

Healthy Food Policy

Position Statement

The Michael Chavez Center strives to promote health and wellness by being a role model to promote healthy food and beverages.

As mentors and role models for families and children, we must work hard to maintain a healthy image at work and provide healthy opportunities and choices to our colleagues and community members. We also recognize that healthy eating can look different. Therefore, our organization will:

- Ensure that only healthy food and beverage options are provided during staff events.
- Provide only healthy food and beverage options at events open to program participants or to the public.
- Encourage healthy food and beverage options at program potlucks while supporting the cultural diversity of participants.
- Limit food donations to only healthy items.
- Implement healthy eating training in our various programs where appropriate.
- Create a mutually supportive environment for staff and program participants to enjoy eating and drinking healthy options during the work day.

Implementation of Policy

Events, meetings and activities

When catering for a gathering, MCC will refer to UC Berkeley's *Guide to Healthy Meetings and Events* to ensure healthy options are offered.

When foods and beverages are offered by the organizations, healthy alternatives will be offered and promoted. This includes:

- ❖ Fruits, vegetables and whole grains
- ❖ Low sugar juices, teas and water
- ❖ Cooked foods will be low in fats and preservatives

When foods and beverages are provided by others at organizational events, healthy alternatives will be encouraged. This includes:

- ❖ Limit the provision of sodas and similar drinks
- ❖ Limit the provision of deserts and junk foods
- ❖ Suggest healthier alternatives to the above

Healthy Eating Training

- ❖ Provide bulletin board space for articles and information on healthy eating
- ❖ Incorporate healthy eating workshops into program offerings
- ❖ Integrate healthy eating curriculum into computer classes where appropriate

Creating a Mutually Supportive Environment

- ❖ In 2011 implement a six week healthy eating challenge
- ❖ In 2011 implement a six month exercise challenge
- ❖ Maintain a positive atmosphere regarding healthy workplace eating habits
- ❖ This policy shall be placed in the employee handbook

Approved By:



Mike Van Hofwegen
Executive Director