

XXII. HEALTHY AND INDIGENOUS FOODS FOR TRIBALLY SPONSORED MEETINGS, GATHERINGS AND EVENTS

All LSIC offices, departments and agencies should make every effort to: provide nutritious options such as fresh fruits and vegetables, whole grain products, low-fat dairy products, lean meats, fish and foods low in salt, sugar, and saturated fats when purchasing food for or serving food at Tribally sponsored meetings, gatherings, programs and events; to purchase and serve Indigenous food (when available) as a first choice when ordering food for or serving food at Tribally sponsored meetings, gatherings, programs and events; to purchase food from local food producers, suppliers, vendors and products (when available) as a first choice when purchasing food for Tribally sponsored meetings, gatherings, programs and events. In addition, all LSIC officers, departments and agencies should make every effort to follow the healthier food guidelines listed below when purchasing food for or arranging for the provision of food for Tribally sponsored meetings, gatherings, programs and events:

- a. Follow the recommended serving and plate sizes, according to current evidence-based nutritional guidelines, using LSIC Healthy and Indigenous Foods Guidelines and Checklist for Tribally Sponsored Meetings, Gatherings and Events developed and approved by the LSIC Health and Human Services Department Director (see guidelines attached).
- b. All packaged foods and beverages must contain 0 grams of trans fat per package, as labelled. Whenever possible, foods that do not contain any hydrogenated or partially hydrogenated oils (as listed on the food package label) should be provided.
- c. Unhealthy options should be avoided as much as possible. Unhealthy items include foods that are highly processed, and which typically are high in saturated fat, salt and added sugars or other sweeteners, and often contain artificial ingredients.
- d. Candies (candy bars, suckers, hard candies, jellies, etc.) should rarely, if ever, be purchased with LSIC government funds.

The following standards should also be applied to beverages purchased for, provided at or accepted for donation for Tribally sponsored meetings, gatherings, programs and events:

- a. Provide healthy beverage options, including water without added sweeteners; unsweetened coffee and teas; and low fat or non-fat milks.
- b. Provide lactose free or dairy free options for those who cannot consume lactose or dairy products (lactose free milk, soy milk, almond milk, etc.).
- c. Avoid dairy and dairy alternative products that have added sugars or flavors.
- d. Avoid large serving sizes for 100% fruit juice options (American Dietary Guidelines recommend no more than 4 ounces per day).
- e. LSIC government funds shall not be used to purchase sugar-sweetened beverages.

This policy does not apply to food served or sold at individual or community member sponsored events. However, when LSIC facilities are rented or made available for

individual or community member sponsored events, a copy of this policy should be provided to the person renting or using the space and they should be encouraged to follow the policy as much as they can.

- a. In addition, organizers of these events should be asked to pledge as part of the rental or use agreement that 50% of the beverage options they will provide will be healthy beverages, which could include water without added sweeteners; unsweetened coffee and teas; and low fat or non-fat milks and milk alternatives without added sweeteners or flavors, and small portions of 100% fruit or vegetable juices (4 ounces).

All LSIC employees are encouraged to follow this policy as much as possible for work-related meetings, but this policy does not apply to food that employees bring from home or otherwise personally provide to share during workplace celebrations, potlucks and similar meetings.

The Lower Sioux Indian Community Director of Community Health and Directors of each department are responsible for notifying new and current employees about this policy and for monitoring compliance with the policy. Employees who are responsible for purchasing food and beverages for Tribally sponsored meetings, gatherings, programs or other events should consult with the LSIC Registered Dietitian, the Director of Community Health, and/or the resource called "Ordering Nutritious and Indigenous Foods - Guidelines and Checklist" (available from the previously mentioned staff and the American Indian Cancer Foundation) for assistance and guidance in choosing items that comply with this policy. The Director of Lower Sioux Community Health has approved the guidelines to support employees in implementing this policy successfully.

The success of this policy depends on the consideration and cooperation of all. Enforcement of the policy is a shared responsibility of the community members and employees of the Lower Sioux Indian Community.

DEFINITIONS:

- Indigenous Foods: Foods and beverages from pre-colonization times that are or have been part of the traditional or Indigenous diet and food ways of the LSIC people. For examples and ideas, please consult with the LSIC Registered Dietician, the Director of Community Health and/or the resource called "Ordering Nutritious and Indigenous Foods - Guidelines and Checklist" (available from the previously mentioned staff and the American Indian Cancer Foundation).
- Local Food: Food that is transported less than 100 miles from the place it was grown, raised, harvested or processed.
- Healthy Options: Water without added sweeteners of any kind; fresh or

minimally processed fruits and vegetables; whole grains; lean proteins; lightly salted or unsalted nuts; low or non-fat dairy or dairy substitutes; and unprocessed or minimally processed foods (in other words, foods that have little or no added sugar, salt or fat).

- Sugar Sweetened Beverages: All beverages that are sweetened with various forms of sugar that adds calories—in other words, beverages that have added caloric sweeteners, including but not limited to beverages commonly referred to as soda, pop, cola, soft drinks, sports drinks, energy drinks, slushies, punches, lemonade and other ades, juice cocktails, sweetened ice teas and coffees, and other drinks with added caloric sweeteners including but not limited to juice with added caloric sweeteners, flavored water with added caloric sweeteners, milks with added caloric sweeteners, and non-alcoholic mix beverages that may or may not be mixed with alcohol.
- Tribally Sponsored Meetings, Gatherings Programs and Events: Program activities, meetings, dinners and other events, whether attended by LSIC employees only or by members of the public, that are funded, organized and/or otherwise supported by departments or agencies of the LSIC tribal government.
- Individual or Community Member Sponsored Events: Fundraisers, gatherings and other events held on property or facilities owned, operated or rented by the Lower Sioux Indian Community, and which are funded, organized and/or supported by private individuals, community members and/or families.