



HEALTHY FOOD AND BEVERAGE POLICY

Pogo Park, a 501(c)3 nonprofit organization in Richmond, California, strives to promote health and wellness in the community by being a role model and to promote healthy food and beverages for families with young children and all community members. Therefore, Pogo Park will:

- Provide healthy food and beverage options when offering food and beverages at all Pogo Park community events and to program participants and their families at Pogo Park-run locations. Pogo Park defines healthy food and beverages as those that are:
 - Low in sugar and calories
 - Whole Grains
 - Lean Proteins
 - Beverages not sweetened with sugar

In addition, Pogo Park commits to having water available at all events and ensuring that food portions are age appropriate.

- Require that all Pogo Park food vendors provide healthy food and beverage choices and comply with Pogo Park's Healthy Food and Beverage Policy, as defined above.
- Ensure that only healthy food and beverage options are provided as prize giveaways and rewards.
- Incorporate Healthy Food and Beverages into Pogo Park by having healthy snacks available to children and families participating in Pogo Park's programs.
- Spread the word about healthy snacks and beverage options in the community:
 - Share information with community members on the health benefits of making healthy food and beverage choices.

Toody Maher, Executive Director