



**GEORGIA PUBLIC HEALTH ASSOCIATION  
RESOLUTION**

**HEALTHY FOODS AT OFFICIAL ACTIVITIES & EVENTS**

**WHEREAS**, the Georgia Public Health Association is concerned about the health of our members and guests;

**WHEREAS**, obesity is recognized as a public health epidemic that calls for preventative actions by local communities to reduce this threat to community health, well-being and prosperity; and

**WHEREAS**, heart disease, cancer, and stroke – the top three causes of death in Georgia- are largely affected by what we eat and how active we are;

**WHEREAS**, foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases;

**NOW, THEREFORE, BE IT RESOLVED:** Effective April 14, 2015 it is the policy of the Georgia Public Health Association that all activities and events (examples of events: meetings, potluck events, catered events, community-sponsored events, health fairs, etc.) sponsored or supported by this organization will always include opportunities for healthy foods and beverages by:

- **Purchasing and serving one or more of these healthier items:**

**Fruits and/or vegetables-** Examples include: fresh, frozen, or canned (in 100% juice) fruits and fresh, frozen, or canned vegetables.

**Low-fat milk and dairy products-**Examples include skim/non-fat or 1% milk (also lactose-free); low-fat and fat-free yogurt, cheese, and ice cream; and calcium-fortified soy beverages.

**Foods made from grains** (like wheat, rice, and oats), especially whole grains- Examples include: low-fat whole-wheat crackers, bread and pasta; whole-grain ready-to-eat cereal; low-fat baked tortilla chips; pita bread

**Healthy beverages-** Examples include: water, unsweetened herbal teas (hot or iced), coffee, low-fat and fat-free milk, fruit juice, etc.

- **Identifying healthy eating opportunities** - Examples include identification of restaurants, caterers, and farmers markets, where healthy food choices are readily available; choosing entrees with 12-15 grams of fat; always having a vegetarian alternative; serving dressings and condiments on the side, choosing desserts that are low in fat and calories (fresh fruit, low-fat ice cream, sorbet, etc.); serving snacks that are under 10 grams of fat (pretzels, fruits, vegetables, baked chips, whole grain crackers, etc.
- **Providing encouragement from group leadership to enjoy healthy foods** - Examples include community promotion of healthy lifestyles, group leadership being role models for healthy food choices.

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Signature

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Title

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Date

