



HEALTHTrust

The Health Trust Healthy Food and Beverage Guidelines for Grantees

The Health Trust strives to promote health and wellness by being a role model to promote healthy food and beverages. All grantees and subcontractors receiving The Health Trust funding are expected to be a role-model for their own staff and the people they serve by adhering to the following guidelines when **purchasing** foods or beverages with The Health Trust's funding or **serving** foods and beverages at The Health Trust funded meetings, programs, activities, or events.

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, lean proteins, and whole grain breads and pastas. Preference for natural and least processed foods, prepared without hydrogenated oils or high fructose corn syrup.
- Smaller portion sizes and vegetarian options should always be provided.
- Generally, food with lower in fat, sugar, salt and calories and higher in nutritional value and fiber.
- Additional guidelines and healthy option ideas can be found in the University of Minnesota School of Public Health- *Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events*: <http://www.sph.umn.edu/pdf/news/pubs/NutritionGuide2009.pdf>

BEVERAGES

Water must always be available at Health Trust funded or sponsored meetings, programs, activities, and events. Additional beverages that can be offered include 100% fruit or vegetable juices, nonfat or 1% milk, coffee (regular and decaffeinated) and tea (regular and herbal). The Health Trust funds cannot be used to purchase sugar-sweetened beverages such as soda or flavored milk.