

Nutritional Standards Implementation Guide

Healthy Des Moines Movement



A Guide for the City of Des Moines Staff and Departments to use to Purchase and Offer Nutritious Food and Beverage Options at City-Sponsored Meetings, Programs, Concessions and Vending



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Camp KHAOS youth grow and enjoy radishes!



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Working Together for a Healthy Des Moines

IN 2012, THE CITY OF DES MOINES under the leadership of the City Council and Healthy Des Moines Technical Advisory Committee adopted a Healthy Des Moines Element to their Comprehensive Plan with goals, policies and strategies to offer nutritious food and beverage options (across departments) at City-sponsored meetings, programs, and in City owned and operated facilities to:

- 1) Support the health and well-being of City staff, citizens, and visitors, including those on prescribed and voluntary dietary restrictions;
- 2) Help attendees get the most out of meetings and programs, and
- 3) Enhance work, play, and learning environments.

City department leaders and staff can use this Nutritional Standards Implementation Guide to help them offer nutritious food and beverage options at City meetings and programs (youth and adult).

The Guide was developed by Des Moines' Sue Anderson, Policy Analyst and Patrice Thorell, Parks, Recreation and Senior Services Director under the leadership of the Healthy Des Moines Technical Advisory Committee and technical assistance and support by Public Health - Seattle and King County.



Healthy Des Moines Technical Advisory Committee: Brandon Carver, Kim Richmond, Sue Padden, Patrice Thorell, Sue Anderson, Rebecca Hall, Barb Shimizu, Kory Batterman, Steve Schunzel, Laura Techico, Seated: Denise Lathrop, and Val Allan.

Thank you for working together for a Healthy Des Moines!



Patrice Thorell



Sue Anderson

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Des Moines' Waterfront Farmers Market

Resources

For additional information on nutritious foods and beverages, please visit:

Public Health –
Seattle & King County
<http://www.kingcounty.gov/healthservices/health/nutrition.aspx>

Washington State
Department of Health
Washington State Guidelines to
Help Energize Your Meetings
<http://here.doh.wa.gov/materials/energize-your-meetings>

United States Department
of Agriculture
www.dietaryguidelines.gov;
www.ChooseMyPlate.gov

Nutritious Food and Beverage Options

Nutritious Beverage Options

- Water in pitchers (attendees can bring their own water bottle/cup or provide reusable cups or environmentally friendly disposable cups). To add flavor, include lemon, lime, orange or cucumber slices
- Bottled spring or sparkling water, regular or flavored, with no added sugar
 - Sufficient water fountains or water sources, especially in spaces utilized by youth and senior populations, that are overseen by city or local government to ensure their upkeep and the safety of the water supply
 - 100% fruit or vegetable juices, fruit smoothies – avoid large sizes (fruit juice, limit to one serving):
 - 6 ounces per day for school-aged children
 - 4 ounces for preschoolers
- Skim or 1% milk, (serve whole milk to children under age 2)
- Calcium-fortified soy products



Nutritious Food Options

BREAKFAST

- Beverages from “Nutritious Beverage Options” list
- Fresh fruit tray with fat-free or low fat yogurt dip or whole fruit (apples, oranges, blueberries, honeydew melons, grapes, cantaloupe)
- Yogurt – flavored non-fat or fat-free



- Small bagels – 3 1/2” diameter or smaller; serve with low-fat cream cheese, jam or jelly
- Small or mini muffins – (5 grams fat or less/ muffin)
- Fruit bread (5 grams fat or less/1 ounce slice) – skip serving with butter or margarine
- Whole grain waffles or French toast topped with fruit
- Whole grain cereals (hot or cold) with at least 5 grams fiber and no greater than 6 grams sugar/ serving
- 100% whole grain breads, cereals, rice, pasta, crackers



Encourage Healthy Portions

- Encourage nutritious food and beverage portion sizes, such as:
 - ~ Mini, half, or thin bagels and mini muffins
 - ~ 3-5 ounce servings of meat
 - ~ Cakes and brownies that are in small serving sizes (2 inch squares)
 - ~ Cut sandwiches in half
- If serving fruit juice, limit to 6 ounces per day for school-aged children and 4 ounces for preschoolers



Des Moines’ “Create and Celebrate”

Consider Cultural Food Preferences

- Serve foods that are culturally appropriate for attendees
- Serve pork products separately from other food products
- Serve meat products on a separate dish from non-meat products
- Provide a vegetarian entrée option at meals
- Provide comfortable places for all employees to sit for meals and snacks

Nutritious Snack Options

SNACK OPTIONS (adults and children over age 2)

- Beverages from “Nutritious Beverage Options” list
- Fresh fruit (apples, pears, bananas) – cut up and offered with low-fat yogurt dip
- Dried fruit (raisins, figs, apricots) and 100% fruit leather
- Raw vegetables – cut up and offered with hummus dip, fat-free or low-fat ranch dressing or salsa dip
- Whole wheat pretzels – served with mustard dip
- Rice cakes
- Granola bars – low-fat (5 grams fat or less/bar)
- Tortilla chips – baked and offered with salsa dip
- Popcorn – low-fat, “lite” (5 grams fat or less/serving)
- Whole grain graham crackers/animal crackers (5 grams fat or less/serving)
- Low-fat dairy choices fat-free or low-fat yogurt, milk, cheese (cut into small 2 inch squares)
- Sliced deli meats
- Serve only nutritious snack options in programs for youth when snacks are included in the program fee



Apples and bananas, “GO” snacks at summer Camp KHAOS!

SNACKS AT SPECIAL EVENTS

- Beverages from “Nutritious Beverage Options” list
- Nutritious snacks in “GOODIE BAGS”
 - ~ Fresh fruit (small apples or oranges)
 - ~ Dried fruit (raisins, figs, apricots) and 100% fruit leather
 - ~ Carrots (small bags)
 - ~ Whole wheat pretzels or chips (small bag)
 - ~ Whole wheat animal crackers
 - ~ Non-food items (stickers, small toy)



Carrots, “GO” snacks at mid-winter break camp!

Reminder: Check for food allergies (e.g., nuts in particular)

GO, SLOW, WHOA Foods!

As part of the Healthy Des Moines Initiative, the Des Moines Parks & Recreation’s youth programs offer nutritious food and beverage options that encourage children and families to choose nutritious **GO** foods and beverages.

Youth and families learn that all foods can fit into a healthful diet, which consists of more **GO** foods than **SLOW** foods and more **SLOW** foods than **WHOA** foods.

GO foods are low in fat and/or sugar, and/or they are whole foods (less processed) options and are recommended to eat most often.

SLOW foods are higher in fat and/or sugar, and/or they are more processed than **GO** foods.

WHOA foods are highest in fat and sugar, and/or are the most processed.



GO, SLOW, WHOA Foods

Nutritious Food and Beverage Choices for City of Des Moines Employees, Residents and Friends!

Participants in our programs are always
provided one or more “GO” choices

Food Group	GO Foods (Almost Any Time)	SLOW Foods (Sometimes)	WHOA (Once in a While)
Vegetables	Fresh & frozen vegetables	Vegetables prepared in fat & sauces	Fried vegetables
Fruits	Fresh & frozen fruits	100 % fruit juice	Fruits in heavy syrup
Grains, Breads & Cereals	Whole-grain bread & cereals	White bread & pancakes	Sweetened rolls, muffins, cereals
Milk & Milk Products	Low-fat cheese	Cheese spreads	Full-fat cheese
Meats	Extra-lean ground beef	Lean ground beef	Beef with its fat
Sweets & Snacks	Rice Cakes Whole grain crackers Low-fat popcorn	Fig bars Graham crackers Low-fat granola bars	Candy Cookies, cakes, pies Buttered popcorn
Beverages	Water Skim Milk for children over age 2	2% Milk	Whole Milk
Other	Fat-free sour cream	Low-fat sour cream	Sour cream

For more information visit: <http://kidshealth.org>

Purchase in Bulk (When Possible)



Partner with City departments to purchase in bulk to reduce costs (when possible)



100% Fruit Leather, at the Spring Eggstravaganza, a “GO” food!

The City provides families GO, SLOW, WHOA nutritious food and beverage information on the back of our egg hunt directions.



Des Moines summer nutrition education program

Nutritious Lunch and Dinner Options

Provide Nutritious Food Options

LUNCH AND DINNER

- Beverages from “Nutritious Beverage Options” list
- An entrée with no more than 12 to 15 grams fat (tomato-based sauces rather than cream, butter or cheese sauces)
- Offer a vegetarian entrée
- Miniature pizzas made with English muffins, tomato sauce, mozzarella cheese, mushrooms
- Grilled or broiled chicken/turkey without skin
- Baked, broiled, steamed, grilled fish
- Lean or extra lean meats (ground turkey breast 97% lean; ground beef 95% lean); tuna canned in water
- Tofu/soy beans
- Beans, split peas, and lentils cooked without added fat
- Sandwiches on whole grain breads
- Vegetable spring rolls – fresh, not fried
- Avoid trans fats, fried foods, cream, butter (substitute margarine without trans-fatty acids, olive oil)
- Fresh fruit (pears, papaya, mangos, kiwi, cherries, apples, grapes, oranges, bananas)
- Pasta salads with low-fat dressing (olive oil and vinegar)
- Red, orange, and dark – green vegetables (tomatoes, sweet potatoes, broccoli) – fresh, steamed, or grilled with herbs or lemon, limit added butter or cream sauces



- Green salad (try adding darker lettuces, greens or spinach to the mix, that contain higher nutrients than iceberg lettuce) with dressing on the side – offer at least one low-fat or fat-free dressing option
- Whole grain breads
- Whole grain pasta or brown rice
- Desserts – low-fat/low-calorie: cut up fresh fruit with low-fat fruit yogurt dip; low-fat ice cream or frozen yogurt, sherbet or sorbet, small slices of cake (2 inch square)

- Condiments – low-fat (ketchup, mustard, fat-free dressings, fat-free mayonnaise, fat-free sour cream, vinegar, salsa)



Salad greens and whole grain bread, “GO” foods at Food Access meeting



Senior Nutrition Program serves, “GO” foods

The Centers for Disease Control and Prevention, Washington State, King County and many other governmental agencies throughout the world are implementing nutritional standards in an effort to reduce the risk for heart disease, obesity, diabetes, and other chronic diseases and conditions.

More Food for Thought

Reduce Unhealthy Foods and Beverages

- Avoid candy and food as a reward and use non-food items as incentives instead
- Avoid sugar-sweetened drinks for children (powered juice drinks, sports drinks)
- Avoid foods with added salt/sodium (processed foods, pickled/brined meats or vegetables - goal is no more than 600 mg of sodium/person/meal or 200 mg of sodium/person/snack)
- Reduce foods made with solid fats (coconut, palm, and palm kernel oils; shortening; stick margarine; butter, cream, and milk fat; hydrogenated oil/partial hydrogenated oil)



Serve Local Foods (When Possible)

- Provide fresh local foods (e.g., local farmers, farmers market, community garden)
- Purchase food from local suppliers when possible
- Ask catering companies about providing locally sourced foods



Salad, "GO" food provided by Kim Richmond and the Daisy Sonju Community Garden

Ensure Food Safety

- Provide microwaves and refrigerators for all employees
- Provide kitchens to prepare foods and beverages (e.g., fill water bottles or pitchers using a kitchen sink, not a restroom sink)
- Ensure that all individuals wash their hands and put on gloves before handling/ serving food
- Keep hot foods hot and cold foods cold prior to serving (and refrigerate foods within two hours at room temperature)
- Provide refrigeration (e.g., coolers) at program sites to enable staff to store and serve fresh and nutritious foods and beverages



Nutritious Vending and Concessions Options

Adults and children over age 2

SNACKS	HEALTHIEST	HEALTHIER	LIMITED
Beverages	~Plain Water ~Plain carbonated water (seltzer) ~Unflavored fat-free or 1% milk	~Fat-free or 1% flavored milk ~100% fruit juice with no added sweeteners ~zero- or low-calorie beverages ~Non-caloric, artificially sweetened beverages (diet)	~Calorically sweetened soda, lemonade, fruit drinks, sports drinks and energy drinks
Nuts and Seeds	~Unsalted nuts and seeds ~Trail Mix or fruit nut bars w/salted nuts & unsweetened dried fruit	~Salted nuts and seeds (low-sodium) ~Trail mix or fruit nut bars with salted nuts and added sugar	~Salted nuts & seeds ~Trail mix that includes candy
Vegetables	~Fresh or dehydrated vegetables (e.g., baby carrots, celery, broccoli)	~Fresh or dehydrated vegetables with added salt, sugar or fat ~Baked potato chips	~Fried vegetables ~Regular chips
Fruits	~Fresh or dehydrated fruit (e.g., apples, oranges, pears, apricots, bananas) ~Fruit packed in its own juice	~Fresh or dehydrated fruit with added salt, sugar or fat ~Fruit packed in "lite" syrup ~100% frozen fruit juice bars with no added sweetner	~Fruit in heavy syrup ~Imitation fruit snacks and gummies ~Popsicles
Grains	~100% whole grain crackers, pretzels, rice cakes, pita ~Air popped or low-fat popcorn	~Whole grain crackers, pretzels, pita, corn chips, soy crisps	~Products made with refined grains such as multigrain crackers, cereals & cereal bars

Provide nutritious beverage and food choices in vending machines and concessions

Post signs and labels to encourage nutritious choices at point of purchase and at events (see next page)



Camp KHAOS has a new water cooler!

Food and Beverage Signs and Labels

Print and post the signs and labels to encourage nutritious food and beverage choices.



CONGRATULATIONS
FOR SELECTING
A HEALTHY
CHOICE!



CONGRATULATIONS
FOR SELECTING
A HEALTHY
CHOICE!



CONGRATULATIONS
FOR SELECTING
A HEALTHY
CHOICE!



"GO" FOOD

Eat almost anytime
(Most often) – they are
lowest in fat, added
sugar and calories



"SLOW" FOOD

Eat sometimes
(Less often) – they are
higher in fat, added
sugar and calories



"WHOA" FOOD

Eat only once in a while
(Least often) – they are
very high in fat,
added sugar and are
much higher in calories



Thank you for tracking the meetings and programs that included nutritious food and beverages options!

Meeting/Event Date: _____

Department: _____

Activity (i.e., department/meeting/program): _____

Occasion & frequency (i.e., 2 per year): _____

Numbers/audience: _____

Purchaser (name, title): _____

Purchased (i.e., QFC, restaurant): _____

Stored (i.e., coolers, refrigerator): _____

Prepared by (name, title): _____

Served (i.e., meeting location): _____

Foods served: _____

Beverages (i.e., water, tea and coffee): _____

Contact person: _____

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