

Association of Chinese Americans Community Events Nutrition Standards

12/11/19

Statement of Purpose

The Association of Chinese Americans in metro Detroit is committed to reducing health disparities and promoting good health for its members. We have a strong commitment to the community to provide nutrition education and support good nutrition by providing healthier food options. Thus, we are committed to providing healthier options at our community events that follow the recommendations made in the CDC Food Service Guidelines.

Nutrition Guidelines

- Offer at least 1 non-fried protein option
- Offer at least one fresh fruit
- Offer at least one leafy green or fresh vegetable
- Offer at least one whole grain
- Offer water and 100% juice instead of soft drinks and sugary drinks
- Offer low-fat or non-fat dairy
- Offer low sodium salad dressings and condiments
- Dessert offerings should include a fresh fruit option and portion sizes should be limited

Packaged Snacks Guidelines

- Choose packaged snacks containing ≤ 200 mg sodium per serving and 0 grams of trans fat.
- Choose packaged snacks with the following:
 - 1st ingredient is fruit, vegetable, dairy product, protein food; OR
 - A whole-grain rich product OR
 - A combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

AND

- Calorie limit: ≤ 200 calories
- Saturated fat limit: $<10\%$ of calories
 - Exemptions: nut and seed products with no added fat, reduced-fat cheese and part skim mozzarella
- Sugar limit: $\leq 35\%$ of total weight of sugars in food (or ≤ 12 grams added sugar)

Other Guidelines

- Provide appropriate and healthy portion sizes
- Choose paper and compostable plates, silverware, and compostable or recyclable plastic storage containers for take away items instead of foam containers

Adapted from: Food Service Guidelines Federal Workgroup. Food Service Guidelines for Federal Facilities. Washington, DC: U.S. Department of Health and Human Services; 2017.

https://www.cdc.gov/obesity/downloads/guidelines_for_federal_concessions_and_vending_operations.pdf

Brief Overview of Policy Implementation and Review:

This policy has been approved by the Association of Chinese Americans (ACA), Executive Director, and Community Center Managers, as well as the REACH team at Eastern Michigan University.

The policy will be effective March 1, 2020. The ACA Executive Director is responsible for disseminating the policy to each Community Center manager, and the staff responsible for organizing the community events in the Madison Heights, Detroit, Macomb County, and Canton Centers. Training of all staff involved in the implementation of the policy will be conducted before the end of July 2020. Questions and comments about the policy should be directed to Rachel Bessire, EMU REACH Food and Nutrition Coordinator at rbessire@emich.edu.

The guidelines will be reviewed 6 months after implementation (September 2020) and feedback will be given to EMU REACH to revise any parts of the guidelines that are not feasible or practical for the ACA to implement, or any parts that need to be updated to adjust current practices. Adjustments to the policy will be made prior to January 2021.