

Bayview Baptist Church Food Policy

A Health Note from the Pastor...



Bayview Baptist Church is concerned about the health and wellness of our members, so we are initiating a Food Policy to be followed whenever there is food being served or sold at this

church. This policy sets the framework for changing our consumption by our members, visitors, and friends on church grounds after Sunday services, Bible Study, Choir Practice, Pot Lucks and any and all meetings held here.

The church has partnered with the *Network for Healthy California African American Campaign* and the *American Center Society* to help meet our nutrition education need and physical activity guidelines.

Whenever special events sponsored by the Church involved the serving of food, consideration will be given to offering selections that are consistent with healthy eating habits.

We will do this by:

- Ensuring that whenever foods are served, at least one healthy choice will be include.
Example: Baked, broiled or barbequed chicken or other meats
- Raw vegetables and/or fresh fruit
- Water and/or 100% fruit or vegetable juices, or diet beverages
- Offering fruit desserts in addition to other desserts. Examples: fruit salad, sliced fruit and/or whole fruit, raisins or other dried fruit
- Health messages about healthy food choices will be included in our bulletin board and newsletter materials
- During meetings if donuts and coffee are available, decaffeinated coffee, water and fruit and/or fruit juice should also be available

This policy will continue to be reviewed, audited and updated as needed to insure a healthy environment for our congregation.

MARANATHA!

Timothy J. Winters, D. Min
TJW;jm

Down Home Healthy Cookin'

20-Minute Chicken Creole

4 medium chicken breast halves (1 ½ lbs total)
skinned, boned, and cut into 1-inch strips
1 14-oz can tomatoes, cut-up
1 cup low sodium chili sauce
1 ½ cups chopped green pepper (large)
½ cup chopped celery
¼ cup chopped onion
2 cloves garlic, minced
1 tbsp chopped fresh basil or 1 tsp crushed dried basil
1 tbsp chopped fresh parsley or 1 tsp dried parsley
¼ tsp crushed red pepper
¼ tsp salt
Nonstick spray coating



Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

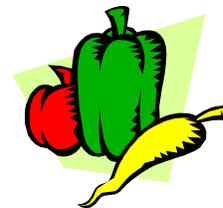
Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole wheat pasta.

Makes 4 services

Health Cook Tip: Use poultry with the skin removed

Nutrition Content per Serving

Calories: 255
Total fat: 3 g
Saturated fat: 0.8 g
Carbohydrates: 16 g
Protein: 31 g
Cholesterol: 100 mg
Sodium: 465 mg
Dietary fiber: 1.5 g



This recipe from
Down Home health Cookin'

U.S. Department of Health and Human Services,
Public Health Service, Nation Institutes of Health

Submitted by Staa Heshima
Staff Writer