

# HEALTHY CATERING

AT KP

## Q&As

### What is the Healthy Catered Food Policy?

Kaiser Permanente is committed to total health for our members, employees, and physicians. Providing healthy food options is an important aspect of creating a workplace culture of health. The Policy for Food Purchased for Meetings and Events ensures that all menu items purchased with Kaiser Permanente funds at any KP-sponsored event, meeting, or conference adhere to the standards outlined under the Healthy Picks criteria. This includes food items available through KP cafeterias, on-site catering vendors, and off-site venues.

### Why does Kaiser Permanente have a Healthy Catered Food Policy?

Kaiser Permanente supports our employees in making the healthy choice the easy choice. The food choices we make every day contribute to our overall health. Excess calories, sugar, sodium, and saturated fat can increase one's risk for high cholesterol, prediabetes and diabetes, and high blood pressure. We hope to provide a healthier environment for all by ensuring catered meals at Kaiser Permanente offer a variety of healthy and delicious food. After all, taking care of others starts with taking care of ourselves.

### Why can't I make my own food choices?

There is a broad range of healthy selections on the approved catering menus and we are always finding new and delicious healthy options to choose from. And, of course, you always have the option to bring your own food and beverages.

### Am I still going to be hungry after eating?

Our catering vendors have created healthy and tasty menu items that will leave you feeling both satisfied and energized.



Did you know?

A typical catered box lunch has upwards of 1,500 calories and over 2,100 mg sodium.\* The table below shows how quickly those calories can add up.

LUNCH ITEM	CALORIES
Roasted Turkey Sandwich	585
Sea Salt Chips	210
Fruit Salad	120
Chocolate Chip Cookie	440
Limonata Pellegrino Soda	150
<b>TOTAL CALORIES</b>	<b>1,505</b>

In contrast, items that meet the Healthy Picks catered food guidelines are 700 calories or less and have 800 mg or less of sodium.

\*The recommended daily calories for an average man at ideal weight is around 2,000 calories per day; and for a woman is 1,600 per day.

## Q&As *continued*

### I like to exercise a lot and need more calories. Will I get enough calories from eating healthy food?

The policy uses the caloric standards outlined by the Partnership for a Healthier America. Catered meals should contain about 500 to 700 calories per person, but your caloric needs may be higher than the actual meal served. Please consider having a larger snack between meals to increase your caloric intake, if needed. Learn more about your caloric needs at [kp.org](http://kp.org).

### Isn't healthy food more expensive to purchase?

Catered healthy food can cost the same or even less than unhealthy choices. We have designed delicious catering menus with varying price points to meet any occasion. We encourage you to consult with your local food vendors to make the healthy choice also the affordable choice.

### What are my healthy meal catering options?

We work with a variety of healthy caterers for both on- and off-site meetings and events. You can find a list of national and regional caterers who offer a Healthy Picks menu at [kp.org/healthycatering](http://kp.org/healthycatering). Please check with your facility for local catering menus. If you are planning a meeting or event at any Marriott Hotel, Kaiser Permanente has a Healthy Picks menu in place. Please request this menu from your local Marriott representative or meeting planner.

### Why are regular sodas and other sugar-sweetened beverages not available with healthy catered meals?

Studies have shown that sugar-sweetened beverages (including juices) account for 43 percent of the excess calories consumed by Americans and are major culprits in the onset of obesity. Cutting sugar consumption can help reduce weight, control blood sugar, and lessen the risk for prediabetes and diabetes. Swapping one bottle of soda for a glass of water every day could cut 62,500 calories in a year, the equivalent of 18 pounds.

### Are diet sodas allowed?

Diet soda is not considered a Healthy Pick and is not recommended. We encourage drinking water (still and sparkling), fruit-infused flavored waters, and unsweetened iced teas and coffee.

### What about alcohol?

Alcoholic beverages at KP catered events require approval from leadership as well as an alcohol license.

### What do we do for celebrations at work, such as birthdays, holidays, and retirement parties?

Focus on engaging attendees in fun activities, rather than providing high-calorie foods for celebrations. Try these ideas:

- » **Serve fresh fruit** in a fun way, such as a fruit bouquet or a watermelon cake.
- » **Play upbeat music** and have a mini-dance party.
- » **Have a Smoothie Social** instead of an ice cream social.
- » **Be a kid again!** Get outside for a game of frisbee, a round of hula-hooping, or a group walk.
- » **Focus on fruit** for dessert or serve small-sized desserts that don't exceed 200 calories, do incorporate whole-grain fiber as a main ingredient, and are made with healthy fats.
- » **For more ideas**, go to [kp.org/healthycatering](http://kp.org/healthycatering).

