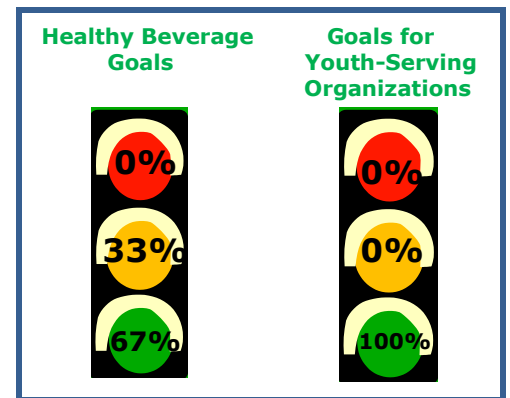


Suggested Healthy Beverage & Sodium Reduction Policies

Healthy Beverage Policies

- We will not serve sugary drinks. We only purchase and serve healthy beverages, which include:
 - Low-fat (1%) or fat-free unflavored milk in 8 ounce serving sizes
 - 100 percent fruit juice in ½ cup or 4 fluid ounce serving sizes
 - Water without added ingredients, e.g., flavors, sugars, sweeteners (natural, artificial and nonnutritive), and caffeine.
- We will maintain a schedule to ensure water access points are clean and functioning, that cups are stocked, and pitchers and coolers are cleaned regularly.



If your organization serves youth and/or children,

- We will not serve sugary beverages, diet beverages, or any beverages with artificial sweeteners to children or youth.
- Children and youth are prohibited from bringing sugar-sweetened and artificially-sweetened diet beverages into the program. Those who do bring in prohibited beverages will be asked to put them away or they will be confiscated by staff.

Water Access Policies

- We offer water (tap water if possible) as the primary drink.
- We will maintain a schedule to ensure water access points are clean and functioning, that cups are stocked, and pitchers and coolers are cleaned regularly.

Sodium Reduction Policies

- Per [the Boston Public Health Commission's Healthy Food Procurement Guidelines Standards for Purchased Beverages and Foods](#):
 - All individual food items served or available for sale, such as soups and side dishes, must contain no more than 480 mg sodium per serving.
 - Snacks should contain no more than 200 mg sodium per serving.
 - Breakfast entrees must contain no more than 690 mg sodium total.
 - Lunch and dinner entrees must contain no more than 805 mg sodium total.
- We will continually assess the foods served to ensure they adhere to policies, and update the list of acceptable products as needed.

**Sodium
Reduction Goal:
100% LOW
sodium items**

Tips for Creating Policies

- Be specific about what foods and drinks your organization will and will not serve, as well as appropriate serving sizes.
- Share your policies with vending companies and caterers. Work with them to find healthy foods and beverages that meet your policies.
- Get buy in from your organization!
 - Share your progress regularly with staff and leadership.
 - Include them in new product selection by conducting taste tests.
 - Encourage staff to model healthy eating and drinking behaviors in public spaces where visitors can observe them.
- Communicate all policies with staff, visitors, and stakeholders to ensure everyone is aware of expectations. Provide them with additional education if needed.
- Make sure policies are applicable even during celebrations, fundraising, and when requesting donations.
- Prohibit advertising or promotion of unhealthy food or sugary beverages within your organization. Instead, display signage and posters advocating healthy eating and drinking behaviors as reminders.
- See the [Boston Public Health Commission's Healthy Food Procurement Guidelines](#) for more nutritional guidance, [Rethink Your Drink](#) for beverage guidance, and the [REACH Guide for Writing Healthy Beverage and Sodium Reduction Policies](#) for more on how to create policies that meet your organization's needs.