

Food Standards | MEETINGS AND EVENTS

Follow these standards to provide healthful choices for employees and visitors when serving food at meetings and events.

Beverages

- 1 Require water be available when food and/or beverages are served.
- 2 Require all beverages contain 25 calories or less per 8 ounces, except 100% juice or milk.
- 3 Require milk be 1% or non-fat, and unsweetened.
Does not include milk available as a condiment for coffee or tea service.
- 4 If providing juice, require juice be 100% fruit juice.
 - Recommend 100% fruit juice be served in small cups.

Fruits and Vegetables

- 5 Require fruits or vegetables be provided when food is served.

Sandwiches, Entrees and Sides

- 6 Require no doughnuts, pastries, or sweet buns are served.
 - If providing breakfast breads, recommend mini muffins or mini bagels.
- 7 Require whole-grain options be available when grains are served (e.g. whole-wheat, sliced bread, wraps, bagels, brown rice, whole-wheat pasta).
 - Recommend sandwiches be cut in half, or served on small rolls.
- 8 Require yogurt be low-fat or nonfat, with 30 grams sugar or less per 8 ounces.
- 9 Require no fried foods are served (e.g. chips, French fries).
 - Recommend condiments and dressings served on the side.

Dessert

- 10 If providing dessert, require no more than one portion of dessert per person.
 - Recommend desserts served in small portions (e.g. mini cookies).

Help everyone start the day off right by providing a healthy breakfast.

Provide a healthy lunch by offering fruits or vegetables, appropriate portions, and bite-sized desserts.

Celebrate with healthy snacks such as fruits and vegetables or small treats.

Standards at a Glance, by Occasion

Breakfast

- ⋮ Fruits or vegetables must be provided.
- ⋮ Whole-grain options must be available when grains are served (e.g. whole-wheat bread, bagels).
- ⋮ No doughnuts, pastries, or sweet buns can be served.
- ⋮ Yogurt must be low-fat or non-fat, with 30 grams sugar or less per 8 ounces.
- ⋮ Water must be available.
- ⋮ All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.
- ⋮ Milk must be 1% or non-fat, and unsweetened.
- ⋮ Juice must be 100% fruit juice.

Lunch

- ⋮ Fruits or vegetables must be provided.
- ⋮ Whole-grain options must be available when grains are served (e.g. whole-wheat bread, rolls, wraps, brown rice).
- ⋮ No fried foods served (e.g. chips, French fries).
- ⋮ No more than one portion of dessert per person.
- ⋮ Water must be available.
- ⋮ All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

Snacks and Special Events

- ⋮ Fruits or vegetables must be provided when food is served.
- ⋮ No fried foods served (e.g. chips, French fries).
- ⋮ No more than one portion of dessert per person.
- ⋮ Water must be available.
- ⋮ All beverages must contain 25 calories or less per 8 ounces, except 100% juice or milk.

Sample Menus

Breakfast

Mini whole-wheat bagels
 Fruit spread, peanut butter and low-fat cream cheese on the side
 Low-fat plain yogurt with low-fat granola
 Assortment of fresh fruit, such as bananas and whole tangerines
 Coffee, tea, low-fat milk, water

Lunch

Turkey, avocado, lettuce and tomato sandwiches on whole-wheat bread
 Grilled vegetables on whole-wheat wraps
 Chopped salad with mixed greens and vinaigrette dressing on the side
 Fresh fruit salad
 Bite-sized chocolate chip cookies
 Coffee, tea, water, seltzer

Snack

Assortment of fresh fruit, such as apples and pears
 Air-popped popcorn with light seasoning
 Mixed nuts
 Water, seltzer

Special Event

Mixed vegetable platter with hummus
 Cheese cubes and whole-grain crackers
 Fresh fruit skewers or fresh fruit salad
 Special treat, such as celebration cake, cut into small portions
 Coffee, tea, water, seltzer, 100% juice/seltzer “punch”

Tips for Implementing the Standards

- ⋮ Purchase pitchers to provide water at all meetings and events where beverages are served.
- ⋮ Give a copy of the Standards to your vendor/caterer and attach to all catering requests.
- ⋮ If purchasing food from a local store or restaurant, use the Standards to create your shopping list or as you shop.
- ⋮ Work with your vendor/caterer to identify healthy options from their menu.