



Sample Healthy Foods Policy

healthy
eating

Whereas:

(*Organization's name*) is concerned about the health of our employees;

Whereas:

People have become more and more interested in eating well;

Whereas:

About one-third of all cancers can be preventing by being active, eating well and maintaining a healthy body weight;

Whereas:

Foods such as vegetables, fruit, whole grain breads and pastas, and low-fat milk and alternatives are better choices for preventing many diseases including heart disease, cancer and stroke;

Therefore:

Effective (*today's date*), it is the policy of (*organization's name*) that all activities and events (examples of events may include meetings, catered events, potluck lunches) sponsored or supported by this organization will always include opportunities for healthy foods and beverages by:

- **Purchasing and serving one or more of these healthier items:**

- > **Vegetables and fruit** – Examples include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins), and fresh, frozen or canned vegetables;
- > **Low-fat milk and alternatives** – Examples include skim/nonfat or 1% milk (also lactose-free); low-fat and fat-free yogurt and cheese; and calcium-fortified soy beverages;
- > **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; whole grain pita bread;
- > **Water**



- **Identifying healthy eating opportunities:**

Examples include identification of restaurants, caterers and farmer's markets, where healthy food choices are readily available.

- **Providing encouragement from organization's leadership to enjoy healthy foods:**

Examples include promotion of healthy lifestyles, company leadership being role models for

healthy food choices.

- **Providing healthy options in vending machines and cafeterias.**

Signature _____ Title _____

Name of
Organization _____

Date _____

Source: adapted and reproduced with permission of [Eat Smart Move More North Carolina](#).

