



Nutrition Wellness Policy Guide for Caterers

We have chosen you as the caterer for the following event: _____

Our food choices, lifestyle and surroundings all affect our health. We know that choosing the right foods can prevent diseases and help us live better lives. The Hawaii Department of Health values creating a culture of health and wellness in work meetings and conferences is an important way to help people eat well, model for the community, foster healthier work environments, and promote social models around healthier choices and behaviors.

Please make use of the following healthy meeting nutritional standards in the catering you provide us:

- 1. Beverages:** Have water available throughout the meeting. Serve water cold whenever possible via water pitchers or dispensers with glasses or paper cups (avoid Styrofoam cups). When possible, infuse flavor to the water in the pitchers or carafes by adding slices of flavorful herbs, spices, vegetables, or fruit (e.g., mint leaves, slices of fresh ginger, turmeric, cucumber, lemon, lime, orange, or strawberries, etc.) along with ice.
- 2. Snacks** – Healthy beverages and snacks served at mid-morning or mid-afternoon breaks. Depending on cost considerations, mid-morning or mid-afternoon breaks can offer beverages only (e.g., coffee, tea, water). If snacks are served, they need to include fruits or vegetables (preferably fresh), and a protein source (see page 2). Snacks can also include a whole-grain product, Hawaii cultural foods, local and organic grown foods if available. (More details on foods below).
- 3. Meals** – all prepared meals should use fresh, local, organic and unprocessed foods to the greatest extent possible.
 - Offer small or reduced portion meals
 - Low Sodium – “No added salt” or low-sodium options (less than 230mg sodium per snack)
 - No added sugar
 - Protein source is provided
 - Vegetarian options
 - Offer small portion dessert or fresh fruit for dessert
 - Include Cultural foods
 - Use Hawaii-grown and organic foods

Preparing fresh fruits and vegetables:

- Salads: lettuce, chopped vegetables, etc. with olive oil and vinegar or lemon juice dressing (Dressings may be made by mixing the following ingredients in a blender: olive oil, lemons, fresh oranges, toasted nuts or seeds and herbs/spices such as cumin or parsley (plus water, if needed). Adjust flavor by adding vinegar or lemon juice as needed.
- Mixed fruit salad (without added sugar or cream)
- Raw, cut-up vegetables with hummus or a low-fat dip made from herbed, plain yogurt
- Sliced fruit with nut butters
- Unsweetened, unsulfured dried fruit (with or without nuts and seeds)

Serving Ideas:

- Display vegetables and fruits attractively and prominently.
- Slice fruit and vegetables as needed to make them easier to eat.
- When served buffet style, place vegetables and fruit near the beginning of the line to encourage their selection.
- When substituting fruit for dessert, provide more festive offerings like grilled pineapple, baked apples or pears, or mixed berries. Dessert can be a major source of sugar and fat, so always offer fruit as one of the options.

Whole-Grains

If grains are served, make sure that one or more of the options are whole-grain. Make sure that whole-grain is the first ingredient on the package ingredient list.

Examples:

- A pot of oatmeal for breakfast
- Whole-grain toast and bagels
- Brown rice
- Air popped or lite popcorn with minimal or no added sodium, butter, or oils
- Whole-grain crackers (such as Stone Ground or Ak-mak crackers).

Protein Source Examples:

- Lean cuts of meat (beef, pork, chicken, turkey)
- Fish and seafood, especially types that are lower in mercury*
(*Lower-mercury fish and seafood include: any small fish that can fit in a frying pan whole, akula, awa (milkfish), moi, mullet, opelu, salmon, ika (squid or calamari), tako (octopus), scallops, and shrimp)

Vegetarian (not vegan)

- Plain yogurt
- Hard boiled eggs
- Low-fat cheese or cream cheese

Vegan

- Nuts and seeds and nut butters (unsalted or lightly salted)
- Beans and peas
- Hummus or other bean dip
- Tofu

Vegetarian Ideas

Vegan Entrées

- Tofu stir fry
- Black beans and brown rice
- Bean burritos
- Lentil or split pea soup (made without meat broth)
- Whole-grain pasta with lentils and walnuts

Non-Vegan Vegetarian Entrées

- Whole-grain veggie pizza with part-skim or low-fat cheese
- Vegetable quiche
- Entrée salad with cheese and hard-boiled egg
- Whole-grain wrap with veggies, hummus, and cheese

Small Portions:

- Use smaller plates if possible - 9.5 to 11 inch plates for meal service
- Offer half-portion entrées
- Cut sandwiches and wraps into halves or quarters for self-service meals
- Use Mini-bagels or mini-muffins
- Offer personal-size portions of popcorn or nuts
- Small servings of dessert such as:
 - 2-inch square piece of cake
 - Mini-cookies (about 1½ inch diameter)

Cultural Foods Examples: Offer culturally appropriate foods whenever possible. Traditional Hawaiian foods include:

- Kalo (taro), poi, and pa'i'ai
- Fish and seafood
- Pork
- Sweet potatoe
- Breadfruit
- Greens including lu'au leaves, sweet potato leaves, and seaweed, and dishes made with these foods
- Tropical fruits like banana, mountain apple, pineapple, papaya, mango, and coconut