



YES Nature to Neighborhoods Healthy Beverage and Food Policy

Adopted by the YES Board: February 10, 2012

Updated: June 24, 2019

YES Nature to Neighborhoods (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 in order to provide 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.
- Water bottles will be provided for actively engaged participants in the Youth Leadership Pathway.
- 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 staff, collaborators, contractors, and grantees using this agency's funds will be required to follow our Healthy Beverage and Food Policy.
- New YES team members will be educated on our Healthy Beverage and Food Policy at new staff and board orientation.

Eric Aaholm, Executive Director

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Mike McLively, Board President

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