



C.O.P.E. Family Support Center

Healthy Food Policy

C.O.P.E. Family Support Center strives to promote health and wellness by being a role model to promote healthy food.

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 options available on our organization's premises and events.
- ✓ Increase the range and availability of healthy food options available at events and at premises under our agency's control.
- ✓ Ensure that only healthy options are provided for food vouchers, rewards, prizes and giveaways.
- ✓ Require all collaborators, contractors and grantees using this agency's funds to follow our *Healthy Food Policy*

Implementing the Policy

Our agency's *Healthy Food 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, **C.O.P.E. Family Support Center** 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.

Effective December 17, 2016

2280 Diamond Blvd., Suite 460, Concord, CA 94520
(925) 689-5811 - www.copefamilysupport.org