



Healthy Meeting Guide Policy

The City of New Bedford is committed to improving the health of our employees and to modeling good health behaviors. Therefore:

Effective September 1, 2015, the guidelines listed below will be used when selecting foods and beverages for meals and/or snacks at meetings, trainings, conferences, and other work-related events sponsored or supported by the City. When planning menus, you must provide options that will accommodate various dietary preferences and needs of the group.

A. Food Items: For every item purchased or served from column A, there must be an item purchased or served from column B

Column A: High-fat, high-calorie items	Column B: Healthier Alternatives
Refined grains. Examples include white bread, bagels, muffins, pitas, rice, pasta and crackers; refined cereals	Whole grains. Examples include whole wheat crackers, bran muffins, whole wheat breads, pitas, bagels, pasta; oatmeal, and granola bars
Full-fat dairy products. Examples include full-fat yogurt; full-fat ice cream	Fruits and/or vegetables. Examples include fresh, frozen, or dried fruits and vegetables
High-fat/sugar/sodium/calorie foods. Examples include sausage, hot dogs, bacon, high-fat red meat, fried foods, processed foods, cream soups, potato chips, cakes, cookies, pastries, donuts, and other various desserts.	Low-Fat dairy products. Examples include low-fat or fat-free yogurt, cream cheese, and ice cream
	Foods with healthy fats. Examples include peanut butter, avocado, nuts, seeds, salad dressing
	Low-fat/sugar/sodium/calorie foods. Examples include lean meats, cooked beans and lentils, low-fat soups; salsa baked chips, unsalted pretzels & popcorn, angel food cake, etc.

B. Beverages: The following beverages are the only beverages allowed to be purchased or served at all times:

Water, flavored water, 1% or skim milk, soy/rice/almond milk, diet soda, coffee, unsweetened tea, 100% vegetable juice, sugar-free hot chocolate. Cream, half-and-half or full-fat milk are exempt when using for coffee or tea*

C. In addition to serving healthier items, the following should be considered at all times:

1. Provide and serve smaller portions
 - a. Examples include mini bagels, small size desserts, 8 oz. beverage cups
2. Identify healthy eating opportunities
 - a. Examples include identification of restaurants, caterers and farmer's markets, where healthy choices are readily available
 - i. Attached is a Healthy Dining Restaurant list that contains names of restaurants in New Bedford who have met the criteria of the program.
3. Providing encouragement from group leadership to enjoy healthy foods
 - a. Examples include community promotion of healthy lifestyle, group leadership being role models for healthy food choices

D. When scheduling a meeting, training, conference, and other work-related event sponsored or supported by the City, the following Healthy Meeting Guide may be used:

Beverages

Here are some great ideas for healthy beverages. If you feel that it is necessary to provide nourishment at your meeting, consider offering beverages instead of full meals or snacks.

- Water
 - Ice water
 - Bottled spring, sparkling, or flavored water (calorie-free)
- Juice
 - 100% vegetable juice *
- Milk
 - Skim or low-fat milk *
 - Low-fat soy/rice/almond milk *
- Coffee
 - Flavored/unflavored
 - Regular/decaffeinated
 - Creamers (skim or low fat milk, or fat free half & half)
- Unsweetened Tea
 - Regular, herbal, and green teas (hot or cold)
 - Regular and decaffeinated
- Other
 - If you must provide soda, choose diet soda *
 - Sugar free hot chocolate *

* Choose smaller containers or cup sizes when serving low fat milk, 100% juice, diet soda, or sugar free hot chocolate.

Breakfast Foods

Early morning meetings often provide breakfast foods. Breakfast is an important meal, so make sure your early meetings start the day in a healthy way.

- Fruit
 - Fresh fruit trays
 - Dried or canned fruit (in natural juices)
- Breads
 - Whole grain muffins (mini or cut in half)
 - Whole grain breads
 - Mini, whole grain bagels
- Cereals
 - Look for cereals with at least 4 grams of fiber per serving
 - Oatmeal
 - Low-fat granola bars (5g of fat or less)
- Scrambled or Hard-Boiled Eggs
- Nuts or Seeds
- Peanut Butter
- Yogurt

Lunch and Dinner

Here are some healthy lunch and dinner suggestions:

- Sandwiches
 - Whole grain or whole-wheat bread, wraps or tortillas
 - Veggies (lettuce, tomatoes, onions, cucumbers, peppers, sprouts, avocados, artichoke hearts, etc.)
 - Lean meats (fish, turkey, roast beef, or chicken)
 - Reduced-sodium cheese, dressings and/or condiments
 - Tuna and chicken salads made with light or fat-free mayonnaise
 - Peanut butter and jelly
- Salads
 - Use mixed greens (not just Iceberg lettuce) and add any other vegetables
 - Serve salad dressings on the side
 - Pasta salad or coleslaw (made with low-fat mayonnaise, or oil & vinegar)
 - Fruit salads (can be fresh or frozen)
 - Platters of fresh vegetables with low-fat dip
- Side Dishes
 - Whole grains (quinoa, corn, brown rice, whole wheat pasta)
 - Beans, Lentils
 - Low-fat soups (avoid cream-based)
- Pizza
 - If serving pizza choose vegetables and lean meats
- Snacks
 - Unsalted pretzels, baked potato chips, baked tortilla chips with salsa, rice cakes, fruit, vegetables, granola bars, trail mix, dried fruit, or low-fat yogurt

Healthful Alternatives to Traditional Foods

Instead of:	Try:
Soda and sugar-sweetened beverages	Water Water with citrus slices Flavored Water Unsweetened Ice Tea
Cream, whole or 2% milk	Nonfat or 1% milk, fat-free half and half
Fruit flavored drinks	100% fruit or vegetable juices
Regular bagels, muffins, croissants, donuts, sweet pastries	Small muffins or bagels (whole grain)
Bacon, sausage	Eggs, egg whites, lean, low-sodium ham
Yogurt with added sugars	Yogurt with fresh fruit and granola
Cream soups	Soups or side dishes with stock base, vegetables, beans, legumes
Salads with dressing	Salads with dressing on the side
Mayonnaise-based pasta salads	Pasta salads made with oil & vinegar
Sandwiches on white bread or croissants	Sandwiches on whole grain breads/wraps
High fat cold cuts and fried meats	Lean deli meats, skinless poultry, fish, seafood, beans, or tofu
Cooked vegetables in butter, cream or oil	Steamed, oven-roasted, grilled vegetables
White rice and pasta	Brown rice, whole grain pasta, corn
Butter	Light margarine or olive oil
Regular cream cheese and cheese	Low-fat cream cheese
Regular dressings	Low fat or fat free dressings and vinaigrettes
Mayonnaise or sour cream based dips	Salsa, low fat cottage cheese or low-fat salad dressing dips, hummus
Regular crackers	Whole grain crackers
Regular chips	Baked or low fat chips and pretzels
Chips or buttered popcorn	Vegetable trays, baked chips, low-fat popcorn, unsalted pretzels
Cakes, pies, cookies, cheesecake, fruit pies or pastries	Fresh fruit, fruit salad, small portions of trans-fat free desserts, sherbet, angel food cake

Sources: www.tufts.edu/nutrition/.../GuidetoCreatingHealthyMeetings.pdf



Mass in Motion New Bedford Healthy Dining Restaurants

Name	Address	Phone	Type of Food/Healthy Dining Items
Brick Pizzeria Napoletana pizzeriabrick.com	163 Union St.	(508) 999-4943	Pizza, Vegetarian, Salads, Hand-Made ingredients
Café Arpeggio cafearpeggio8.webnode.com	800 Purchase St.	(508) 999-2233	Salads, Sandwiches, Hand-Made
Destination Soups destinationsoups.com	149 Union St.	(508) 991-7687	Soups, Salads, Sandwiches, Gluten-Free, Vegan Soups
Freestone's City Grill freestonescitygrill.com	41 William St.	(508) 993-7477	Healthy Dining Menu
M & C Cafe mandccafe.com	436 Belleville Ave.	(508) 993-2219	No Trans Fats, Handmade
Pa Raffa's paraffas.com	2857 Acushnet Ave.	(508) 995-7711	Family, Salads, Vegetarian
St. Luke's Hospital southcoast.org	101 Page St.	(508) 997-1515	Low-Sodium, Soups, Wraps
The Green Bean facebook.com/TheGreenBeanNB	740 Purchase St.	(508) 984-3300	Vegetarian, Sandwiches, Hand-Made
Tia Maria's European Cafe http://www.tiamariaseuropeancafe.com/	42 N. Water St.	(508) 993-8900	Portuguese, Salads, Sandwiches
Waterfront Grille waterfrontgrille.com	36 Homer's Wharf	(508) 997-7010	Fish/Seafood, Sushi, Vegetarian

 **Mass in Motion New Bedford** or massinmotionnewbedford.org

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