

Duplin County Health Department
Policy and Procedure

Subject: County Fruit, Vegetables and Beverages Policy

Program: Working on Wellness

Developed by: Wellness Committee

Revision: _____

Approved by County Manager: _____

Mike Aldridge 12-11-09

Purpose

Offer healthy food options during all county meetings in keeping with the mission of the county wellness initiative to promote healthy lifestyles.

Policy

This policy applies to all meetings in county government buildings or on county property.

Procedures

All suppliers of food products for meetings/meeting breaks will be informed of the following requirements:

At all meetings/meeting breaks, healthy food options, including fruits, vegetables and beverages MUST be a part of the menu. For example:

- **Fruits/Vegetables:** all fresh, steamed or cooked without added fat, cream sauce, canned vegetables (less than 140 mg sodium/serving), all fresh fruits, canned fruits packed in 100% water or 100% juice (non-caloric sweetener acceptable)
- **Beverages:** diet soda, water, flavored water, 100% fruit/vegetable juices (small containers), unflavored skim or 1% milk or soymilk (if sport drinks: maximum 50 calories/8.0 oz serving).

References

1. Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events adapted from: Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events developed by the Public Health Nutrition Faculty, Staff and Students; Division of Epidemiology, School of Public Health, University of Minnesota, 2003. Meeting Well; A Tool for Planning Healthy Meetings and Events, American Cancer Society, 2000; and Eat Smart, Move More North Carolina, N.C. Division Of Public Health – Physical Activity and Nutrition Branch.