



## Healthy Eating Policy, System and Environmental Change Examples in the Columbus Community

### Columbus Recreation and Parks APPS and CAP City Nights Program

- Foods purchased, prepared and/or served by APPS program staff and volunteers will provide a meaningful contribution to a healthful diet and have minimal amounts of nutrients that have a negative impact on health or weight. We will select foods, recipes and preparation methods that are consistent with the principles set forth in the “Preliminary Proposed Nutrition Principles for Marketing Foods to Children Ages 2-17”

### Franklin County WIC

- Marketing of brands promoting predominantly low-nutrition foods in the clinic is prohibited.
- Foods purchased, prepared and/or served by Columbus Public Health WIC clinic will provide a meaningful contribution to a healthful diet and have minimal amounts of nutrients that have a negative impact on health or weight. We will select foods, recipes and preparation methods that are consistent with the principles set forth in the We will select foods and serve only foods that can be purchased with WIC coupons and water for thirst.

### Eldon Ward YMCA

- When food is served at special events and intended as a full meal (e.g.: pancake breakfast), the menu will always include a fruit and/or a vegetable and a whole grain. Fried foods, including pre-fried foods that are reheated (e.g. frozen French fries, chicken nuggets, etc.) will not be served.
- When pre-packaged snacks are served, only foods identified as green by the Snackwise® nutrition rating system will be served. Yellow rated items may be substituted if a suitable green item cannot be obtained.

### Columbus Urban League Head Start

- When food is served at meetings and special events and intended as a full meal (e.g.: pancake breakfast), the menu will always include a fruit and/or a vegetable and a whole grain.



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### **Unity Temple Church of God in Christ**

- When food is served at special events and intended as a full meal (e.g.: pancake breakfast), the menu will always include a fruit and/or a vegetable and a whole grain.
- Our vending machine will stock only foods identified as green by the Snackwise® nutrition rating system. Yellow rated items may be substituted if a suitable green item cannot be obtained.

### **More Policy, System and Environmental Changes to Promote Healthy Eating:**

- Foods purchased, prepared and/or served by program staff and volunteers will provide a meaningful contribution to a healthful diet and have minimal amounts of nutrients that have a negative impact on health or weight. We will select foods, recipes and preparation methods that are consistent with the principles set forth in the *"Preliminary Proposed Nutrition Principles for Marketing Foods to Children Ages 2-17"*
- Marketing of brands promoting predominantly low-nutrition foods in the center is prohibited. Examples of prohibited marketing techniques include but are not limited to: logos or brand names on/in vending machines, books or curricula, textbook covers, school supplies or classroom equipment; educational incentive programs that provide food as a reward; programs that provide centers with supplies when families buy low-nutrition food products; televisions in classrooms; free samples or coupons; and food sales through fundraising activities.
- Fundraising activities consist of selling nonfood items only.
- Fundraising activities will not involve food or will use only foods that meet or exceed the USDA Dietary Guidelines. Fundraising activities that promote physical activity are encouraged.



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- Foods served at events outside the center’s normal operating hours will meet the same nutrition standards as foods served at meals and snacks.
- All snack foods offered during parent meetings will meet the “green” criteria for the Snackwise® vending system.
- All meals offered by the organization will include a fruit, vegetable and a whole grain. Fried foods (including pre-fried foods) will not be offered. A “Healthy Potluck” sign up sheet will be utilized to help guide healthier choices.
- We provide visible support for good nutrition through the use of posters, pictures, and books displayed common areas.
- We will not serve sugar-sweetened beverages. Only water, unflavored skim or 1% milk or 100% fruit juice will be offered.
- Our annual staff development trainings will include information about the nutrition needs of children
- All snacks offered in our programs will meet the “green” criteria for the Snackwise® nutrition rating system.
- Vending machines will be stocked with foods that meet the green and yellow criteria for the Snackwise® nutrition rating system. At least 65% of the offerings will be rated green and no more than 35% will be rated yellow