



**DPH cares
about your
health!**



In keeping with DPH Policy, please note that:

Sugary drinks may not be served in any DPH facility.

A sugary drink is any non-alcoholic beverage with added sugar with more than 25 calories per 12 oz. Examples of sugary drinks include soda, energy drinks, fruit drinks, sweetened tea and coffee, flavored waters. **Serve water**, and, if desired, add fruit, veggies or herbs.

When serving food, please make best efforts to follow these guidelines:

- **Water is available** and accessible (not bottled water)
- Offer food in **smaller portions**
- Offer **vegetarian/vegan** options
- Serve **minimally processed** foods low in sugar and sodium
- Choose **healthy cooking techniques**: baking, roasting, grilling, broiling, poaching, steaming, stir fry (i.e. avoid fried foods)
- Foods contain **less than 0.5 grams of transfat** per serving

For questions, visit www.sfdph.org/cultureofhealth



San Francisco
Department of Public Health