

National Alliance for Nutrition and Activity Model Healthy Meeting Pledge

Nutrition: Beverages

- Standard Healthy Meeting
 - Make water the default beverage.
 - Do not offer full-calorie sugar-sweetened beverages. Serve 100% juice diluted with water, low-fat or non-fat milk, calcium and vitamin D-fortified soymilk, or beverages with 40 calories per container or less.
 - Offer low-fat or non-fat milk with coffee and tea service in addition to or in place of half and half.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - Eliminate all sugar-sweetened beverages (including those with less than 40 calories per container that are allowed under the Standard Healthy Meeting).

Nutrition: Food

- Standard Healthy Meeting
 - Offer fruits and/or vegetables every time food is served.
 - Offer reasonable portion sizes.
 - In buffet lines or self-service, support sensible portions by offering reasonably-sized entrees and appropriately-sized serving utensils and plates.
 - Use whole grains whenever possible (100% whole grain or whole grain as the first ingredient).
 - Serve healthier condiments and dressings and offer them on the side.
 - Look for and try to offer lower-sodium options.
 - Make the majority of the meat options poultry, fish, shellfish, or lean (unprocessed) meat.
 - Provide a vegetarian option.
 - For special occasions and dinner, cut desserts in half or serve small portions. For lunches, breaks, or regular meetings serve fruit as dessert.
 - Do not place candy or candy bowls in the meeting space.
 - Whenever possible, offer foods prepared in a healthy way (grilled, baked, poached, roasted, braised, or broiled). Avoid fried foods.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - All grains must be whole grain-rich (51% or more whole grains by weight or whole grain as the first ingredient).
 - Serve only poultry, fish, shellfish, or on occasion lean (unprocessed) meat options; seek alternatives to processed and red meats.
 - Replace all desserts and pastries with fruit or other healthful foods.
 - Do not serve fried foods.
 - If there is the capacity to do nutrient analyses or if the caterer can provide nutrient information, meals should meet the nutrition standards in Appendix A in the toolkit at: www.healthymeeting.org.

Physical Activity

- Standard Healthy Meeting
 - Mention to attendees (through announcements or in written materials) that it is fine to move within the meeting space (standing, stretching); integrate exercise equipment if possible within the space (exercise balls in place of some chairs, raised tables for standing).
 - When possible, allow for comfortable clothes/shoes to support physical activity during breaks.
 - Periodically break up sitting time.
 - For conferences or all-day meetings, support physical activity before, during, and after the work of the day.
 - Provide adapted programming or alternative activities for those with physical disabilities.
 - Identify someone to facilitate a short physical activity break(s).
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - Try to choose meeting/conference locations where there are walkable destinations; provide walking/running maps.
 - Only contract with hotels that have a fitness facility available at no cost to attendees. If the hotel does not have a fitness facility, contract with a local exercise facility.
 - Provide exercise stations in the hall or within the meeting room.
 - Implement walking meetings when possible.

Sustainability

- Standard Healthy Meeting
 - Reduce waste and packaging whenever possible.
 - Consider appeal to meeting attendees, sustainability, and usefulness of conference giveaways.
 - Have recycling bins available.
 - Provide handouts on a flash drive or make them available online to reduce paper.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - Conduct a zero-waste meeting or conference.
 - Use locally-sourced and sustainably-produced food and giveaways when possible.

Tobacco-Free

- Standard Healthy Meeting
 - Meetings should be held in smoke-free facilities.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - A tobacco-free environment is provided at all times.
 - Choose to host your conference in a city with a comprehensive smoke-free policy that includes restaurants and bars.

_____ meetings, conferences, and events will adhere to the
(Name of organization)
selected guidelines in accordance with the National Alliance for Nutrition and Activity Healthy Meeting Pledge.

Signature: _____ Date: _____

Please send completed forms to nutritionpolicy@cspinet.org or call 202-777-8352 with questions.
Additional resources can be found at www.healthymeeting.org.