



Healthy Eating at Events Policy

PURPOSE

To support and promote a healthy Rhode Island workforce by encouraging healthy eating and physical activity.

SCOPE

The policy applies to meetings, trainings, conferences, workshops, summits, or other public events funded, sponsored, or hosted by participating State agencies and/or any of their contractual partners. Other community and State agency partners are also strongly encouraged to adopt a similar policy using this policy as a template.

POLICY

GENERAL

- When sending out meeting invitations, ask guests if there are any special dietary needs or allergies including, but not limited to, vegetarian, vegan, and gluten free diets.
- Confirm that the food vendor can accommodate any special dietary needs and is aware of any potential food allergies.
- Work with vendors who utilize the Healthy Eating at Events Nutrition Guidelines.
- For food ideas, use the Healthy Food Tips.
- Follow the Healthy Eating at Events Food Safety Guidelines.

BEVERAGES

- Have water available throughout the event, using pitchers rather than individual bottles whenever possible.
- Serve low- or no-calorie beverages that do not contain added sugar such as water, coffee, tea, unsweetened iced tea, or flavored seltzer waters.
- Offer only low-fat or fat-free options when serving milk, avoiding whole milk and cream.
- Limit beverages with artificial, non-caloric sweeteners.

MEALS/SNACKS

- Do not serve fried foods such as pastries, donuts, fried chicken, french fries, or chips.
 - Choose local food options whenever possible.
 - Try to ensure that at least 50% of every meal comes from fruits and vegetables.
 - Provide fruits and vegetables as snacks.
 - Serve food and condiments prepared with minimal amounts of fats and salt.
 - Serve 100% whole grains such as brown rice, oatmeal, and whole wheat.
 - Whenever possible, offer foods in single-serving portions.
 - Serve only low-fat or fat-free dairy products.
 - Limit chicken, fish and other protein servings to four-ounce portions that are baked, broiled, grilled, and low in sodium.
 - Select snacks low in fat, sugar, and sodium
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