

COMPREHENSIVE POLICY ON HEALTHY FOOD, NUTRITION, AND WELLNESS

The Monument Crisis Center is dedicated to providing a workplace environment that supports employee, donor, volunteer and client health, provides access to healthy food, promotes nutritious eating habits, and encourages physical activity among its staff, volunteers and clients.

STAFF

In order to significantly contribute to the health and well-being of all our employees, Monument Crisis Center encourages the consumption of healthy food and an active lifestyle by providing the following:

- "Treat Yourself Right" healthful alternative snacks available daily at Center expense
- Foods generally acknowledged as high-calorie, high-fat, low-nutrition choices will not be provided for employee consumption at Center expense
- Every week a 30 minute "Walk the Talk" staff group walk will be held by the Executive Director encouraging fresh air, physical activity, enthusiasm and generating teamwork, productivity, job satisfaction and a boost in morale. Alternative: for those staff members with limited mobility a 30 minute chance to stretch and refresh
- Every week a 30 minute "FREE SPACE" will be available to each individual staff member (at a time mutually convenient with staff member and Executive Director) to spend as they wish to - unwind, rest, get fresh air, exercise, de-compress, chat with friends or just relax
- We will encourage drinking water throughout the day
- Decaffeinated coffee and tea will also be available as an alternative to caffeine
- A forum for the staff to express ideas, create a vision and identify individual and group goals and objectives
- A refrigerator, microwave and sink for employees to bring home cooked meals or prepare fresh or enjoy perishable foods
- Encourage healthy food at staff meetings
- Staff discussions on what should or should not be served when celebrating special occasions like staff birthdays
- A logbook for each employee to record individual progress, difficulties, goals, questions, thoughts and concerns
- A grand reward for all staff once major goals have been realized for the group
- Ongoing discussions on challenges experienced and improvements made

VOLUNTEERS

In order to significantly contribute to the health and well-being of all our volunteers, Monument Crisis Center wishes to encourage the consumption of healthy food and an active lifestyle by providing the following:

- We will encourage drinking water throughout the day.
- We will hold a Safety Moment each morning to encourage workplace safety
- Decaffeinated coffee and tea will be available as an alternative to caffeine
- When snacks are served by the Center, we will strive to ensure that they are fresh, nutrient-rich and wholesome
- Encourage volunteers to join staff in creating a healthy environment
- Include volunteers to join us on our weekly *Walk the Talk*
- Share our group progress and encourage individual goals
- Educate the volunteers on the critical importance of obtaining, providing and serving nutrient rich foods to the clients



DONORS

Those who donate food directly to the Monument Crisis Center are responsible in part for the food clients receive. For this reason it is vital that donors are aware of healthy eating habits and give food to the Center with this in mind. With our donors we hope to achieve the following:

- Educate our donors on the importance of their donations and create awareness of our goal of obtaining, providing and serving nutrient rich foods to the clients
- Encourage donors to host healthy food drives and fresh food drives

Monument Crisis Center recognizes the critically adverse effects of hunger as well as the importance of proper nutrition on an individual's job/school performance and behavior. The Center also recognizes that access to nutrient rich food is costly and often unobtainable or inaccessible. In order to significantly contribute to the health and well-being of all our clients, Monument Crisis Center wishes to encourage the consumption of healthy food and an active lifestyle by providing the following:

- Nutrient rich food distributed every month through our Food Distribution Program for thousands of Contra Costa County residents
- Fresh individual servings of seasonal fruits and vegetables will be made available through our "Fruit of the Day" Program throughout Food Distribution hours.
- An additional and significant amount of fresh seasonal fruits and vegetables will be added to each client's food box distribution.
- When snacks are served through the Center's programs, we will ensure that they are largely fresh and nourishing
- When meals are served through the Center's programs consideration will be given first to offering selections that are consistent with healthy eating habits
- In our Food Distribution Program, special consideration, if possible, will be given to healthy food options for those clients on restricted diets
- In our Food Distribution Program, special consideration, if possible, will be given to healthy food and "Ready to Eat" options for those clients who are homeless
- Clients should be given the opportunity to learn and practice healthy behaviors, nutritious food preparation and smart budgeting by having access to classes and workshops revolving around cooking, physical activity, health and wellness
- Clients should have access to healthy food and beverage choices
- Ensure that children in our programs have access to food that meets their nutrient requirements to promote health and foster learning

