



Healthy Food and Beverage Policy

Rationale

West Contra Costa Unified School District supports the health and well-being of their students by providing healthy nutritious after-school lunches at the San Pablo library. However, the youth in San Pablo Library's immediate service area are exposed to fast food, and convenience markets that do not provide healthy and nutritious food options. The San Pablo library can help create a healthier food environment by empowering and educating library users about healthy food options.

Position Statement

The San Pablo Library is attentive to the information needs of library users and the larger community it serves. This includes sharing information about free health and wellness resources in the community and promoting our free after-school lunch program for youth. After-school lunches at the library are provided courtesy of West Contra Costa County School District Food Services.

As mentors and advisors for youth and families, it is important that library staff take care to foster a healthy image at work and offer healthy food options and choices to our young library users and their families at library sponsored programs.

The San Pablo Library will:

- Ensure that any food provided at youth programs is well balanced and healthy alternatives such as fruit and vegetables are available.
- Use language on library flyers promoting our healthy foods policy
- Incorporate activities about healthy foods and beverages into youth and family programming
- Work with Youth Services committee to discuss partnerships to promote healthy policies

Implementation

The San Pablo Library's Healthy Food and Beverage Policy will be distributed to staff and volunteers, as well as explained to our customers, partners and community collaborators. At youth programs a variety of healthy food choices will be available for patrons. For special program celebrations where sweets are present, fresh fruit or another healthy option will be offered as an alternative.

X 

Petra Ferretti
Youth Services Librarian