Guidelines have been developed to demonstrate our commitment to Better Health

The availability of healthy foods at office celebrations and events can help employees make nutritious choices and can influence their long-term health and wellness.

Healthy Foods at Work

Guidelines:

1. Make colorful fruits and vegetables half of all food offerings.*
2. Offer smaller portions of foods.
3. Offer foods low in solid fats, added sugars, and sodium.
4. Offer more whole-grain foods.
5. Make water more available.
6. Consider eliminating unnecessary snacks, such as candy dishes.

* For information and tips about filling half your plate with fruits and veggies, visit *FruitsAndVeggiesMoreMatters.org*.

Recommendations:

Food Safety

Food should be delivered just prior to serving time.
Always wash hands prior to handling any food.
Food left out for more than two hours should be discarded.
Clean all surfaces before and after food service.

Consider Special Dietary Needs and Food Allergies

Offer food such as vegetarian, vegan, dairy free, and gluten free.

Fundraising Events

Instead of frequent chocolate bar, cookie and nacho sales choose activities that are fun, creative, and energizing!
For example, sell raffle tickets for a fruit basket or sporting event. Organize a Nerf hoop competition, a crazy hat contest, carnival games, or a pumpkin carving contest. Hold a carnation sale for Valentine's Day or guess the number of beans in a jar.

BetterHealth

CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES

Better you.

Source: Dietary Guidelines for Americans 2010, U.S. Department of Agriculture and U.S. Department of Health and Human Services.