeting attendance, offer fruits, vegetables or other low-calorie, healthful food options.