

BROOKLYN BOROUGH HALL FOOD POLICY

Message from Brooklyn Borough President Eric L. Adams

More than 29 million Americans have diabetes and one in four don't even know it. I was one of them. Diabetes can have a devastating impact on your body and can lead to blindness, heart disorder, kidney failure, limb amputation, and possible dialysis. After I learned of my diagnosis, I changed my eating habits to include fresh produce, and I eliminated processed foods and sugar. I have never felt better and am now in more control of my health. Brooklynites also have the power to control their wellness, at home and in the workplace. I ask you to join me as we make Brooklyn the healthiest borough to work in. Together, we can improve Brooklyn's health and wellness!

– Eric L. Adams

Brooklyn Borough Hall is now a healthy workplace and provides healthier food options for its staff and guests. For events we will be serving food that conforms with Borough President Adams' message of making healthier and smarter food decisions. By taking small steps, such as not serving soda and making fresh fruits and vegetables available, Brooklyn Borough Hall can lead by example and demonstrate what a healthy workplace should look like.

Partner events and outside organizations who utilize Brooklyn Borough Hall, and provide food using their resources, are encouraged (but not required) to use our guidelines for healthier food options.

Below is an example of a healthier food menu:

EVENTS AND MEETINGS SAMPLE MENU

MORNING (20 PEOPLE)

Two (2) boxes of coffee (10 servings per box)
Low-fat milk
Bananas, berries
Low-fat yogurt
Granola
Water
or
One dozen whole wheat bagels cut in half (24 pieces)
Light cream cheese

EVENING (20 PEOPLE)

Grilled chicken
Roasted vegetables
Green salad with light vinaigrette dressing
Fruit

AFTERNOON (20 PEOPLE)

Lean meat/veggie wraps (cut into small portions)
Fruit
Water



FOODS TO AVOID

Soda

Sugary juices containing more than 120 calories per eight (8) ounces

Fried foods such as French fries, fried chicken, or doughnuts

High in sodium fatty meats such as bacon, ham, or sausage

Dishes with cheese as a main ingredient such as macaroni and cheese or pizza

GUIDELINES FOR MEETINGS AND EVENTS:

Healthier beverages:

1. Serve tap water with food and/or other low-calorie beverages
2. If serving milk, serve one (1) percent or non-fat plain, unsweetened milk, unless it's to be used as a condiment (e.g. coffee)
3. If serving 100 percent fruit juice, serve in six (6) ounce cups or juice boxes
4. Other beverage options should be low-calorie e.g containing 25 calories or fewer per eight (8) ounces. Regular soda is not a low-calorie beverage

Fruits and vegetables:

1. Serve fruits and vegetables with meals
2. Fruits and vegetables can also be served instead of snacks

Foods:

1. Provide whole grain options when grains are served (e.g. bagels, brown rice, whole wheat bread, whole wheat pizza, or wraps). Donuts are not a whole grain option
2. If serving yogurt, opt for low-fat plain yogurt with fruit or granola
3. Do not serve fried foods (e.g. French fries, fried chicken, potato chips, etc.)

Portions:

1. When serving breakfast breads or sandwiches, cut in halves or quarters for an appropriate serving size
2. When serving sweets other than fruits, provide one small portion per person

