



Healthy and Active Before 5

Supervisor Karen Mitchoff's Healthy Food Policy

Rationale

Creating healthier food environments can start in our own workplaces. HAB45 Executive Committee members can provide technical assistance.

- 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 could **cost Contra Costa County 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.*

Position Statement

The office of Supervisor Karen Mitchoff strives to promote health and wellness by being a role model to promote healthy food and beverages.

As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our colleagues and clients. Therefore, our agency will:

- ✓ Increase the range and availability of healthy food and beverage options available on our organization's premises and events.
- ✓ Increase the range and availability of healthy food and beverage options available at events and at premises under our agency's control.
- ✓ Ensure that only healthy options are provided for food and beverage vouchers, rewards, prizes and give-aways.
- ✓ Only support fundraising activities involving food or drink items that meet the agency's food and beverage policy guidelines.
- ✓ Request all collaborators, contractors and grantees using this agency's funds to follow our *Healthy Food and Beverage Policy*.

Implementing the Policy

Our agency's *Healthy Food and Beverage Policy* will be distributed and explained to paid staff, clients and volunteers within our organization, and to collaborators, contractors and grantees.

Events, meetings and activities

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

- Where food is provided by our agency, healthy alternatives will be offered and promoted. This includes:
 - Fruits, vegetables, low-fat dairy products and whole grains.
 - Age appropriate portion sizes.
- Where beverages are available, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.
 - Our agency will not serve sugar sweetened beverages or 100% fruit juice to children at any of our agency's events, activities or celebrations.
 - Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.

Fundraising and Vending

The office of Supervisor Karen Mitchoff will reduce unhealthy food and drink options in food outlets under its control.

- As a county agency the office will refer to *Contra Costa County's Vending Machine and Snack Food Policy* to ensure healthy options are offered.

