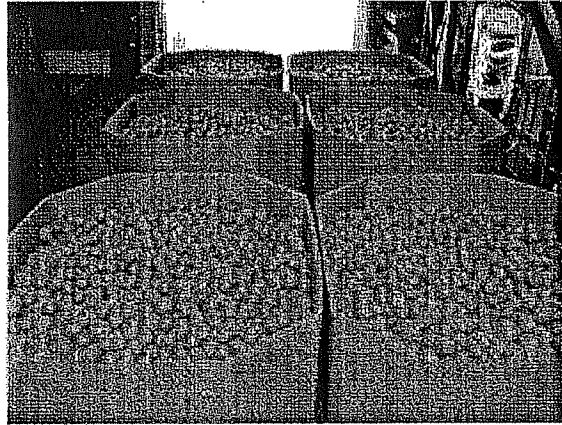


Recent research shows that 23.8% of Californians are obese. As a hunger relief organization, it is the job of the Food Bank of Contra Costa and Solano not only to provide enough food for the residents of our service area but balanced nutrition as well. In an effort to combat the current health crisis of obesity and its consequences, the Food Bank of Contra Costa and Solano is implementing the following nutrition and wellness policy to promote the health of our staff and clients.

In order to promote a healthy environment, the Food Bank of Contra Costa and Solano will:

- Ensure that 50% of the offerings in vending machines located on site will be healthy
- Always provide water to staff and volunteers
- Provide rewards and incentives for staff who role model healthy behavior including healthy eating and physical activity
- Always have water and fruit and vegetable offerings at staff potlucks and meetings
- Regularly distribute healthy recipes to Food Bank staff and clients
- Regularly conduct nutrition education at Food Bank distributions to educate clients
- Actively seek out low sodium vegetables, canned fruit in juice, whole grain pastas, and lean sources of protein when purchasing items to be distributed to clients
- Actively increase the amount of fresh fruits and vegetables distributed to clients

- Actively decrease the amount of processed foods purchased to be distributed to clients
- Offer viewings of films about nutrition and food security for Food Bank staff



  
\_\_\_\_\_  
Signature

5/2/13  
\_\_\_\_\_  
Date

Larry Sly

Executive Director