



Healthy and Active Before 5

Healthy Food and Beverage Policy for Supervisor John Gioia's Office

Rationale

Creating healthier food environments can start in our own workplaces.

- Recent reports show that 15.9% percent of low-income children age 2-5 in Contra Costa are obese, and another **16.3% of preschoolers are considered overweight.**
- We are concerned because children who are obese in the preschool years are **significantly more likely to be obese** as adolescents and adults.
- Rising obesity rates among children and adults in **Contra Costa County could cost more than \$1.3 billion** annually in health care costs and lost productivity, according to a study released by the *California Center for Public Health Advocacy (CCPHA)*.
- *Agencies all over Contra Costa are **adopting similar policies.***
- *Creating a healthy food policy for our office can help set an example for the rest of the County.*

Position Statement

The Office of Contra Costa County Supervisor John Gioia strives to promote health and wellness by being a role model to promote healthy food and beverages.

As mentors and role models for the community, we would like to maintain a healthy image at work and provide healthy opportunities and choices to our staff and visitors. Therefore, our office will:

- ✓ Ensure the availability of healthy food and beverage options whenever we serve food to staff and visitors (Note: Public funds are never used).
- ✓ Work with event coordinators to ensure the availability of healthy food and beverages at events **sponsored** by our office.
- ✓ Encourage event planners to provide healthy food and beverage alternatives for events we **co-sponsor**.

Implementing the Policy

Our office's *Healthy Food and Beverage Policy* will be distributed and explained to staff, visitors, and volunteers in our office, and explained to coordinators of sponsored and co-sponsored events.

Events, meetings and activities solely sponsored or hosted by our office:

When catering for a gathering or meeting, the Office of Supervisor Gioia will refer to UC Berkeley's *Guide to Healthy Meetings and Events* to ensure healthy options are offered.

- When food is provided by our office, healthy alternatives will be offered and promoted. This includes:
 - Fruits, vegetables, low-fat dairy products and/or whole grains.
- When beverages are available, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.
 - Our office will not serve sugar sweetened beverages at any of our office's activities or celebrations (excluding self-sweetened coffee or tea).
 - Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.

Events, meetings and activities co-sponsored by our office:

- When food is provided at co-sponsored events, our office will encourage event planners to offer healthy alternatives. This includes:
 - Fruits, vegetables, low-fat dairy products and/or whole grains.
- When beverages are available at co-sponsored events, our office will encourage event planners to offer healthier alternatives. This includes beverages with low/no sugar content.
 - Specifically discourage sugar sweetened beverages.
 - Request that water be provided free of charge. Whenever possible, request that water be served in pitchers rather than plastic bottles.

