

Contra Costa County WIC Program Healthy Food and Beverage and Physical Activity Policy

“Pledge the Practice. Pass the Policy”

Contra Costa County WIC Program strives to promote health and wellness among its staff and serve as a role model for our clients.

As mentors and role models for children and families with children under five, we will model healthy eating and active living at work and staff meetings. Therefore, WIC will encourage staff to bring healthy choices of foods and beverages and have physical activity breaks during work hours, staff meetings and special events.

The food, beverage and physical activity policy includes:

- ✓ Using only water, low-fat milk, tea and coffee at staff meetings. Discourage the use of any sweetened beverage. Self-serve sweeteners are ok.
- ✓ Recreational eating will be discouraged. Water and unsweetened beverages will be served for meetings lasting less than 2 hours.
- ✓ In case snacks are served, “Light” healthy snacks (served in portion sizes of less than 100 calories) will be offered.
- ✓ Encourage providing “soul” food tips, consisting of healthy, uplifting messages for choosing a healthy lifestyle, instead of food.
- ✓ Physical activity breaks will be promoted for meetings lasting over 2 hours.
- ✓ Walks, yoga or physical activity will be encouraged at lunch or break times.
- ✓ At every staff meeting, a speaker will present timely information on nutrition, healthy cooking tips and/or physical activity.
- ✓ When having potlucks or catered events, WIC will
 - Use USDA MyPlate recommendations as a guideline for balance, variety and proportion of healthy foods including:
 - A variety of fruits and vegetables
 - whole grains
 - low fat protein
 - low fat dairy or Calcium enriched soy milk.

Implementing the Policy

Our agency’s Healthy Food and Beverage Policy will be posted and explained to paid staff and volunteers within our WIC organization.