In keeping with DPH Policy, please note that:

Sugar 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 trans fat per serving

For questions, visit www.sfdph.org/cultureofhealth