

Company Name Company Address	DATE: January 3, 2013
SUBJECT: Healthy Foods Policy	Page <u>1</u> of <u>2</u>

Whereas:

_____ is concerned about the health of our employees;

Whereas:

People have become more and more interested in eating smart and moving more;

Whereas:

Heart disease, cancer and stroke are largely affected by what we eat and how active we are;

Whereas:

Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases;

Therefore:

Effective January 3, 2013 it is the policy of _____ that all activities and events (*examples of events may include: meetings, potluck events, catered events, community-sponsored events, like health fairs, etc.*) sponsored or supported by this organization will always include opportunities for healthy foods and beverages by:

▪ **Purchasing and serving one or more of these healthier items:**

Fruits and/or vegetables—Examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables

Low-fat milk and dairy products—Examples include skim/non-fat or 1% milk (also lactose free); low-fat and fat-free yogurt; cheese and ice cream; and calcium-fortified soy beverages

Foods made from whole grains—Examples include low-fat whole-wheat crackers, bread and pasta; whole-grain ready-to-eat cereal; low-fat baked tortilla chips; pita bread

Water—will be available

- **Identifying healthy eating opportunities**

Examples include identification and selection of restaurants, caterers and vendors where healthy food choices are readily available.

- **Providing encouragement from group leadership to select healthy foods**

Examples include leadership promotion of healthy lifestyles and modeling of healthy food choices.

Date

Authorized Representative, Title