

# Healthy Food and Beverage Policy

## Rationale

While the community of El Cerrito seems to be generally health-minded (a thriving health food store, farmer's markets), children and youth in the El Cerrito Library's immediate service area are also exposed to fast food, and convenience markets. Additionally, our community and customer base has a high number of immigrant and low-income families, who may be overwhelmed by food choices. The El Cerrito Library would like to help create a healthier food environment for ALL families.

## Position Statement

The El Cerrito Library strives to promote health and wellness by being a role model to promote healthy food and beverages.

As mentors and role models for youth and families, we need to work hard to maintain a healthy image at work, and to provide healthy opportunities and choices to our young customers and their families.

The El Cerrito Library will:

- Increase the range of healthy foods available at the Library's youth programs and events
- Demonstrate to other County libraries how to promote healthy foods and beverages, and how to market foods appropriately in library cafes
- Work with Summer Reading committee members to discuss sponsorships of healthy snacks for prizes and giveaways
- Develop healthy partnerships to promote healthy policies
- Use language on calendars and signs promoting our healthy foods policy
- Incorporate conversations about healthy foods and beverages into programming

## Implementation

The El Cerrito Library's *Healthy Food and Beverage Policy* will be distributed to staff and volunteers, as well as explained to our customers, partners and collaborators.

### At Programs

When serving food at a youth event, the El Cerrito Library will choose foods and beverages with no added sugar or sweeteners.

- Healthy food alternatives offered at events and programs will include fruits and vegetables, and whole grains
- The El Cerrito Library will not serve sugar-sweetened beverages or 100% fruit juice at any of our youth events
- Water will always be provided, and will be served in pitchers, rather than plastic bottles, whenever possible



Liz Ruhland, Community Library Manager  
El Cerrito Library

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