

# Meetings and Events

City of San Antonio: Food Service Guidelines at a Glance



## Beverages

- Water must be available.
- Calorie-free or low calorie beverages may be offered such as sparkling water, unsweetened tea, or plain coffee.
- 100% juice and unsweetened milk or milk substitutes are allowed.

## Fruits and Vegetables

- Must be provided when food is served.
- If cooked, vegetables must be prepared using a healthy cooking technique: baked, roasted, grilled, steamed or stir-fried.
- Dried fruit may be offered in appropriate portions (1/4 cup or small handful).

## Grains

- Choose whole grain options when available.
- This includes 100% whole grain breads, wraps, crackers, brown rice, quinoa, whole wheat pasta, and oatmeal.

## Entrée and Sides

- Entrée and side dishes must be prepared using a healthy cooking technique such as baking, roasting, broiling, grilling, poaching, steaming and stir-frying.
- No fried items. Applies to main entrees, appetizers, and sides. Includes French fries, chips, bacon, pastries or any vegetables.

### Sample Menu

<u>Breakfast</u>	<u>Snack</u>
Assortment of fresh fruits Unsweetened yogurt with granola Whole grain bagels with fruits spreads, peanut butter or cream cheese options Coffee, milk and water	Assortment of fruits and/or vegetables Whole grain crackers and cheese Mixed nuts Water
<u>Lunch</u>	<u>Special Event</u>
Ham/turkey sandwiches on whole grain bread Grilled vegetables on whole grain wrap Mixed vegetable and/or fruit salad Water, unsweetened tea, coffee	Mixed vegetable platter with dip Fruit cups Cheese and deli platter Water, unsweetened tea, 100% juice

For further questions or concerns, please contact the San Antonio Metro Health Department, Chronic Disease and Prevention Division at (210) 207-2722.