



YES

Youth Enrichment Strategies

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YES Healthy Beverage Policy

Adopted by the YES Board, February 10, 2012:

Youth Enrichment Strategies (YES) strives to promote health and wellness for children and adults.

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

- Our agency will not serve sugar sweetened beverages or non-100% fruit juice to children or adults at any of our agency's hosted events, activities or celebrations.
- Water will always be provided free of charge. Whenever possible, water will be served from water dispensers or pitchers rather than individual plastic bottles.
- Alternative beverages for children and adults might include healthy alternatives such as:
 - Carbonated water, flavored or unflavored, without sweeteners
 - Nonfat or 1% milk (plain, not flavored)
 - Water flavored with fresh fruit such as lemons, oranges, watermelon, or other fresh fruit
- All collaborators, contractors, and grantees using this agency's funds will be required to follow our Healthy Beverage Policy.

A handwritten signature in black ink, appearing to read 'Eric Aaholm'.

Eric Aaholm
Executive Director

A handwritten signature in black ink, appearing to read 'Susan Swift'.

Susan Swift
Board President