

Nutrition Standards

Use the following nutrition guidelines when creating your organization's Wellness Blueprint.

Events with food:

- Include at least one veggie or fruit.
- Limit fried foods to one item (e.g., fried chicken or french fries—not both).
- Save dessert for special occasions, and only offer one type.
- Offer water and choose smaller portions of sugary drinks.

Youth programs:

- Include at least one veggie or fruit with each meal and snack.
- Avoid fried or pre-fried foods.
- Save dessert for special occasions, and only offer one serving.
- Offer water or low-fat, plain milk instead of sugary drinks.

Fundraisers:

- Aim to have 50 percent of fundraisers be non-food or healthy food items.
- Host fundraisers that include physical activity, such as a 5K run/walk or a dance-a-thon.

Concession stands:

- Aim to have 50 percent of menu items be healthy choices, such as grilled chicken sandwiches, salads and fresh fruits.
- Limit the variety and package size of foods, such as chips, candy and ice cream.
- Offer bottled water, and price it at a lower cost than sugary drinks.
- Identify healthy food and beverage choices with signs or special menus.

Vending machines:

- Aim to have 50 percent of menu items be healthy choices, such as crunchy granola bars, trail mix (without candy), popcorn and whole-grain crackers.
- Include bottled water in all beverage vending machines.
- Identify healthy food and beverage choices with signs or labels.