

Gateway Community Church Wellness Policy

Gateway Community Church is concerned about the health and wellness of our congregation, so we are initiating a Food Policy to be followed whenever there is food being served or sold at church. This policy sets the framework for changing our consumption by our members, visitors, and friends on church grounds after Sunday services, Bible Study, Pot Lucks and any and all meetings held here.

Whereas there is a growing epidemic of child and adult overweight and obesity;
Whereas overweight and obesity increase the risk of diabetes, heart disease and some cancers;
Whereas the Bible tell us that “Our body is the temple of the Holy Spirit”;
Whereas the Bible tells us that we are to live life abundantly and be good stewards; the following policy will be implemented:

Whenever Gateway Church is involved in serving food, consideration will be given to offering selections that are consistent with healthy eating habits. Healthy food choices include foods and beverages that have moderate or reduced levels of fat, saturated fat, cholesterol, sodium, sugar and caffeine and higher levels of dietary fiber.

www.health.gov/dietaryguidelines

- When meat is served, lower-fat and lower sodium options will be included
- When bread, pancakes, and other grains are served, a whole grain option will be included
- Raw vegetables and/or fresh fruit, and/or salad with low-fat dressing will be included for snacks or with a meal
- Water and/or 100% fruit or vegetable juices, low-fat milk, or diet beverages will be served
- Fruit desserts will be offered in addition to other desserts. Examples: fruit salad, sliced fruit and/or whole fruit, raisins or other dried fruit
- If muffins and coffee are served, decaffeinated coffee, water and/or fruit juice will be available
- Alternatives to candy or any food as reward will be considered. (Living Well Ministry proposes to gather a focus group of children and a focus group of youth to explore alternatives.)

This policy will continue to be reviewed, audited and updated as needed to insure a healthy environment for our congregation. 7/08