

# HEALTHIER COLUMBIA MEETINGS AND EVENTS GUIDE



## STEP 1: HYDRATE WITH NYC WATER AND OTHER LOW CALORIE BEVERAGES

- Offer pitchers of NYC tap water at all meetings and events
- Request lemon, mint or other infused water from your caterer
- Provide low or no calorie beverages like flavored and unflavored seltzer, coffee or tea

## STEP 2: BOOST NUTRIENTS WITH AT LEAST ONE FRUIT AND ONE VEGETABLE, PREFERABLY LOCAL OR ORGANIC

- Serve seasonal whole fruits or a fresh fruit platter, preferably local<sup>1</sup> or organic<sup>2</sup>
- Pair meals with leafy green salads and oil based vinaigrette
- Offer roasted, steamed or sauteed sides of broccoli, carrots, peppers and other colorful vegetables
- Place your fruits and vegetables at the start of the buffet line

## STEP 3: ENERGIZE YOUR MEETING OR EVENT WITH WHOLE GRAINS, OR FOODS MADE FROM THEM

- Swap white, refined grains for 100% whole wheat or whole grain breads, mini bagels, wraps and pasta
- Select other whole grains as sides, such as brown rice, quinoa or farro
- Start the day with whole grain cereals or granola and reduced fat milk or yogurt

## STEP 4: OFFER LEAN OR PLANT-BASED PROTEINS

- Lower your carbon footprint by choosing plant-based proteins like lentils, beans, chickpeas, and tofu
- Include nuts and seeds like chia seeds, almonds or walnuts to top yogurts, oatmeal or even salads
- Serve other lean proteins like skinless poultry, eggs and seafood from sustainable<sup>3</sup> sources

## STEP 5: DON'T FORGET YOUR HEALTHY HOST DUTIES

- Serve condiments, sauces, salad dressings, sweeteners and creamers on the side
- Request all sandwiches, wraps and bagels be cut in halves or quarters
- Look for raw, baked, steamed, grilled or lightly sautéed foods cooked in plant-based oils, like olive oil
- Encourage appropriate serving sizes with 9-inch plates and 10-oz cups

## STEP 6: MAKE IT A HEALTHY EVENT FOR OUR PLANET TOO

- Use eco-friendly disposable wares made from bamboo, cornstarch or other biodegradable materials
- Ensure recycling bins have clear signage and are adjacent to trash bins
- Minimize food waste by ordering just what you need and offering takeaway containers

## NOTES

- <sup>1</sup> **Local:** Based on the definition in the Food, Conservation, and Energy Act of 2008: Conference Report to Accompany H.R. 2419, locally sourced refers to an agricultural product that is transported less than 400 miles from its origin or is distributed within the same state as it was produced. (US House of Representatives. Washington DC: US Government Publishing Office; 2008.)
- <sup>2</sup> **Organic:** According to the US Department of Agriculture (USDA), “Organic is a labeling term for food or other agricultural products that have been produced using cultural, biological, and mechanical practices that support the cycling of on-farm resources, promote ecological balance, and conserve biodiversity in accordance with the USDA organic regulations.” (US Department of Agriculture. About the National Organic Program. 2016; <https://www.ams.usda.gov/publications/content/about-national-organic-program>. Accessed June 12, 2018.)
- <sup>3</sup> **Sustainable Seafood:** The National Oceanic and Atmospheric Administration (NOAA) FishWatch Program defines sustainable seafood as “catching or farming seafood responsibly, with consideration for the long-term health of the environment and the livelihoods of the people that depend upon the environment.” The Monterey Bay Aquarium Seafood Watch List defines sustainable seafood as “seafood from sources, whether fished or farmed, that can maintain or increase production without jeopardizing the structure and function of affected ecosystems.” Guidance on how to make sustainable seafood choices is found on the NOAA FishWatch website at <http://www.fishwatch.gov> and on the Monterey Bay Aquarium Seafood Watch List at <http://www.seafoodwatch.org/seafood-recommendations>.

## HEALTHIER COLUMBIA RECOMMENDED FOOD AND BEVERAGE STANDARD

Convened by the Office of Work/Life, the Nutrition Academic Advisory Committee and the Food and Nutrition Working Group developed the Healthier Columbia Recommended Food and Beverage Standard to meet the following high-level goal:

Towards building a culture of health, foster the wellness of the Columbia community by:

- Providing access to healthful and sustainable food and beverages
- Strengthening food and beverage environments where the affordable, informed, and convenient choice is the healthy choice.

In alignment with the Dietary Guidelines for Americans 2015-2020 and the Healthy People 2020 Nutrition and Weight Status Objectives, the Healthier Columbia Recommended Food and Beverage Standard includes food and nutrition guidance that supports a healthier eating pattern for the Columbia community, by offering a variety of fruit and vegetable options, plant-based proteins and freely available drinking water.

The Office of Work/Life and many other stakeholders will work towards supporting the implementation of the Healthier Columbia Recommended Food and Beverage Standard in various university food environments over the coming years.

To learn more visit: <https://worklife.columbia.edu/healthier-columbia>



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