**TIPS FOR A HEALTHIER MEETING**

The healthy meetings policy sets standards for food and beverages offered during health department meetings, parties & special events. These guidelines will help individuals plan healthier meals and snacks. Access the full policy on the Health Department intranet site.

**CONTACT**

NutritionStandards_PDPH@phila.gov

---

### REQUIREMENTS

#### BREAKFAST

- Include fresh fruit
- Offer whole grains
- Serve donuts, muffins, etc. no more than 1x/month

#### LUNCH + DINNER

- Include fresh fruit and/or vegetables
- Offer whole grains
- No fried foods
- Consider tomato pie in place of pizza
- Offer desserts and chips as side option (not inside of boxed lunches)
- Offer fruit as dessert
- Consider baked chips

#### BEVERAGES

- Always offer water
- No sugar-sweetened beverages

---

### WHAT TO CHOOSE?

#### BREAKFAST

- **OATMEAL** WITH FRUIT & NUT TOPPINGS
- **SMALLER Sized BAGELS/CUT IN 1/2**
- **LOW-FAT GRANOLA** AS A PLAIN YOGURT TOSSING
- **PEANUT/OTHER NUT BUTTER** TO SPREAD ON BREAD

#### LUNCH + DINNER

- **DARK LEAFY GREENS** (Romaine, Kale & Spinach)
- **SALAD DRESSINGS ON THE SIDE**
- **SALAD AS A MEAL** (Protein & Whole Grains)
- **ROASTED, BAKED, OR GRILLED ITEMS**
- **PASTA DISHES WITH VEGETABLES**
- **WHOLE GRAIN SANDWICH BREADS**

#### BEVERAGES

- **OFFER WATER USING A PITCHER AND CUPS** (Add Fruit or Mint)
- **BLACK, GREEN, OR HERBAL TEA**

---

**TAKE A MOVEMENT BREAK**

Consider movement breaks during meetings lasting more than 1 hour. See PhillyPowered.org.

Consider the GOOD FOOD CATERER GUIDE to identify businesses that carry healthy foods: phillyfpac.org/good-food-caterer-guide/