

# Healthy Living Policy 2012

## Position Statement

Three Squares seeks to promote healthy living not only among Cooking Matters participants, but also among employees.

Since our work is focused on teaching low-income communities about healthy and nutritious food choices, we must commit to setting a proper example of healthy life styles, including choices made while at work. We will provide a copy of our Healthy Living Policy to new staff members during their orientation. The following actions will define how we choose to implement our Healthy Living Policy at Three Squares:

### During classes:

- Cooking Matters participants, volunteers, and employees will not consume outside food or beverages.
- Only healthy recipes and highly nutritive choices will be emphasized to class participants (fruits, vegetables, whole grains, lean meats, etc.).
  - Grains and grain products used in class will contain at least 50% whole grains (flour, rice, etc).
  - Proteins included in our menus will only include lean meats (i.e.: ground turkey, skinless chicken), beans, low fat cheese or yogurt.
  - No trans fats, hydrogenated or partially hydrogenated oils or fats may be used or included as an ingredient in any of our recipes. Acceptable fats and oils include olive oil, other mono-unsaturated oils, “natural” peanut butter (or other nut butters).
  - No recipes will include high fructose corn syrup, food dyes or coloring, nitrates, and BHA or other chemical preservatives.
- Sugar-sweetened beverage consumption will not be allowed, instead, healthy alternatives will be encouraged, such as water, carbonated water (flavored with fruits or unflavored), and tea.

### During office hours:

- Only healthy foods and beverages will be consumed at office events.
- Healthy lunch will be provided for staff weekly on Mondays.
- Throughout the day, employees will be encouraged to engage in brief physical activity, such as stretching, walking up and down the street/stairs, moving around the office, etc.

- There will be a bulletin board on which employees can post articles related to healthy living, exercise classes in the community, and healthy recipes.
- When possible, we will have healthy lunches catered to our office to ensure staff have nutritious food that will keep them energized throughout the day.

During fundraisers, meetings, and other Three Squares facilitated events:

- Only donations that include healthy food will be accepted.
- Employees will purchase only healthy foods for events, fundraisers, etc.
- No sugar-sweetened beverages will be consumed at events and fundraisers, nor will they be provided for attendees.
- Water will always be provided. Whenever possible, water will be served in pitchers rather than plastic bottles.

### **Employee Physical Activity Incentive Program**

While the above-mentioned rules and regulations will be implemented daily at Three Squares, we will also have a fun and not-too-competitive activity challenge among our employees. The goal of this challenge will be to log in the most hours of physical activity within 1 month. This challenge will be done once a year, and the employee with the most hours at the end of each 1-month period will be given a special prize.

#### Rules and Regulations of the Physical Activity Challenge

- The winner will be determined by who records the most hours of physical activity within a 1-month period
- The degree of physical activity is not important. The goal is to get moving in a way that is comfortable and healthy.
- When counting one's hours of physical activity, an assumption will be made that everyone is being honest in their physical activity reports.