

## MUID HEALTHY BEVERAGE POLICY

At all Metropolitan Urban Indian Directors (MUID) sponsored and/or coordinated gatherings, meetings, and events, beverage offerings must be in accordance with MUID’s Healthy Beverage Policy. The Metropolitan Urban Indian Directors Group will promote access to free, safe drinking water at all times and provide only healthy beverages, as specified by beverage standards (see below), during all meetings (internal and external), events, and programming.

The purpose of the MUID Healthy Beverage Policy is

- To provide specific guidance to MUID members regarding the provision of beverages.
- To encourage consumption of healthy beverages.
- To increase availability of healthy beverages.
- To model healthy beverage choices and improve the overall health of American Indian community members.

The Metropolitan Urban Indian Directors has developed and is implementing a healthy beverage policy in response to increasing childhood obesity rates, the increase in obesity-related health diseases, and the impact of sugary drink consumption in the American Indian community. As a leadership body for the Minneapolis – St. Paul urban American Indian community, the MUID is responsible for creating a healthy environment for members and the community by providing food/beverages that supports a healthy lifestyle.

<b><i>What Beverages are Allowed?</i></b>	<b><i>What Beverages are <u>Not</u> Allowed?</i></b>
<ul style="list-style-type: none"> <li>• Water (free, safe drinking water through fountains and similar outlets; unsweetened, 100% fruit-infused, plain or naturally flavored sparkling/seltzer)</li> </ul>	<ul style="list-style-type: none"> <li>• Soda Pop</li> </ul>
<ul style="list-style-type: none"> <li>• Tea/coffee (unsweetened with only naturally occurring caffeine)</li> </ul>	<ul style="list-style-type: none"> <li>• Sports drinks</li> </ul>
<ul style="list-style-type: none"> <li>• 100% fruit juice (no more than ½ cup or 4-8 ounces per serving)</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar-added or added caffeine coffee/tea drinks, including all Energy Drinks</li> </ul>
<ul style="list-style-type: none"> <li>• Milk (plain low-fat [1%] or fat-free [skim], or other unsweetened non-dairy milk alternatives)</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar-added Fruit juices</li> <li>• Flavored, sugar-added milk, like chocolate or strawberry milk</li> </ul>

MUID meeting/event attendees will continue to have personal choice of beverage(s) they purchase outside of the meeting/event; however, because we serve community members, we encourage all members of MUID to model healthy choices by choosing not to consume sugary drinks or conceal consumption around community members.

### ***What Does this Apply to?***

- All MUID-sponsored meetings and events
- Outside Vendors attending/participating in MUID meetings and events
- This Healthy Beverage Policy applies to requests-for-bids, and vendor contracts