

Sample Healthy Foods Policy

For use where foods or beverages are served.

Whereas:

_____ (*worksite name*) is concerned about the health of our employees: and

Whereas:

People have become more and more interested in eating better and being more active; and

Whereas:

Heart disease, cancer and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how active we are; and

Whereas:

Foods such as fruits, vegetables, whole grain breads and pastas and low-fat dairy products are better choices for preventing many diseases.

Therefore:

Effective _____ (*date*), it is the policy of _____ (*worksite name*) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events i.e. health fairs, etc.) sponsored or supported by this organization will always include **one or more** of these healthier items:

- **Fruits and/or vegetables**

Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices) and fresh, frozen or canned vegetables.

- **Low-fat milk and dairy products**

Examples include skim/nonfat or 1% milk; lowfat and fat-free yogurt; cheese and ice cream.

- **Foods made from grains (like wheat, rice and oats), especially whole grains**

Examples include low-fat whole wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low-fat baked tortilla chips, pita bread.

- **Water**

Signature _____ Title _____

