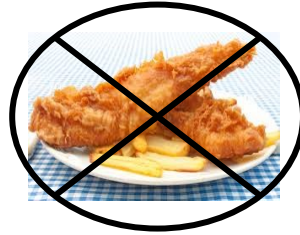


Promoting Healthy Eating at St. John's

St. John's is committed to supporting the health and wellness of our congregation and community members. As children of God, created in God's image, part of our stewardship is taking care of our bodies. And serving healthy foods to others is a way to demonstrate love of our neighbors.

The following guidelines will support healthy food and beverage choices for all ministries of and events held at St. John's when food is purchased, prepared, and/or served:

- No fried foods will be served



- Foods containing refined sugar will be kept to a minimum (cookies, donuts, brownies, etc.)



- Only water, coffee, 100% fruit juice, and/or skim/1% milk will be served



- At least one type of fresh fruit and vegetable will be served at each event

- 100% whole grains will be used whenever possible

