

## Political Food for Thought

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The Democratic National Convention will take place in Denver, Colorado in late August. Six thousand delegates from around the country will gather in the mile-high town to formally announce the Democratic Party nominee for President. The delegates will be joined by an estimated 14,000 party members and politicians as well as 15,000 media personnel. Though the Party's presidential nominee will be getting more and more attention as the convention nears, there has been a lot of discussion lately, not on the nominee, but rather what the attendees will be eating.

Denver's Democratic Convention Host Committee has published guidelines for Lean 'N Green meals. The guidelines suggest at least one Lean 'N Green meal option for delegates every day, to both reflect the health conscious and environmentally minded city of Denver as well as offer nutritious and delicious cuisine options for attendees.

### So what is Lean 'N Green?

The Lean 'N Green guidelines include:

- Half of the meal, or 50 percent of the plate, is made up of fruits and/or vegetables
- The meal should include at least three of the following five colors: red, green, yellow/orange, blue/purple, and white
- No items are to be fried
- Seventy percent or more of ingredients by pre-cooked weight are certified organic and/or grown or raised in Colorado
- And seventy percent of ingredients by pre-cooked weight are fresh and not pre-processed

Organizers hope the attendees will recognize these meal options represent more than a healthy alternative, but values of the host city as well.

These guidelines are not requirements or criteria for being selected as a Convention vendor. "We are merely creating a voluntary option to demonstrate the connections between good nutrition and a healthy environment, to highlight the healthy and environmentally responsible character of our city, and provide voluntary choices that respond to consumer preferences for healthy, local or organic food while promoting Colorado growers," said Convention Host Committee Greening Director Parry Burnap.

Nearly 60,000 meals (between delegates, politicians and party members) may be consumed in connection to the convention each day. That is a lot of green; and hopefully some red, white, blue/purple and yellow/orange too!

