

The Good Food Caterer Guide

Healthy Menu Guidelines

The Good Food Procurement Subcommittee identified the following criteria for the Healthy Category in the Good Food Caterer Guide.

Best Practices

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| 6+ Fruit and/or vegetable options as appetizers, sides, or salads, prepared with minimal butter/oil, not breaded or fried; leafy greens are used for salads | 3+ Entrees that are grilled, roasted, broiled, baked, poached, stir-fried, or sautéed in a small amount of healthier oil (olive or canola) |
| 3+ Whole grain dish options | 1+ Bean, soy, or vegetarian-based dish |
| 1+ Lower sodium/heart healthy option | Water or unsweetened beverages |
| | Whole grain bread options, if bread available |

To receive the **Healthy Sticker**, caterers must meet **all of the above criteria**.

Example Menus

Breakfast

- Whole or pre-cut fresh fruit
- Low-fat or fat-free yogurt
- Whole-grain baked items
- Halved or mini muffins and bagels
- Fruit spread, low-fat cream cheese, peanut butter
- Variety of high-fiber cereals and low-fat granola

Snacks

- Fresh fruit cut up offered with low-fat yogurt dip
- Raw vegetables with hummus or salsa
- Build Your Own Trail Mix bar - unsweetened dried fruit, unsalted nuts, seeds, whole grain cereal
- Whole grain crackers, air-popped popcorn, or baked whole-grain pita chips

Lunch

- Whole or pre-cut fresh fruit and vegetables
- Leafy green salads with chopped vegetables
- Whole grain bread/wraps, whole wheat pasta, brown rice
- Fresh, lean sandwich fillings, not high-fat or cured meats
- Low-fat or fat-free salad dressings, served on the side
- Limit mayonnaise-based salads and sandwich fillings
- Small dessert portions or offer fresh fruit salad, fig bars

Beverages

- Plain or sparkling water
- 100% fruit juice limited to 6 oz servings.
- Coffee/tea creamers made from skim milk, 1% milk, or fat-free half and half.