

Guidelines for Food Trucks

A healthy eating environment makes healthy eating the easy choice. At Alberta Health Services (AHS), this means making healthier food options available and promoting them throughout all our sites. See the policy on the [Bylaws & Corporate Policies](#), by searching Healthy Eating Environments Policy. The policy outlines commitment to creating healthy eating environments through the promotion of healthy food and beverage choices within AHS operated and affiliated food service facilities and on its properties. More guidance is found at [Food and Drinks for Sale in AHS](#) in the Nutrition Guidelines for Foods and Beverages in AHS Facilities.

The vendor or service provider offers a range and variety of food and beverage choices to meet the needs of customers at the site and aligns with the Healthy Eating Environment Policy.

Guidelines to Work Towards

- Variety of healthy food and beverage choices are available while less healthy options are limited.
- Healthy ways of cooking are used such as grilling, baking, broiling, poaching, steaming rather than shallow frying. Deep fried items are not offered.
- Whole grains, vegetables, and fruits are offered on menus and in entrées.
- Entrées are a combination of vegetables, whole grains, and lean cuts of beef, chicken, or pork, fish, and vegetarian sources of protein like beans, legumes, soy, tofu.
- Portion sizes are appropriate (e.g., less than 2 cups of rice or pasta).
- Recipes are made with ingredients that are low in saturated fat, sodium, and sugar.
- Healthier items are competitively priced compared to the unhealthy items.
- Healthier items are featured in combo meals or daily specials and placed in a way that are more likely to encourage purchases (e.g., in prominent location, at consumer eye level).

Minimum Guidelines

- Compliance with food safety and food handling policies and guidelines.
- Water is available as a beverage option.
- Products that are **not** to be provided include:
 - deep-fried food (e.g., fries, chicken patties or strips, desserts such as churros or mini donuts)
 - candy, chocolate, and other foods that are mostly made from sugar, such as gummies, licorice, jelly beans, bubble gum, marshmallows, cotton candy, chocolate-coated items, yogurt-coated items, candied popcorn, chocolate bars, or caramels
 - sugar-sweetened drinks larger than 500 mL (e.g., pop, iced tea, lemonade, or slush)
 - vitamin waters, energy drinks, or kombucha