

Healthy Food and Beverage Commitment



is dedicated and devoted to the safety, health, and spiritual well-being of our members and surrounding community. We acknowledge that chronic diseases such as heart disease & stroke, cancer, diabetes, and lung disease, are harmful to the health of our congregation and community. We recognize that providing and promoting healthy food and beverage options can help improve health and wellness.

On _____ commits to promote a healthy congregation and community by:

- > Incorporating nutrition education and messages in congregation communications, and in bulletins, newsletters, sermons, and youth programming;
- > Supporting congregational leaders as they serve as role models for healthy eating; and
- > Emphasizing the connections between spiritual faith, and physical health and displaying posters, pictures, or books that support healthy foods and beverages.

In addition to the above commitment, _____ also commits to the following healthy food and beverage components:

When foods and beverages are served or sold the following will be offered as a way to increase healthy options for members and visitors:

Unflavored water, unsweetened tea, 100% juice with no added sugar, and low-fat (1%) or non-fat milk.

A variety of fruits and vegetables.

Whole grain options such as oatmeal, 100% whole grain pasta, brown rice, whole grain barley, 100% whole grain bread, and whole grain cereal (whenever grain products are served).

Lean meats and/or meats substitutes that are low in saturated fat and cholesterol, such as chicken, fish, turkey, beans, nuts, seeds, and soy protein (whenever meats and/or meat substitutes are served).

Foods that are low in fat and sodium.

Foods that are cooked by steaming, grilling, roasting, broiling, baking, poaching, or sautéing, rather than deep frying (whenever cooked foods are served).

In addition, we are committed to creating an environment that supports and promotes healthy eating in the following ways:

Promoting smaller portion sizes.

Using non-food items as rewards and treats in youth programs.

Providing a safe, clean, and private space and accommodations for nursing mothers.

_____ healthy weight or healthy eating programs such as nutrition classes, cooking classes, support groups, and tasting parties for congregants and community members.

_____ a garden where congregants and community members can grow fruits and vegetables for personal use, to donate to local food pantries, or use at congregation events and services.

_____ a farmer's market where congregants and community members can purchase locally grown fruits and vegetables.

Ensuring that _____ of the foods distributed through the food pantry are vegetables, fruits, whole grains, fat-free, or low-fat dairy products, lean meats, nuts, and seeds; and that _____ of the beverages distributed through the food pantry are water, unflavored milk or milk alternatives with no added sweeteners, 100% fruit or vegetable juice, and coffee or tea.



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Effective Date:

Name and Title

Signature