Healthy Funders Collaborative Members:
Kaiser Permanente, FIRST 5 Santa Clara County, The Health Trust

Healthy Food and Beverage Guidelines for Grantees

The Health Trust prioritizes the health and well-being of our community; as such, we require that healthy food and beverages be available at all The Health Trust sponsored events or meetings. All Grantees and subcontractors receiving The Health Trust funding should adhere to the following guidelines when purchasing food or beverages with The Health Trust funding or serving food 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 lower in fat, sugar, salt, and calories and higher in nutritional value and fiber.

BEVERAGES:
Water must always be available at The 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.