

DRAFT

FIRST 5 Santa Clara County Grantee Healthy Food and Beverage Policy

FIRST 5 Santa Clara County strives to promote health and wellness by being a role model to promote healthy food and beverages. All Grantees or Sub-contractors receiving FIRST 5 funding are expected to be a role-model for their own staff and the families they serve by adhering to the following guidelines when purchasing foods or beverages with FIRST 5 Santa Clara County funding or serving foods and beverages at FIRST 5 affiliated or funded programs, activities, events or celebrations.

FOOD

Where food is provided or served by the agency, only healthy options shall be offered and promoted. These include:

- Fruits, vegetables, low-fat/low-sugar dairy products and whole grains
- Age-appropriate portion sizes (a good rule is 1 Tablespoon of food per year of age)

Examples of whole grains include: barley; brown rice; buckwheat; bulgur (cracked wheat); millet; oatmeal; popcorn; whole-wheat bread, pasta or crackers; and wild rice.

To make sure a food contains whole grains, check the label. Look for the word "whole" on the package, and make sure whole grains appear among the first items in the ingredient list.

Sample of what could be served at meetings:

- Whole Grain bagels (without added sugar, i.e. no cinnamon covered or no chocolate chips)
- Fruit – any kind
- Vegetables – any kind
- Whole Grain breads/rolls
- Yogurt – low fat, low sugar (no more than 8 grams of sugar per 4 ounce serving.)

See the list below of sample snacks that could be served to staff, children or families that would meet the above nutritional guidelines.

BEVERAGES

All beverages served during FIRST 5 Santa Clara County funded meetings, programs, activities and events/celebrations must meet the following nutritional guidelines. FIRST 5 Santa Clara County funds cannot be used to purchase sugar-sweetened beverages either by direct FIRST 5 grantees or by sub-contractors.

Beverages For Children

As mentors and role models for children and families, FIRST 5 Santa Clara County funded agencies are asked to provide healthy opportunities and choices to members of the community.

Therefore, the following guidelines must be followed:

- The agency/subcontractor will not serve sugar sweetened beverages or 100% fruit juice to children at any agency event, activity or celebration (i.e. no juice pouches, juice boxes, Sunny D, Tampico, lemonade with sugar, punch, sports drinks, soda or other beverages that contain sugar).
- Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.
- Healthy beverages for children that can also be served in addition to water include:
 - Non-fat (skim) or 1% milk – plain only, not flavored (i.e. no chocolate) – for children ages 2 and older
 - Carbonated water, flavored or unflavored, without sweeteners
 - Consider serving whole fruit slices in place or 100% juice or sweetened punch.

Beverages For Adults

During programs, activities and celebrations that involve both families and children:

- FIRST 5 expects grantees/subcontractors to follow the beverage guidelines for children described above when serving adults at programs, activities or events where children are present. This will maintain the health of children as a priority on these occasions.

During meetings (for staff or parents) or parent education groups where ONLY adults are present:

- FIRST 5 Santa Clara County adheres to the Santa Clara County Beverage Nutritional Criteria adopted by the Santa Clara County Board of Supervisors in October 2008.
- Appropriate beverages to be served include:
 - Water (with no additives)
 - 100% fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container for adults)
 - Dairy milk: non-fat, 1% and 2% only (no flavored milk)
 - Plant derived milks (rice, almond, soy, etc – no flavored milk)
 - Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12 ounce container (teas, electrolyte replacements)
 - Other non-caloric beverages, such as coffee or tea

Sample list of snacks that would meet the above nutritional guidelines:

Grains/Bread	Dairy (Must be low-fat or low sugar)	Fruits/Vegetables
Pretzels – whole grain only	Cheese sticks	Apples
Whole Wheat English Muffins	Yogurt (less than 12 g of sugar)	Bananas
Light popcorn	Cottage cheese	Peaches
Whole Wheat Tortillas	Sugar-free pudding cups (occasionally)	Oranges/ Cuties
Rice Cakes		Applesauce – no sugar added
Whole Wheat crackers		Fruit and nut trail mix
Whole Wheat Bagels		Apple chips
Whole grain bread		Dried fruit
Whole grain pita bread		Carrots
Whole grain waffles		Celery
		Broccoli
		Salsa
Granola bars – must contain whole grains and be low in sugar		Salad
Cereals – look for those containing oatmeal or other whole grains		Raisins
		Grapes (cut in half)
		Blueberries