



HEALTHY CATERING

AT KP

Talking Points and Key Messages

Kaiser Permanente's Healthy Catered Food Policy promotes healthy catering at our meetings, events, and celebrations.

- » Kaiser Permanente has a long-standing commitment to support the total health of our members, our workforce, and the communities we serve by promoting healthy eating, active living, and healthy environments.
- » As a health care organization, we have an obligation to lead the way by providing the healthiest food possible and make the healthy food choice the easy choice.
- » By providing healthy food choices, we serve as role models for each other and our members.
- » Our goal is to ensure that all employees and physicians throughout Kaiser Permanente have access to healthy food options, including providing easily available healthy food choices during company-sponsored meetings and events.
- » The average restaurant meal has 1,500 calories and 3,500 mg sodium.¹ Meals that meet the Healthy Picks criteria have no more than 700 calories and 800 mg sodium. The Healthy Picks criteria is Kaiser Permanente's standards for excellent nutrition, founded on evidence-based research.
- » Kaiser Permanente provides healthy catered food options that emphasize fresh vegetables, fruits, and whole grains, with fewer calories, and limits on sugar, salt, and saturated fat.
- » The healthy choice can also be the affordable choice. Many vendors offer healthy menus with varying price points, depending upon the occasion.
- » A healthy workforce is in a better position to help us achieve our mission of high-quality and affordable care.

When planning an event, you can easily order healthy catered food for meetings.

- » We work with a variety of healthy caterers who offer a Healthy Picks menu. You can find a list of national and regional Healthy Picks menus and additional resources at kp.org/healthycatering.
- » **A Healthy Catering Toolkit** is available from Healthy Workforce to give you all the tools and resources you need to successfully implement healthy catering at KP. Access the toolkit and more at kp.org/healthycatering.
- » Whether you are hosting a meeting or event on site or at an off-site venue, Kaiser Permanente has resources to help you plan a healthy menu. We have a Healthy Picks menu in place with all Marriott hotels and their affiliates, and are working to expand the program to other major hotel chains.

¹ Auchincloss AH et al. Nutritional value of meals at full-service restaurant chains. J Nutr Educ Behav. 2014; 46: 75-81.



TALKING POINTS AND KEY MESSAGES *continued*

Kaiser Permanente promotes healthy eating and sustainable food in a number of other ways.

- » We offer healthy food choices in our cafeterias, vending machines, and coffee carts programwide through our Healthy Picks program.
- » Kaiser Permanente hosts more than 50 farmer's markets at hospitals, medical centers, and administrative offices Programwide.
- » About 590 tons of the fruits and vegetables purchased by Kaiser Permanente annually, and served on patient menus and in cafeterias across the organization, are sustainably produced and/or locally grown. Kaiser Permanente currently spends 24 percent of its total food budget on sustainable food, with the goal of reaching 100 percent by 2025.
- » What's good for the planet is good for us, too. Kaiser Permanente encourages the consumption of a plant-based diet, with an emphasis on plant-based proteins, healthy fats, whole grains, fresh vegetables, and fruit. All Kaiser Permanente cafeterias and patient menus now offer a minimum of one plant-based meal for breakfast, lunch, and dinner.
- » Kaiser Permanente provides funding for community organizations, and public and private partnerships that work together to create greater access to fresh, local produce in underserved communities.
- » The coffee and tea in Kaiser Permanente vending machines are fair trade.
- » All milk and yogurt served with patient meals, in cafeterias, and in vending machines are free of the rBGH growth hormone.

Kaiser Permanente's efforts to support healthy eating also protect the environment and improve environmental health.

- » Since our founding in the early 1940s, Kaiser Permanente has been committed to creating healthier environments to support the health of our communities. Healthier communities with healthier people are more resilient to disease; by eliminating or mitigating environmental contributors to disease, we help people lead healthier lives.
- » To encourage healthy environments, Kaiser Permanente has established a number of innovative programs over the years to decrease waste and pollutants, conserve water and energy, and reduce our carbon footprint, as well as promote sustainable agriculture and food procurement. To learn more about our Environmental Stewardship efforts, visit www.kp.org/green.

