



Subject: Healthy Food and Beverage Policy

**Source: John Muir Health
Family Resource
Center (Formerly
Women's Health Center)**

I. Purpose:

To provide guidelines for food and drink to sell on the food cart and food planning for meetings and events.

II. Policy:

All Women's Health Center employees will follow this policy when using center funds for food and beverage purchases..

Healthy Beverage Policy

The John Muir Women's Health Center strives to promote health and wellness for women and children by promoting healthy beverage choices. Therefore,

- The Women's Health Center will not have sugar sweetened beverages, soda or fruit juice available to purchase from the snack cart. Alternative beverages for sale might include
 - carbonated water or iced teas, flavored or unflavored, with no added sweeteners
 - naturally flavored water <1 g sugar.
- At meetings, classes and events, healthy beverage choices will be offered and encouraged.
 - Water will always be served free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.
 - Other beverage choices may include:
 - water served with fresh fruit or vegetable slices
 - non-caloric beverages such as coffee or tea.
 - carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
 - nonfat or 1% milk or dairy-free alternative (soy, rice milks, lactaid).

Healthy Food Policy

As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and provide healthy food choices to our community and clients.

- The John Muir Women’s Health Center will:
 - Ensure that only healthy foods and snacks that are lower in fat and sugar will be available for purchase on the snack cart.
 - Specifically, whole grain snacks and crackers without trans fat, high fructose corn syrup or added sugar, fruit, vegetables, nuts and seeds with no added sugar/salt and low fat dairy products will be offered.
- Ensure that only healthy options are provided for food rewards, prizes and give-aways.
- Encourage and promote healthy food and beverage options at our events and at premises under our agency’s control utilizing the *UC Berkeley’s Guide to Healthy Meetings and Events* as a guide for healthy options.
- **Require all** collaborators, and contractors using this agency’s funds to follow our Health Food and Beverage Policy.

Applies To:			
Women’s Health Center staff			
Reference/Regulations:			
1. Healthy and Active Before 5. A collaborative project to prevent obesity among Contra Costa children ages 0-5, Healthy Food and Beverage Sample Policy, 2011 2. UC Berkeley Guide for Healthy Meetings and Events. http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf			
Sponsor(s) Name & Title:		Origination Date:	Supersedes:
Johanna Kammerer, MPH, RD		August, 2011	
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