



The Brush City Council recognized that obesity and being overweight was a serious public health threat to the health and well-being of adult, children and families in Brush, Colorado. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity's rising tide. Significant societal and environmental changes are needed to support individual efforts to make healthier choices. To that end, the City of Brush adopted Resolution 2013-6 on April 22, 2013, and should make every effort to promote Healthy Food Access at meetings and events.

Policy for Healthier Eating

- 1. Offer fruits and vegetables, nuts, seeds and variety of grains—especially whole-grain foods.** Examples include fresh fruit and salads; fresh and cooked vegetables; whole-grain breads, pasta, and cereals; and muffins, fruit breads, or granola bars. A variety of nuts and seeds.
- 2. Provide fat-free, low-fat, or low-calorie foods and beverages.** Ideas include fruits, vegetables, low-fat yogurt or cheeses; and lean meats, poultry or fish, cooked and dried beans, peas and lentils. Fat-free or low-fat dressings or toppings such as salsa, low-fat yogurt dressing, sweet mustard; low-fat or calorie desserts such as angel food cake; low-fat or skim milk .
- 3. Offer foods and beverages low in added sugars.** You could serve unsweetened cereals, fruit spreads, and cereal bars. In an effort to minimize added sugars and promote minimally processed beverages, the beverages provided at City sponsored meetings and events will be limited to water and possibly unsweetened tea, coffee, and/or low fat milks, and 100% fruit juice.
- 4. Serve foods that are low in salt and sodium,** such as unsalted pretzels, popcorn, or baked chips; grilled or roasted entrees; and entrees cooked with spices and herbs instead of salt.
- 5. Include smaller portions** such as mini-muffins or mini-bagels and 1-inch low-fat cheese squares.
- 6. Consider offering only water, unsweetened tea at mid-morning and mid-afternoon breaks.**

PASSED, ADOPTED AND APPROVED at a regular meeting of the City Council of the City of Brush, this 23rd day of June, 2014.

ATTEST: Andrew Stranal
City Clerk

[Signature]
Mayor