

Sample Healthy Foods Policy

For use within any organization/agency or community group where foods or beverages are served.

Whereas:

_____ (*fill in your worksite, church, school, etc., name here*) is concerned about the health of our _____ (*employees, members, kids, youth, and families*);

Whereas:

People have become more and more interested in eating smart and moving more;

Whereas:

Chronic diseases – such as heart disease, stroke, cancer and diabetes – are among the most common, costly and – preventable of all health problems in the US and NC and are largely affected by what we eat, how physically active we are and how supportive our communities are in helping us make healthier food and physical activity choices;

Whereas:

Foods such as vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats, eggs, beans, nuts and seeds are better choices for preventing many diseases;

Therefore:

Effective _____ (*today's date*), it is the policy of _____ (*fill in your organization's name*) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events, like health fair, etc.) sponsored or supported by this organization (where food or beverages are served) will always include opportunities for healthy foods and beverages by (select as many of these as is feasible):

- Offering water as a beverage option and omitting sugar-sweetened beverages** (regular soda, sweet tea, other drinks with sugar)
- Offering at least one fruit and/or vegetable option** - Examples of such items include fresh, frozen, canned or dried fruits (such as baby carrots, oranges, grapes, apples, raisins) and fresh, frozen or low sodium, canned vegetables
- Offering lower-sodium foods** – Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; condiments (ketchup, pickles, olives, salad dressings, and seasoning packets) and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.
- Purchasing or serving fat-free/low-fat milk and dairy products** - Examples include skim, nonfat or 1% milk; low-fat and fat-free yogurt and cheese
- Purchasing foods made from whole grains** - Examples include whole-grain crackers, breads and pastas
- Serving more “right-size” portions** - Smaller servings allow people to cut calories and always have more if they are still hungry
- Purchasing locally grown foods when able** - Foods grown locally and purchased in-season are often more fresh, tasty and less expensive and helps support your local economy. Buy and serve NC grown foods (and ask caterers and others to do so) when able.
- Identifying restaurants and/or caterers where healthy choices are available**
- Organizational leadership serve as role models for healthy food choices and encourage healthy food policies**

Signature

Title

Name of Organization, Church, Community Group, Worksite, School, Health Care Facility

Date