



Healthy MEETINGS

WHY HEALTHY MEETINGS?

Studies show a strong correlation between physical and social environments of the workplace and health behaviors of employees. An increasing number of hours are being spent at work, especially in the hospital where many individuals work extended or multiple shifts. Meetings and conferences are generally sedentary activities. If food is provided, offering healthy options can help increase concentration, productivity and energy levels.

INCLUDED IN THIS CATEGORY ARE:

- Meetings
- Conferences
- Staff events and trainings
- Fundraisers
- Community events
- Holiday celebrations or gifts
- Other hospital-sponsored events

HEALTHY BREAKFAST

Fresh, frozen, dried or canned fruit
(in own juices)
Low- or non-fat yogurt
Whole grain toast
Muffins or mini bagels
High fiber cereal
Granola or oatmeal
Eggs
Non-fried potatoes or other vegetables
Fruit smoothies

HEALTHY SNACKS

Sliced or chopped fruit
Vegetable tray with hummus or salsa
Baked tortillas chips with salsa
Pretzels or popcorn
Dried fruit and nuts
Low- or non-fat yogurt with fruit
Low-fat frozen yogurt

Healthy Meetings



- Getting Started:* Hospital is committed to creating healthier meetings.



- Water is served whenever food is served.
- At least one fruit and one vegetable are served with every meal.
- No candy bowls are present at meetings and events.
- When dessert is offered, portions are small or fruit is served for dessert.



All of the above, plus:

- At least one meal option available meets the Good4You criteria.
- All foods meeting Good4You nutrition criteria are labeled.
- A vegetarian option is always offered.
- A low sodium entrée is always offered.



All of the above, plus:

- Whenever possible, nutrition information is displayed for all food and beverages served at meetings and events.
- Only healthy beverages are served at meetings.
- 50% of grains served are whole grains.
- Healthier condiments are used, and offered on the side.



All of the above, plus:

- A policy or resolution has been adopted.
- All food and beverages served at meetings and events meet the Good4You nutrition criteria.

Resources

Good4You labels and other materials are available at

www.ohiohospitals.org/good4you



GOOD4YOU

GOOD4YOU Eat Healthy NUTRITION CRITERIA

Healthy BEVERAGES

Water sparkling, seltzer or flavored water	Fat-Free or Low-Fat (1%) Milk
100% Fruit Juice ≤ 180 calories per 12 ounce serving, no added sweeteners	Flavored Milk or Milk Alt. ≤ 150 calories per 8 ounce serving
No or Low-Calorie Beverages ≤ 10 calories per 8 ounce serving	Unsweetened Teas regular or herbal, hot or cold
Mid-Calorie Beverages ≤ 66 calories per 8 ounce serving	Coffee with 1% or lower fat milk or creamers, soy alternatives

Healthy SNACKS, DESSERTS AND SIDE DISHES

Calories	No more than 200 calories
Total Fat	No more than 7 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)
Trans Fat	0 grams
Sodium	No more than 230 milligrams
Sugar	No more than 10 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)

Healthy ENTRÉES†

Calories	No more than 500 calories
Total Fat	No more than 15 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)
Trans Fat	0 grams
Sodium	No more than 480 milligrams
Sugar	No more than 15 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)
Produce	Refrigerated machines should stock fruit and vegetable items.

† Entrées include items such as wraps, sandwiches, soups and other main course items served a la carte.

Healthy MEALS

Calories	No more than 750 calories
Total Fat	No more than 25 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)
Trans Fat	0 grams
Sodium	No more than 900 milligrams
Sugar	No more than 25 grams**
Fiber	At least 2 grams fiber (if product is grain/potato-based, such as granola bars, crackers, pretzels, cookies, chips, etc.)

* excluding nuts, seeds, cheese and products containing nuts or nut butters

** excluding fruits and vegetables that do not contain added sweeteners or fats

INSTITUTE FOR HEALTH INNOVATION
of the OHIO HOSPITAL ASSOCIATION

Based on the American Heart Association — Recommended Standards for Procurement of Foods and Beverages Offered in the Workplace