

West Virginia Bureau for Public Health

Healthy Menu Guideline

The mission of the Bureau for Public Health is “*Help Shape the Environments within which People and Communities Can Be Safe and Healthy.*” West Virginia is one of the top states in prevalence of heart disease, stroke, diabetes and obesity. To lead by example, a Bureau’s goal is to offer healthy food choices during work-related events. The Bureau supports healthy food guidelines for events that include employees and/or external partners. The following information is meant to assist individuals planning food options served at Bureau meetings.

- No soda containing sugar should be served. Diet soda is acceptable. Water should always be made available.
- Fifty percent of the menu will be healthy. A sample of choices has been included below. Choices are not limited to the samples provided. If additional support is needed for menu planning, please contact (*Stephanie Whitney, Office of Nutrition Services, at 304-356-4510*).
 - Foods should be baked, not fried.
 - Increase fruit and vegetable choices.
 - Condiments: Include reduced fat mayonnaise, spreads, and salad dressings

Sample Menus for Lunch

- Turkey sandwich-whole grain bread, turkey, low-fat cheese, lettuce, tomato
Potato salad or pasta salad: light dressing and/or oil based
Fresh fruit or cookies
- Chicken wrap (whole grain tortilla, grilled chicken, lettuce, tomato),
Fresh fruit or cookies
Veggies and ranch dip
- Chili-Turkey Chili, crackers
Fresh fruit

Sample Menus for Lunch or Dinner

- Spaghetti and meatballs- Whole grain or low carb pasta, tomato sauce,
Whole grain rolls, lower fat butter and/or margarines
Salad- lettuce, tomato, green peppers, carrots, onions, cauliflower
Fresh fruit or Brownie
- Grilled Chicken or Salmon
Baked Potato or Whole grain rice
Steamed broccoli
Fresh fruit or cobbler