



Healthy and Active Before 5

Sample Healthy Food and Beverage Policy for Organizations

Please note: This policy is provided as a sample only. Please revise and amend to suit the needs of your agency.

Rationale

Creating healthier food environments can start in our own workplaces.

HAB45 Executive Committee members can provide technical assistance.

- Recent reports show that 15.9% percent of low-income children age 2-5 in Contra Costa are obese, and another **16.3% of preschoolers are considered overweight.**
- We are concerned because children who are obese in the preschool years are **significantly more likely to be obese** as adolescents and adults.
- Rising obesity rates among children and adults could **cost Contra Costa County more than \$1.3 billion** annually in health care costs and lost productivity, according to a study released by the *California Center for Public Health Advocacy (CCPHA)*.
- *Agencies all over Contra Costa are adopting similar policies.*

Position Statement

<Insert agency name> strives to promote health and wellness by being a role model to promote 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, our agency will:

- ✓ Increase the range and availability of healthy food and beverage options available on our organization's premises and events.
- ✓ Increase the 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 and beverage vouchers, rewards, prizes and give-aways.
- ✓ Only support fundraising activities involving food or drink items that meet the agency's food and beverage policy guidelines.
- ✓ **[Request / Require]** all collaborators, contractors and grantees using this agency's funds to follow our *Healthy Food and Beverage Policy*.

**HAB45: A collaborative project to prevent obesity among Contra Costa children age 0-5
Healthy Food and Beverage Policy 2010**

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Implementing the Policy

Our agency's *Healthy Food and Beverage 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, *<insert agency name>* 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.
- Where beverages are available, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.
 - Our agency will not serve sugar sweetened beverages or 100% fruit juice 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.

Fundraising and Vending

<insert agency name> will reduce unhealthy food and drink options in food outlets under its control.

- When revising vending policies, we will refer to Contra Costa County's *Vending Machine and Snack Food Policy* to ensure healthy options are offered.
 - Our agency will review all existing beverage and snack vending machine contracts, and upon renewal, revise these contracts to eliminate **[all / at least 75% / at least 50% of]** sugar-sweetened beverages and snacks high in sugar and fat, and replace them with snacks and beverages that support good health and nutrition.
 - Our agency will source vendors that provide healthier food and beverage alternatives.
 - Healthy food and beverage alternatives will be competitively priced in relation to less healthy alternatives.

For more ideas for healthy eating at your worksite...

Health*Matters. (2007) *UC Berkeley Guide to Healthy Meetings and Events*. The Regents of the University of California. Retrieved April 2, 2010 from the University Health Services website at:
<http://www.uhs.berkeley.edu/facstaff/pdf/healthmatters/healthymeetings.pdf>



For sample vending policy...

Contra Costa County Vending Machine and Snack Foods Policy (in development).
Healthways, The Government of Western Australia, 2010, *Health Policy Guidelines for funded groups*, accessed 3/25/2010 <http://www.healthway.wa.gov.au/default.aspx?MenuID=713>,

For technical assistance, contact Tonya Love at tonya.love@hab45.org

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