



# Healthy and Active Before 5

## Sample Healthy Beverage Policy for Organizations

**Please note:** *This policy is provided as a sample only.  
Please revise and amend to suit the needs of your agency.*

### Rationale

**Creating healthier food environments can start in our own workplaces.  
HAB45 Executive Committee members can provide technical assistance.**

- Recent research shows that people who drink one or more sodas or other sweetened beverages every day are **more likely to be overweight or obese** than those who do not consume these drinks.
- **41% of Contra Costa kids ages 2-11 drink one or more sodas each day.** The same is true for 47% of Contra Costa children ages 12-17.
- Recent reports show that 15.9% percent of low-income children age 2-5 in Contra Costa are obese, and another **16.3% of preschoolers are considered overweight.**
- We are concerned because children who are obese in the preschool years are **significantly more likely to be obese** as adolescents and adults.
- Rising obesity rates among children and adults could **cost Contra Costa County more than \$1.3 billion** annually in health care costs and lost productivity, according to a study released by the *California Center for Public Health Advocacy (CCPHA)*.

### Position Statement

**\_\_\_\_\_ strives to promote health and wellness [for children/  
for all children].**

**As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our community and clients. Therefore,**

- Our agency will not serve sugar sweetened beverages or 100% fruit juice to children at any of our agency's events, activities or celebrations.
- Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.
- Alternative beverages for children might include healthy alternatives such as:
  - Carbonated water, flavored or unflavored, without sweeteners
  - Nonfat or 1% milk (plain, not flavored)
  - Consider serving whole fruit slices in place of 100% juice or flavoured punch
- All collaborators, contractors and grantees using this agency's funds will be **required** to follow our *Healthy Beverage Policy*.

**For technical assistance, contact Emily Warming at [healthyb45@gmail.com](mailto:healthyb45@gmail.com)**

**HAB45: A collaborative project to prevent obesity among Contra Costa children age 0-5  
Healthy Beverage Policy 2010**