



## **Resurrection Catholic Church and Missions**

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### **Healthy Nutrition Policy**

*Resurrection Catholic Church and Missions* is concerned about the health and wellness of our members.

People have become more interested in healthy eating, increasing physical activity, and improving their overall health realizing that healthy eating and physical activity play a major role in preventing and eliminating chronic diseases.

Healthier food options such as fruits, vegetables, whole-grain breads and pastas, and low-fat dairy products can help prevent chronic diseases.

Effective, **September 1, 2020** it is the policy of **Resurrection Catholic Church and Missions** that all activities and events such as meetings, potlucks, community-sponsored events, health fairs, etc. where food and/or beverages are typically offered, will include opportunities for healthy food and beverages by:

#### **1) Purchasing and serving one or more of these healthier items:**

- a) Fruits and/or vegetables – examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen or canned vegetables
- b) Foods made from whole grains (wheat, rice, and oats) – examples include whole wheat crackers, bread, and pasta, whole-grain ready-to-eat cereal, baked tortilla chips, pita bread
- c) Low-fat milk and dairy products – examples include skim/nonfat or 1% milk (also lactose-free), low-fat and fat-free yogurt, cheese, and calcium-fortified soy beverages
- d) 100% juice and/or no sugar added juice.
- e) Water

- 2) **Changing the way food is prepared and served during activities:**
  - a) Serving fresh vegetables and/or fresh fruits
  - b) Baked meats for meals served at the church
  - c) Preparing meals to be lower in fat, salt and sugar
  - d) Providing options of fresh fruit instead of/or as an option to cakes and cookies for dessert
  - e) Serving water as the primary beverage for church activities
  - f) Cooking with olive oil, or canola oil rather than lard or vegetable oil
  - g) Increasing the use of fresh herbs and salt-free seasonings instead of salt
  
- 3) **When preparing foods, practice the following hygiene habits to prevent cross-contamination:**
  - a) Wash hands with soap after handling any type of food
  - b) Wash hands with soap after using the restroom
  - c) Sanitize all utensils and equipment with soap and water after use
  - d) Do not touch face, skin or hair before, during, or after handling food
  - e) Do not wipe hands on cleaning cloths after handling food
  - f) Separate washed or prepared foods from unwashed or raw foods when storing food
  - g) Clean and sanitize all surfaces between the preparation of different foods
  - h) When storing cooked or prepared foods, put the storage date on the containers
  - i) Store food at the correct temperature
  
- 4) **Providing encouragement from group leadership to enjoy healthy foods and healthy lifestyle choices:**
  - a) Using digital media and other methods of communication, promote healthy lifestyles and healthy food choices with group leadership serving as role models
  - b) Encourage health and exercise professionals in the parish community to use social media platforms to share health- and nutrition-related information
  
- 5) **Including healthy diet and nutrition information in the church bulletin:**
  - a) Use the “Health Ministry” section of the church bulletin to promote health topics and activities
  
- 6) **Encouragement of physical activity during the week:**
  - a) Live streaming of exercise videos
  - b) Link to various exercise videos such as those produced by the Wellness Coalition
  - c) Join or begin a walking group that meets at least once a week

**Virtual Setting Guidelines**

In the event that **Resurrection Catholic Church and Missions** is permitted to host virtual events due to unforeseen circumstances for an extended period of time, one or a combination of the following shall occur:

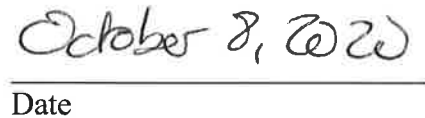
- 1) One or more health topics will be discussed during the event
- 2) Cooking demonstrations or consumption of food must adhere to the healthy nutrition standards set forth by this policy
- 3) Participation in physical activity during the event can be considered as a health topic

The purpose of this policy is to encourage better eating habits among parishioners (and others) and to promote lifestyle changes that will improve their health and well-being.

  
Pastor's Signature

  
Date

  
Health Ministry Coordinator Signature

  
Date