



Center for Human Development

Changing Lives, Transforming Communities

Healthy Food and Beverage Policy

Center for Human Development (CHD) promotes health and wellness for children, youth, adults, and communities through a spectrum of services. As an agency, CHD strives to maintain a healthy work environment and provide healthy food and beverage choices for staff, volunteers, and program participants

We commit to:

1. Increasing the range and availability of healthy food and beverage options available at CHD administrative and program sites and at all agency events, activities, and celebrations.
2. Always offering and promoting healthy food options. Healthy options will include:
 - Fruits, vegetables, low-fat dairy products and whole grains.
 - Age-appropriate portion sizes.
3. Always providing water. Whenever possible, water will be served in pitchers rather than single-serving plastic bottles. Other healthy beverage options include:
 - Carbonated water, flavored or unflavored, without sweeteners
 - Nonfat or 1% milk (plain, not flavored)
4. Not serving and/or reimbursing for the cost of sodas or sugar-sweetened beverages. Fruit juices are often high in sugar content and will be offered only in moderation.
5. Ensuring that healthy food and beverage options are provided as incentives, prizes and giveaways at CHD-sponsored activities and events.

Implementing the Policy

Center for Human Development's Healthy Food and Beverage Policy will be distributed and explained to staff, volunteers and program participants and monitored by the Leadership Team.

Approved by Center for Human Development Board of Directors, January 25, 2011