



Healthy Beverage Policy

Adopted Dec. 10, 2010

Weigh of Life strives to promote health and wellness for children.

Weigh of Life will not serve sugar sweetened beverages, other sweetened beverage or fruit drinks 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.

Alternative beverages for children might include healthy alternatives such as:

- Carbonated water, flavored or unflavored, without sweeteners
- Nonfat or 1% milk (plain, not flavored)
- Weigh of Life will serve whole fruit slices, in place of sweetened fruit beverages
- Weigh of Life will support the Soda Free Summer/Rethink your Drink campaign with special emphasis during summer activities.



Healthy Food and Beverage Policy

Adopted Dec. 10, 2010

Weigh of Life strives to promote health and wellness by being a role model in promoting 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, Weigh of Life will:

Continue to promote a wide range and availability of healthy food and beverage options on our organization's premises and events.

Continue to promote a wide 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 rewards, prizes and give---aways.

Only support fundraising activities involving food or drink items that meet the Agency's food and beverage policy guidelines.

Require all collaborators, and contractors using this agency's funds to follow our *Healthy Food and Beverage Policy*.