



Title

Worksite Nutrition

Effective Date

06/03/2013

Date Replaces

Next Scheduled Review Date

06/03/2015

Approved by / Title

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Contact Department / Work Group

Workplace Wellness

PURPOSE: St. Vincent Healthcare is dedicated to providing a work environment that supports employee and workplace health. There is a general consensus that certain dietary factors are associated with the prevention of chronic disease. In light of this consensus, St. Vincent Healthcare agrees with the importance of providing associates with healthy food choices that support their efforts to prevent disease, manage weight and attain optimum health. The use of healthy food and beverages will be encouraged for all programs and functions within St. Vincent Healthcare facilities and should adhere to these nutrition guidelines whenever feasible.

GUIDELINES:

Cafeteria and Bistro:

- Grains
 - o When rice or pasta is served, brown rice or whole wheat pasta will be offered. These options will be prepared without added salt or fat.
 - o Whole wheat pizza crust will be offered.
 - o Whole wheat bread, rolls and buns will become the primary offering. White bread will be available upon request only.
 - o Sandwiches will not be offered on croissants.

- Vegetables
 - o Steamed vegetables will be offered without added salt or fat.
 - o Fresh vegetables will be offered as a to-go item.

- Fruit
 - o A variety of fresh fruit will be offered at the point of sale.
 - o Fresh fruit and canned fruit packed in fruit juice will be offered as to-go items.

- Dairy
 - o Whole milk will only be available upon request.
 - o Cottage cheese offered at the salad bar will of the low fat variety.
 - o Low fat cheese will be offered at the sandwich bar.

- Entrees/Prepared Food
 - o Nutrition information will be displayed for all hot food items being served.
 - o At least one entrée served per day will have 0 grams of trans fat.

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- Offer at least one item every week on the sauté line with less than 480mg sodium and 5gm fat.
- Offer one soup option daily with less than 480mg of sodium and 5g of fat per serving per serving.
- Condiments
 - Chicken salad, tuna and other mayonnaise based sandwiches will be prepared with low fat mayonnaise.
 - Specialty mayonnaise will be prepared using a low fat mayo.
 - Low fat condiments will always be offered, i.e. salad dressings, mayonnaise, sour cream, etc.
- Desserts:
 - Desserts such as brownies, cakes, and rice kipsies will be reduced to an appropriate serving size.
 - Desserts such as brownies, cakes, candy bars and ice cream will not be sold at the point of sale.
- Beverages:
 - Low calorie or calorie free beverages will be easily accessible in the cooler.
 - Beverages over 20 ounces will not be offered, with the exception of water.

Catering:

- Encourage and promote healthy options for all meals ordered through catering.
- Chef's choice catering options will be the healthy option.
 - Pre-identified healthy catering options will include the following:
 - Whole wheat bread and buns will become the primary offering. Other whole wheat options such as pasta and rice will be available upon request.
 - Offering fruits and/or vegetables.
 - Providing fat-free, low-fat, or low-calorie foods.
 - Providing foods and beverages low in added sugars and including water with each catering request.
 - Offering foods that are low in sodium (less than 200 mg of sodium for a non-entrée and less than 480 mg for an entrée).
 - Desserts will be reduced to an appropriate serving size.

Vending:

- We will work with the suppliers of the St. Vincent Healthcare/Aramark owned vending machines to ensure at least 50% of snack foods and beverages will meet the following standards:
 - No more than 200 calories per item, except for packages of 100% nuts, seeds or mixes that contain dried fruit.
 - Non-sugar sweetened beverages such as water, 100% fruit juice, 100% vegetable juice, low calorie beverages, fat-free or low-fat milk.
 - Zero grams of trans fat per serving.
 - No more than 35% calories from fat with the exception of packages of 100% nuts, seeds or mixes that contain dried fruit.
 - No more than 230 mg of sodium per item
 - No more than 10% calories from saturated fat per item.