

Healthy Dining Guidelines – Supporting Creighton’s Well Workplace

To support the long-term health and wellness of our employees, Healthy Dining Guidelines were developed to offer nutritionally beneficial food and beverages when utilizing University funds.

The Healthy Dining Guidelines are designed and are to be utilized when ordering snacks, lunches, and meals funded by University budgeted dollars and when dining services are provided by Flavours Catering/Sodexo. These guidelines are to be utilized for University sponsored staff and faculty meetings/events.

Events coordinated for students, celebrations, campus wide events, and visitor coordinated catering events (ex. Weddings) **would not apply**; however, we do encourage healthy choices whenever possible.

By providing nutritious dining choices, we support the University’s goal of creating a culture of health and wellness in the workplace. These guidelines are intended to help University representatives when planning and purchasing food for University sponsored dining events. These guidelines are not intended to cover all meals, events, and occasions, so we ask that University representatives consider health and wellness when Creighton funds are spent on food.

Here are guidelines:

- Low calorie drinks such as diet sodas, water or unsweetened tea/coffee would be provided in place of sugar-sweetened beverages.
- Baked chips would be served in place of regular fat chips and snacks.
- Cookies and high calorie desserts would be limited or substituted with fruit.

University leadership is responsible for implementing these guidelines so any questions or concerns with these guidelines should be directed to your respective Vice President or you may contact Jeff Branstetter, Associate Vice President of Human Resources.

Final: May 1, 2013