



Special Olympics
Washington
Health
MADE POSSIBLE BY **Golisano** FOUNDATION

Healthy Food and Beverage Guideline Statement

Special Olympics Washington is a catalyst for inclusion, creating a world where people with intellectual disabilities have every opportunity to be healthy. When people with intellectual disabilities have access to health services and resources, they also have more opportunities for education, employment, sports, and other pathways to reach full participation in society. In support of that goal, Special Olympics Washington prioritizes offering healthy food and beverages to all individuals who compete, volunteer, and support our organization.

A comprehensive approach to health can improve both an athlete's level of competition and their quality of life. More than half of the adults competing with Special Olympics Washington are obese, despite the fact that many factors leading to obesity are preventable. By providing access to healthy food and beverage choices, Special Olympics Washington strives to reduce risk for chronic disease and support the overall health of Special Olympics Washington's community.

Special Olympics Washington has identified nutritional guidelines based upon the principles of minimizing the use of processed foods, working towards reducing overall sodium content, decreasing sugary beverage intake, and emphasizing fruits, vegetables, and whole grains. All Special Olympics Washington staff, volunteers, partners, and sponsors are encouraged to meet these guidelines at all competitions, events, and meetings.

This policy will help Special Olympics Washington model the health behaviors the organization is encouraging athletes to adapt in their own lives. Thank you for supporting Special Olympics Washington's initiative to provide healthful options and improve the health of athletes.

Dave Lenox
President & CEO

Samantha Thompson
Director of Health Initiatives

MEALS AND LIGHT REFRESHMENTS

Choose foods and beverages that meet at least the Healthy standard. We strive to serve meals that meet the Healthier and Healthiest standards.

Healthy

- Provide options that are appropriate for the attendees' dietary and cultural food needs.
- Provide water at breaks and meals.
- Serve at least one fruit or vegetable without added salt, sugar or fat for all light refreshments and as part of all meals.
- Choose foods that are low in fat—especially saturated and trans fats
- Choose foods that are low in added sugars.
- All available beverages meet healthy beverage standards (below)

Healthier

- Meet the Healthy standard.
- When you serve grains, make sure that whole grain rich options are available.
- When you serve dairy, make sure that low-fat or non-fat dairy options are available.
- When you serve proteins, make sure that lean meat and low-fat, non-meat protein options are available.

Healthiest

- Meet the Healthier standard.
- When single-serve packaged items are served, they meet healthy snack guidelines (below)
- Serve at least one fruit AND one vegetable (without added salt sugar or fat) for all light refreshments and as part of meals
- Serve only whole grain options
- Provide meals that are lower in sodium.
- All beverages meet healthy beverages standards

SNACKS

Healthy Snacks should:

- Have a whole grain as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

The snack should also meet the following nutrient guidelines per serving:

- Calories: 200 calories or less
- Sugar: 35% of weight from total sugars or less
- Sodium: 200 mg of sodium or less
- Fat: 35% of calories from total fat or less
- Saturated Fat: Less than 10% of calories from saturated fat
- Trans Fat: Zero grams of trans fat

BEVERAGES

Healthy Beverages include:

- Plain or carbonated water
- Unflavored 1% milk, non-fat milk, or milk alternatives (e.g. soy or almond milk)
- 100% fruit juice with no added sweeteners, can be diluted with plain or carbonated water
- Low-calorie beverages (including sport drinks) with no more than 60 calories per container

VENDING MACHINES

In order for a Vending Machine to remain accessible during competitions or events, all of the available products should meet the Healthy Snack or Healthy Beverage guidelines above. If this cannot be achieved, Vending Machines should be shut off for the duration of the competition or event.