

**SCOPE:** This plan applies to all operations at One Market Plaza located at One Market Street, San Francisco CA 94105, and provides guidelines for food and beverage nutritional standards for meetings and events to sustain the comfort and well-being of the future building occupants. This plan was established in April 2022 and is reviewed annually, and shall continue indefinitely or until amended and/or replaced by a subsequent policy.

**GOALS -** All meetings and events food and beverage catering is to fall in compliance with the following requirements:

#### CATERING REQUIREMENTS

1. Nutrition Standards for Meals (an entrée and two sides), per serving:
  - a. No more than 700 calories
  - b. No more than 800 mg sodium
  - c. No more than 5 g saturated fat
  - d. No more than 105 mg cholesterol
  - e. Less than .5 g trans fat
  - f. No products containing partially hydrogenated oils
  - g. At least 2 servings (1-1.5c) of non-fried vegetables and/or fruits
  - h. Portions of meat, poultry and seafood should be no more than 6oz and prepared in the following manner:
    - i. Baked, Boiled, Braised, Grilled, Poached (fish), Roasted, Stir-Fried, Sautéed in broth or similar healthy oil
  - i. Serve condiments and sauces on the side, whenever possible
2. Nutrition Standards for Packaged Snacks:
  - a. No more than 200 calories per label serving (except plain nuts and fruit mixes)
  - b. No more than 240 mg of sodium per label serving
  - c. Zero grams of trans fat per label serving
  - d. No products containing partially hydrogenated oils
  - e. No more than 1 g of saturated fat (except plain nuts and nut/fruit mixes)
  - f. No candy (sugar free mints and gum are allowed)
  - g. No regular chips (baked chips and pretzels are allowed)
3. Nutrition Standards for Plain Nuts and Nut/Fruit Mixes:
  - a. Preferred serving size for plain nuts is 1 oz but no more than 1.5 oz
  - b. Plain nuts and nut/fruit mixes should have no more than 140 mg of sodium per label serving
4. Nutrition Standards for Dairy:
  - a. Yogurt should have no more than 20 g total sugars per standard 6oz serving
  - b. Milk, Cheese, Cottage Cheese, Sour Cream should be offered with at least one fat-free (skim) or low-fat (1%) option, where possible.
5. Nutrition Standards for Desserts:
  - a. Desserts should only be served for special occasions, such as gala events. Desserts are not needed at most lunches, dinners, and receptions

- b. If a dessert is required at an event, traditional desserts should have no more than 200 calories per serving and be accompanied by fresh fruit as a substitute/alternative choice.
6. Nutrition Standards for Beverages:
  - a. Water (plain, sparkling and flavored) should be no more than 10 calories per serving
  - b. Milk and milk alternatives should be no more than 130 calories per 8 fl. Oz.
  - c. Juice – 100% fruit or vegetable juice (or juice and water) with no added sugars/sweeteners
  - d. Juices should have no more than 120 calories per 8 fl. Oz., 150 calories per 10 fl. Oz., or 180 calories per 12 fl. Oz.
  - e. Other beverages should be no more than 10 calories per serving – this includes coffee, tea, and soft drinks

**ALTERNATIVE CATERING GUIDANCE WHEN NUTRITION INFORMATION IS NOT AVAILABLE:**

If the selected food provider does not have access to nutrition information, the following guidelines will be utilized for all catered meals: Food selections will emphasize fruit, vegetables, whole grains, and non-fat or low fat dairy products.

1. Offer at least one fruit and/or vegetable serving every time food is served
2. Offer lean meats (chicken/fish) and substantive vegetarian options
3. If served, bread products should be whole grains/whole grain products instead of white rice and white flour products
4. Do not offer any of the following items:
  - a. High sugar breakfast cereals
  - b. Bakery items (biscuits, corn bread, croissants, Danishes, muffins, pasties)
  - c. High sodium, high fat meats such as bacon, sausage, or jam
  - d. Heavy, High fat sauces
  - e. Fried foods of any kind
  - f. Regular chips
  - g. Dishes with cheese as the key ingredient, such as au gratin potatoes, cheese souffle, or macaroni and cheese
  - h. Cookies and Desserts
5. Food selections should be presented in reasonable serving sizes. Larger sized portions should be cut in halves or quarters when possible

**RESPONSIBLE PARTY** - The property manager shall be responsible for communicating with those catering events to ensure compliance with the details contained within this document as well as enforcing the requirements contained in this document.