

**RIVERSTONE HEALTH
BILLINGS, MT**

DIVISION: ALL	ORIGINATION DATE: FEBRUARY 28, 2013
PROGRAM: ALL	LATEST REVISION:
SERVICE: ALL	<input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PROCEDURE <input type="checkbox"/> GUIDELINE <input type="checkbox"/> STANDING ORDER
TITLE: CATERING NUTRITIONAL STANDARDS	
APPROVAL: JOHN FELTON, MPH, MBA, FACHE PRESIDENT & CEO/HEALTH OFFICER	

Purpose

RiverStone Health is dedicated to providing a work environment that supports employee and workplace health. There is a general consensus among healthcare professionals and scientists that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer. Nutrition standards for foods and beverages found in vending machines can positively impact the eating habits of people working for and visiting RiverStone Health, as well as help shape social norms. In light of this consensus, RiverStone Health believes that through food service offered on the premises, it is important to provide employees and visitors with healthy food choices that support their efforts to prevent disease and attain optimum health.

Policy

Effective **February 28, 2013**, it is the policy of RiverStone Health that all meetings and functions sponsored or supported by this organization in which snacks or meals are provided by the organization will include options for healthful foods, water, and/or non-sugar sweetened beverages.

Snacks

When providing snacks one or more of the following options will be available:

- Fruit, non-fried vegetable, or fat-free/low-fat dairy product
- Nuts, seeds, or nut butter
- Whole-grain product (determined by the product having whole grain as the first ingredient or if the product has a whole grain claim from the manufacturer)
- At least 10% of the Daily Value of calcium, potassium, vitamin D, or fiber
- Reduced sodium snack options provided when available

Meals

When providing a meal two or more of the following options will be available:

- Fruit (fresh, frozen, or canned in light syrup)
- Vegetable (fresh, frozen, or canned)
- Fat-free or low-fat dairy product
- Whole grain product (determined by the product having whole grain as the first ingredient or if the product has a whole grain claim from the manufacturer)
- Reduced sodium meal options provided when available

Beverages

With snacks and meals one or more of the following options will be available:

- Water
- Non-sugar sweetened beverages (e.g. 100% fruit juices, unsweetened tea and coffee)

The ROCT Employee Health and Wellness subcommittee will assist meeting organizers, when necessary, to ensure compliance with the nutrition standards.