



Address: 2350 Monument Blvd. Suite B. Concord, CA 94520  
Mailing address: P. O. Box 23973. Pleasant Hill, CA 94523  
Phone: 925.825.7751 | fax: 925.825.8732

## NO JUICE OR SODA POLICY

Individuals attending programs, events, and meetings held at the Monument Crisis Center will not be provided with juice, soda, or any other non-dairy beverage with a high level of sugar. Beverages being offered in the place of soda, juice and other liquids with high sugar content include water with small amounts of sliced citrus fruits, low fat or non-fat milk, tea and coffee.

It is noted that individuals with diabetes, asthma and other ailments and diseases may require the consumption of beverages with high sugar content\*. These individuals will be permitted to consume such beverages, and will be provided with the necessary beverage if it is available on premises.

This policy has been created to address the obesity epidemic in the Monument Corridor, especially among children and teens. The "No Juice and Soda Policy" is an integral part of the health and wellness initiatives at the Monument Crisis Center, meant to encourage a healthy lifestyle for staff, volunteers and clients.

\*This information is provided by the American Diabetes Association and the National Heart and Lung Institute.