

Hey!!
Here's an Idea...

**CONSIDER NOT OFFERING FOOD
AT MID-MORNING OR
MID-AFTERNOON MEETINGS AND
PRESENTATIONS.**

We can help create a norm that food does not have to be present everywhere and does not have to be used to motivate people to attend events. While food is often provided at meetings for social reasons, it is important to increase the awareness that at mid-morning and mid-afternoon meetings food is not necessary. Consider offering only beverages, or if it is necessary to serve food - choose a fruit or veggie.

VCPS Wellness Policy

**Nutrition Standards for any Food Provided
Free on School Premises Sponsored by or
not Sponsored by the School**

Any event held on VCPS premises sponsored by or not sponsored by the school must adhere to the following:

FOOD STANDARD:

1. Fruits and/or vegetables must be offered at any location where food is served free or sold. (This does not include juice, which is a beverage.)
2. It is recommended that lower fat/sodium/ whole grain (51%) food options will be chosen to be served/sold. (Examples include low-fat/low sodium hotdogs, low-fat yogurt, 100 calorie snack packs, baked whole grain chips, low-fat ranch dressing, whole grain buns.)
3. Baked items are encouraged to be no larger than 3" square, 2 oz. muffins, or 2 ½-3" diameter cookies.

BEVERAGE STANDARD (ITEMS SERVED MUST INCLUDE THE FOLLOWING, BUT ARE NOT LIMITED TO):

1. 100% juice and low-fat milk (skim or 1%) will be sold at all locations where juice and milk are sold/served.
2. Water must be easily accessible in pitchers, fountains or bottles (unflavored, non-carbonated) where beverages are served/sold.
3. Every effort will be made to purchase the smallest size of beverage possible. Exceptions will be made for 16 oz. milk products, for 12 oz. 100% juice and any size of water.



Healthy Food Guidelines for Meetings



Provided by Valley City Public Schools

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Healthy Food Guidelines

Most Americans recognize that our food choices affect our health and as a result are looking for healthier food options.

There are many reasons for providing healthy food options:

- What we eat is linked to the leading diseases in the United States: type 2 diabetes, hypertension and stroke, coronary heart disease, and some types of cancer.
- Americans eat from 200-300 more calories a day now than they did 30 years ago, which may be one reason more than 2/3 of adults and 1/3 of students are overweight or obese.
- Americans eat diets high in saturated fat and sodium and low in fruits and veggies. They also eat foods high in sugar and refined carbohydrates, which are very low in fiber.

This brochure is designed to provide organizations and individuals with ideas for healthy food choices, at meetings held on Valley City Public Schools campus.

Healthy Food and Beverage Suggestions

Beverages

- Ice water
- Bottled spring or sparkling water (sugar-free)
- 100% fruit or vegetable juices
- Fat-free skim or low-fat 1% milk
- Coffee and flavored coffees
- Tea - regular and herb, hot or cold
- Coffee/tea creamers or fat-free skim milk, 1% milk or fat-free half & half

Breakfast

- Fresh fruit or dried fruit
- Yogurt - flavored non-fat or fat-free
- Fruit Smoothies
- Fruit Parfait
- Whole grain bagels served with low-fat or fat-free cream cheese, jam or jelly
- Granola bars - low-fat
- Whole grain cereals
- Whole grain waffles & French toast
- Whole grain muffins (2 oz. size)

Snacks

- Fresh fruit, cut up with low-fat yogurt
- Raw vegetables - cut up with fat-free or low-fat dressing, salsa or hummus
- Fruit Smoothies
- Whole grain crackers with cheese
- String Cheese
- Whole grain bagels served with low-fat or fat-free cream cheese, jam or jelly
- Baked items are encouraged to be whole grain and no larger than 3" square or 2 ½-3" diameter cookie
- Granola bars - low-fat
- Yogurt - flavored no-fat or fat-free
- Tortilla chips, baked with salsa dip
- Popcorn - low-fat or "lite"

Lunches, Dinners & Socials

- Include fresh fruit
- Include at least one vegetable, fresh or cooked, no butter or cream sauce added
- Serve salads with low-fat dressing on the side
- Whole grain breads or pita wraps

- Toppings of lettuce, tomatoes, onions, pickles, mustard, ketchup, low-fat mayonnaise or salad dressing
- Grilled or broiled chicken without skin
- Miniature meatballs made with lean meat (90% lean)
- Small cubes of cheese (¾" square or smaller), consider low-fat cheese
- Whole grain crackers (5g fat or less/oz.)
- Baked or low-fat chips
- Dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressings
- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer a low-fat or frozen yogurt, sherbet or sorbet
- Baked items are encouraged to be whole grain and no larger than 3" square or 2 ½ to 3" diameter cookies