

Healthier Food and Beverage Guidelines for Public Events

Healthy food environments make healthy eating possible. Those providing food and beverages at public events can help by following these simple guidelines. A public event is any event open to the public where food and beverages are provided, including those for sale, catered, and provided for free.



CRITERIA TO MEET

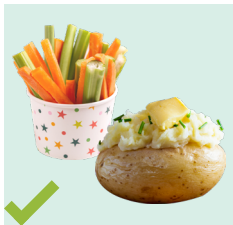
All meals must contain vegetables or fruit



No sugary beverages

- ✗ **DON'T** serve pop, slushes, sports drinks, juice, energy drinks, and vitamin water.
- ✓ **DO** replace sugary beverages with water and/or sparkling water (can include unsweetened flavoured waters), low fat milk or unsweetened plant-based beverages, coffee or tea.

Note: Sugar substitutes and caffeine are not recommended for children and youth.



No deep-fried food items

- ✗ **DON'T** serve deep fried foods.
- ✓ **DO** serve foods that are baked, grilled, broiled, sautéed, and/or poached. Consider offering a vegetable or fruit side instead.



No candy or sugary foods

- ✗ **DON'T** serve candy, cookies, pre-packaged sweet snacks.
- ✓ **DO** consider fruit and nut bars that are higher in fibre and lower in sugar instead.



No high fat and salty snacks

- ✗ **DON'T** serve chips and crackers.
- ✓ **DO** consider unsalted nuts and popcorn instead.

ADDITIONAL GUIDELINES TO CONSIDER

- **For Full Meal Deals** – a vegetable or fruit side dish and an unsweetened beverage
- **Whole grains** instead of refined grains
- **Condiments and dressings** served on the side or in portion-controlled containers
- **Signage** promoting healthier options
- **More prominent display** of healthier options
- **Pricing** of healthier options match or beat less healthy options



Scan this QR code to access a copy of these guidelines.

For more information about marketing healthy food and beverages at events, visit [How to Market Healthy Food & Drinks](#)

For more information about selling healthy food options, take the [FREE Healthy Eating in Recreation Settings eCourse](#)

For more information about healthier food choices for meetings, visit [Eat Smart, Meet Smart planning guide](#)

For more information about improving health and wellbeing of communities in Alberta and across Canada, visit [Housing for Health](#)