

**Northern Kentucky University  
Healthy Food Policy**

**Whereas**, the foods that we choose to eat are one of the major determinants of our health and well being,

**Whereas**, chronic diseases such as heart disease, obesity, diabetes and cancer are major causes of mortality and morbidity throughout the country and the Commonwealth of Kentucky, and they result in many lost work days and decreased productivity, and

**Whereas**, healthy food choices help reduce the risk of chronic diseases and promote overall health and well being,

**Therefore**, in line with the mission for wellness on Northern Kentucky University’s campus, it is the policy of NKU that all dining service and vending contractors join with us to promote a healthy campus culture and encourage healthy lifestyle behaviors by ensuring faculty, staff, and students have regular and affordable access to wholesome, nutritious food choices while on campus. To achieve this goal dining services and vending contractors will ensure the following:

- A variety of healthy food choices will be available throughout retail dining venues on campus.
- At least one healthy meal option will be featured daily in the Northern Fare Food Court
- Healthy food choices will be available as part of the selection of catering menu options for all functions held on campus.
- Healthy food and beverage options will be available to meeting participants as part of the general menu offerings when food and/or beverages are served at meetings where NKU business is being conducted.
- At least 30% of foods offered in vending machines will be considered healthy choices.
- Healthy food choices will be identified in retail dining, on catering menus, and in vending machines.
- Healthy food choices will be marketed and merchandised to promote their sale and consumption.

“Healthy food choices” is a general term used to encompass a range of possible food selections that might be made available by dining services and vending contractors at various dining and retail outlets on campus. Please see “Defining Healthy Food” in the Memorandum of Agreement for further clarification of the term “healthy food choices.”

Further explanation and clarification on the implementation of the policy are outlined in the Healthy Food Policy Memorandum of Agreement.

The NKU Healthy Food Policy, signed this \_\_\_\_\_ day of \_\_\_\_\_ in the year \_\_\_\_\_ is effective immediately. This policy will be reviewed periodically by the Vice President of Administration and Finance to assess its effectiveness in providing access to wholesome, nutritious food choices on campus.

Policy Approved by: \_\_\_\_\_

Title: \_\_\_\_\_

# Northern Kentucky University Healthy Food Policy

## Memorandum of Agreement

It is the policy of NKU that all dining service and vending contractors promote a healthy campus culture and encourage healthy lifestyle behaviors by ensuring faculty, staff, and students have regular and affordable access to wholesome, nutritious food choices while on campus. This Memorandum of Agreement outlines a framework for executing objectives related to the NKU Healthy Food Policy.

### I. Definitions

#### Defining Healthy Food Choices

- Healthy U meal- At least one Healthy U meal will be featured and displayed per day. A Healthy U meal meets the following criteria:
  - 30% or less calories from fat
  - 10% or less total calories from saturated fat
  - Zero trans fat
  - At least 5 grams of fiber.
- Healthy U selections- Many of these selections will be available throughout dining services and will be labeled with the Healthy U icon. A Healthy U selection meets the following criteria:
  - 30% or less calories from fat
  - 10% or less total calories from saturated fat
  - Zero trans fat
  - At least 2 grams of fiber
- **\*Healthy way** is defined as using a healthy cooking method such as steaming, roasting or sautéing, using either no added fat or oil or a limited amount (1 tsp oil per cup) of healthy oil (canola, olive, safflower, sunflower or soybean oils, for example) for preparation.
- Healthy vending choices will in part be determined by ‘healthy food’ criteria set forth by any existing vending contractor programs (i.e. NAC) with review for specific nutritional minimums as outlined by NKU wellness dieticians.

### II. Specific Understandings and Agreements

This section outlines general nutrition and product guidelines and provides examples of specific products available on the market and/or available to Dining Services as an option for consideration. It is not the intent to endorse one manufactured product from another, but rather to list product options that meet the guidelines for healthy choices.

#### Retail Dining Guidelines

- The following will be available for purchase in retail and Northern Fare Food Court:
  - Fresh fruit at each meal service –breakfast, lunch, and dinner
  - Where dairy products are sold, low fat or fat free products such as skim, 1% or 2% milk and/or low-fat yogurt will be available.

- When vegetables are available, they will be prepared in a healthy way\* (excluding specialty recipes, for example, Southern Style Green Beans). Vegetables should be available at each lunch and dinner service.
  - Crudités with low fat dressing/dip
  - Where beverages are sold, 100% fruit or vegetable juice will be available
  - When two soups are available, at least one will be a broth-based soup containing vegetables
- Low-fat and fat free varieties of condiments including cream cheese, salad dressings, and mayonnaise will be available and merchandised in the same location as full fat varieties of such items. Where space does not permit the merchandising of such items, signage indicating where low-fat varieties of these items can be found will be posted.
  - Promise spread will be available whenever/wherever butter is currently served. Where space does not permit, signage indicating where Promise spread can be found will be posted.
  - When French fries, onion rings, potato chips or other high-fat side items are offered, a healthy substitute must be made available at no or limited extra cost (no more than 15% more than other side items).
  - Fresh fruit and crudité s will be merchandised at the majority of point of purchase locations.
  - The option to affordably “buy-up” additional vegetables prepared in a healthy way\* will be made available and posted prominently for consumers to read.
  - All available nutritional information will be posted prominently on NKU Dining website and in dining areas. As additional nutritionals become available, they will be posted with the goal of having the nutritional information for all standard menu/food items available for consumers.
  - Whenever a healthy preparation is available at a cook to serve station, this information must be displayed prominently in order to inform the consumer of this option. A healthy preparation might include the omission of oil in cooking, the use of stock or vinegar in place of fat, or the option of going “light” on cheese or other high fat toppings.
- Breakfast considerations
    - Fat-free or 1% milk available
    - Low-fat yogurt available
    - Fresh fruit available
    - Coffee, tea, decaf coffee and decaf tea. Serve socially aligned coffee if possible (e.g. Fair Trade or Shade Grown) such as Pura Vida
    - Whole grain cold cereal available daily: at least 2 of the following: Kashi, Raisin Bran, Bran Flakes, Wheaties, Smart Start, low-fat Granola, Cheerios. Nature’s Path Organic or another organic cold cereal is highly recommended as an option
    - At least 1 whole grain bread, roll, bagel, English muffin or muffin containing at least 3g fiber per serving available
    - Whole grain hot cereal such as oatmeal, faro, etc available
    - When eggs are served, an egg substitute must be available as well as the option to order egg whites only. This option should be displayed prominently. Egg whites may be available at an additional cost.
    - When bacon or sausage is served, a healthy substitute must be available OR customers should be given the option to order without the meat for a lesser price. This option should be displayed prominently.

- When “jumbo” size breakfast pastries or muffins are available, a smaller portioned alternative (3 oz or less) will also be offered.
- 100% fruit or vegetable juice available
- Promise spread available whenever/wherever butter is served or signage indicating where Promise can be found will be posted.
- Low-fat or fat-free cream cheese available

### Catering Guidelines

- Healthy meal options will be made available as a part of catering options.
- A healthy meal is defined by the Healthy U meal criteria. The entrée must be comprised of 30% of calories or less from fat, less than 10% of calories from saturated fat, contain no trans fat, and contain at least 5 grams of fiber.
- Healthy catering options will be highlighted in all catering marketing and promotional materials. Healthy catering options will be marketed and promoted online immediately and in print for 2009-2010 year as marketing materials are re-printed.
- At least one fish entrée prepared in a healthy way\* will be offered.
  - \*Healthy way is defined as using a healthy cooking method such as steaming, baking, roasting or sautéing, using either no added fat or oil or a limited amount of healthy oil (canola, olive, safflower, sunflower or soybean oils, for example) in its preparation.
- Healthy options will be priced at or below other food options on the menu.
- Hot and iced teas, including green tea, non-caloric beverages, 100% fruit and vegetable juice, and water will be available as alternatives to coffee, soda and other sugary beverages.
- Fresh fruit and vegetables prepared in a healthy way\* will be available on the catering menu.
- Low fat condiments such as low fat mayonnaise, cream cheese, and creamer will be a regular part of catering offerings. These items will be used as the standard accompaniment to all menu selections.
- At least two whole grain side items will be available on the menu.
- Salad dressing- at least one low-fat, vinaigrette based dressing and one additional low-fat option will be available. Salad dressings must be available on the side.
- Whole grain bread, rice, pasta, bagels, muffins and wraps will be available upon request.
- When soup is included as a menu selection, at least one broth based soup containing vegetables must be made available.
- Low-fat dessert options such as fresh fruit, angel food cake, frozen yogurt or low fat cookies, will be available.

### Meeting Guidelines

It is the policy of NKU that healthy food and beverage options are made available to meeting participants when food and/or beverages are offered at meetings where NKU business is being conducted. NKU will offer the “Meeting Well” guidelines from Chartwells Food Service to ensure healthy food is available for meetings. See attached guidelines.

## Special Event Guidelines

When food or beverage is served at on-campus special events, healthy alternatives must be made available for selection/purchase. For example, if ice cream is served, popsicles or sherbet could be made available as alternatives.

## Vending Guidelines (pertaining to all vending machines on campus)

All beverage dispensing vending machines will contain at minimum one of each of the following:

- bottled water,
- 100% fruit or vegetable juice,
- non-caloric beverage(s)
- fruit-based drinks containing at least 50% juice and no added caloric sweeteners
- sports drinks less than or equal to 100 calories

When a vending machine contains milk or dairy products, they will be a reduced fat or fat free variety

### **30% of snacks in vending machines will meet the following criteria:**

- Contain not more than 250 calories
- Contain not more than 35% calories from fat with the exception of nuts and seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard
- Contain not more than 10% of calories from saturated fat
- Selections will not contain trans fats (no partially hydrogenated oils listed in the ingredient list)
- Contain not more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners or fats (canned fruit must be packed in 100% juice or water)
- At least one item must contain less than 140 mg of sodium per serving (FDA definition of low sodium)

These choices will be grouped together for ease of identification and whenever possible, will be displayed in the top 1/3 of the vending machine so that they are visible at eye level

Items will be clearly identified as healthier options meeting above criteria.

Healthy choices will be priced at or below other comparable snack/beverage choices

There will be no incentives for increased sales of soft drinks or unhealthy snack options in vending contract

## **III. Modifications**

This MOA may be modified at any time by written consent of all parties involved.

## **IV. Effective Date**

This Agreement is effective beginning \_\_\_\_\_ and continuing until \_\_\_\_\_.

**V. Signatures**

The undersigned have read and understand the Memorandum of Agreement as an attachment to the NKU Healthy Food Policy, and agree to execute the objectives outlined in the Memo that pertain to their agency.

\_\_\_\_\_  
Director of Wellness Date

\_\_\_\_\_  
Assistant Director of Wellness Date

\_\_\_\_\_  
Director, Business Operations and Auxillary Services Date

\_\_\_\_\_  
Director, NKU Dining Services (Chartwell's representative) Date

\_\_\_\_\_  
AVI Representative Date