

SECTION 7: ADDITIONAL RESOURCES

HEALTHY FOOD AND BEVERAGE TEMPLATE POLICY

*not all organizations may be able to implement every aspect of this policy; modify as needed.

Purpose

[Company Name] is committed to promoting a healthy workplace environment by supporting employees' well-being and reducing the risk of obesity and related health conditions. This Healthy Food and Beverage Policy ensures that nutritious food and beverage options are available at company-sponsored events, meetings, vending machines, cafeterias and other workplace settings. The policy aligns with evidence-based recommendations from public health organizations, including Harvard T.H. Chan School of Public Health and the American Heart Association.

Scope

This policy applies to all employees, contractors and visitors at all [Company Name] facilities and company-sponsored events.

Policy Guidelines

1. Healthy Food Options

- » At least 50% of food offerings at company-sponsored events, meetings and cafeterias must consist of nutritious options, including the following:
 - Fresh fruits and vegetables
 - Whole grains (e.g., whole wheat bread, brown rice, quinoa)
 - Lean proteins (e.g., poultry, fish, beans, nuts)
 - Low-fat dairy options
- » Limit the availability of fried and highly processed foods.
- » Incorporate plant-based protein options to encourage sustainable and heart-healthy eating.
- » Ensure healthy snacks such as nuts, seeds and yogurt are available in workplace breakrooms and vending areas.

2. Healthy Beverage Options

- » At least 50% of beverages available in vending machines, cafeterias and meetings must include the following:
 - Water (plain or infused with fruits/vegetables)
 - Unsweetened tea and coffee
 - Low-fat or non-dairy milk alternatives
 - 100% fruit or vegetable juices in portion-controlled sizes
- » Reduce the availability of sugar-sweetened beverages.
- » Provide sparkling water and herbal tea as additional low-calorie beverage options.

3. Portion Control and Labeling

- » Offer smaller-portion options to encourage mindful eating and support nutritious choices.
- » Clearly label food and beverage items with nutritional information, including calorie counts, sodium content and added sugars to help employees make informed choices.
- » Implement color-coded labeling to identify healthier choices easily.

4. Cafeteria and Vending Machine Standards

- » Ensure that vending machines and cafeteria offerings align with this policy.
- » Position healthier options at eye level and in prominent locations to encourage selection.
- » Reduce the availability of high-sodium and high-sugar processed foods.
- » Implement pricing strategies that make healthier choices more affordable than less nutritious alternatives.

5. Healthy Catering and Meetings

- » When ordering catered food for company meetings and events, prioritize vendors that offer healthy menu options.
- » Provide water as the default beverage at all company-sponsored events.
- » Include at least one vegetarian or plant-based option at all catered events.
- » Avoid offering desserts high in added sugars; instead, provide fresh fruit or yogurt-based options.

6. Employee Education and Engagement

- » Offer periodic nutrition education workshops, wellness challenges and resources to support healthy eating habits.
- » Encourage employees to provide feedback on food and beverage options to improve offerings over time.
- » Promote a culture of healthy eating through workplace wellness campaigns, posters and internal communications.
- » Provide incentives for employees who participate in healthy eating programs and challenges.

Implementation and Compliance

- [Department/Wellness Committee] will oversee the implementation of this policy and regularly review compliance.
- Feedback and suggestions for improvement are encouraged and can be directed to [Contact Person/Department].
- Annual evaluations will be conducted to assess policy effectiveness and make necessary adjustments.

Effective Date: [Insert Date]

Review Date: [Insert Date]

By adopting this policy, [Company Name] reaffirms its commitment to fostering a workplace culture that prioritizes employee health and well-being.