



Healthy Meeting and Event Policy

your business logo here

(Name of organization here)

is proud to choose healthier foods and beverages during meetings and events during working hours. Our employees are interested in choosing healthier options because foods such as vegetables, fruits, whole grains, leaner meats, low fat dairy, and high fiber foods will help to reduce the risk of health disease and certain cancers. Our organization chooses to have a work environment that is supportive of healthy choices, helps to create and maintain healthy people and healthy communities.

Therefore, effective _____ when food is served at meetings and events, we will follow our **Healthy Meetings and Events Policy**. We will:

- Offer fruits and/or vegetables every time food is served
- Offer reasonable portion sizes
- Use whole grains whenever possible (100% whole grain as the first ingredient)
- Offer condiments on the side
- Look for and purchase lower-sodium options
- Make the majority of meat options either poultry, fish or lean unprocessed meat
- Provide a vegetarian option
- When serving dessert for special occasions, cut portions in half or serve small portions
- Not place candy or candy bowls in the meeting space
- Not serve fried foods
- Only serve zero calorie beverages



Creating Healthy Schools
and Communities
in Onondaga County

Onondaga County Health Department



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