



## Healthy and Active Before 5

### Sample Healthy Food and 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 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)*.
- *Agencies all over Contra Costa are adopting similar policies.*

#### Position Statement

**<Insert agency name> strives to promote health and wellness by being a role model to promote healthy food and beverages.**

**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 colleagues and clients. Therefore, our agency will:**

- ✓ Increase the range and availability of healthy food and beverage options available on our organization's premises and events.
- ✓ Increase the range and availability of healthy food and beverage options available at events and at premises under our agency's control.
- ✓ Ensure that only healthy options are provided for food and beverage vouchers, rewards, prizes and give-aways.
- ✓ Only support fundraising activities involving food or drink items that meet the agency's food and beverage policy guidelines.
- ✓ **[Request / Require]** all collaborators, contractors and grantees using this agency's funds to follow our *Healthy Food and Beverage Policy*.

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Healthy Food and Beverage Policy 2010**

## Implementing the Policy

Our agency's *Healthy Food and Beverage Policy* will be distributed and explained to paid staff, clients and volunteers within our organization, and to collaborators, contractors and grantees.

### Events, meetings and activities

When catering for a gathering, *<insert agency name>* will refer to UC Berkeley's *Guide Healthy Meetings and Events* to ensure healthy options are offered.

- Where food is provided by our agency, healthy alternatives will be offered and promoted. This includes:
  - Fruits, vegetables, low-fat dairy products and whole grains.
  - Age appropriate portion sizes.
- Where beverages are available, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.
  - 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.

### Fundraising and Vending

*<insert agency name>* will reduce unhealthy food and drink options in food outlets under its control.

- When revising vending policies, we will refer to Contra Costa County's *Vending Machine and Snack Food Policy* to ensure healthy options are offered.
  - Our agency will review all existing beverage and snack vending machine contracts, and upon renewal, revise these contracts to eliminate **[all / at least 75% / at least 50% of]** sugar-sweetened beverages and snacks high in sugar and fat, and replace them with snacks and beverages that support good health and nutrition.
  - Our agency will source vendors that provide healthier food and beverage alternatives.
  - Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives.

### For more ideas for healthy eating at your worksite...

Health\*Matters. (2007) *UC Berkeley Guide to Healthy Meetings and Events*. The Regents of the University of California. Retrieved April 2, 2010 from the University Health Services website at:  
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>

### For sample vending policy...

Contra Costa County Vending Machine and Snack Foods Policy (in development). Healthways, The Government of Western Australia, 2010, *Health Policy Guidelines for funded groups*, accessed 3/25/2010 <http://www.healthway.wa.gov.au/default.aspx?MenuID=713>,



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

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