

## **Mother Emanuel AME Church Kitchen Policy**

### **“Making Healthy Choices the Right Choice”**

**Revised July 2021**

#### **Purpose:**

**The church is concerned about the health of its members and community, and seeks to promote proper care of our physical bodies. Preparing healthy meals and snacks that will promote eating practices that may not put people at risk for chronic conditions including diabetes, high blood pressure, obesity, stroke, kidney failure, heart disease, etc. will be the result of a healthier lifestyle.**

**This policy will established that eating prepared meals; vegetables, fruits, beans, whole grain breads, etc., in healthy portions are better choices for preventing many diseases.**

**Kitchen facility use agreement for members and non-members were also established.**

**Effective immediately, the church will seek to maintain the following guidelines:**

#### **1) Promote portion control**

- **Use smaller dinnerware**
- **Use the plates as a portion guide**
- **Use our hands as a serving guide**
- **Start all meals with a glass of water**
- **Eat slowly**

#### **2) Provide low sugar, fat & sodium portions**

- **Vegetables serving**
- **Whole grains**
- **Eggs**
- **Beans**

#### **3) Provide meals trimmed of excess fat, not fried**

- **Broil, grill, roast, bake poach or steam foods**
- **Choose lean cuts of meat or trim all visible fat**
- **Use healthy oils/non-stick cooking spray**
- **Prepare more fish and chicken**
- **Use air fryer when possible**

**4) Provide water and low sugar beverages**

- Iced or hot tea
- Water with lemon or lime
- Sparkling water: flavored or unflavored
- Coffee
- Fruit and herb infusion

**5) Provide at least two vegetables and one dark green salad with each lunch or dinner meal served**

- Fresh broccoli
- Steamed green beans
- Cabbage salad
- Tasty asparagus
- Chopped green salads
- Italian leafy green salads

**Ongoing information on the benefits of better eating and ways to make improvements through posted signage, monthly walks, healthy tips and collaborating with all church auxiliaries and members.**

**Approved by Church Pastor \_\_\_\_\_**

**Church Health Coordinator \_\_\_\_\_**