

(Employer Name) Nutrition Policy

As of (date)

(Employer Name) promotes healthy lifestyles including healthy nutrition choices through our programs, community work, and activities in **(city/town)**. **(Employer Name)** has a responsibility to our clients to model our commitment to healthy lifestyles by working to create a healthy work environment.

The strong relationship between diet and health and the increasing rates of overweight and obesity make supporting healthy food choices at work part of our commitment to health. The following recommendations were developed to help facilitate the selection of healthy food and beverage options for **(Employer Name)** meetings and activities.

By following these guidelines, we can promote better health and help reduce the risks for chronic diseases. It is not the intention of these recommendations to dictate what individual staff members eat or bring into the **(Employer Name)** building. These recommendations are intended to assist **(Employer Name)** staff in making healthy food and beverage choices purchased with **(Employer Name)** resources for meetings, events, trainings, pot-luck meals, and fundraisers.

DEFINITIONS

For the purpose of this policy the following definitions shall apply:

- **Foods of minimal nutritional value**- foods which provide less than a minimum of 5 percent of the recommended dietary intake (RDI) for each of eight specified nutrients per serving per 100 calories. The eight nutrients to be assessed are – protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium, and iron.
- **Surround Marketing**- An advertising technique used to capture consumer attention at every possible moment.

ADVERTISING

(Employer Name) recognizes that its employees are the targets of a market-driven economy which promotes foods of little to no nutritional value and is aware that commercial advertisers have learned that a consistent and prominent presence is the key to achieving and holding market share. Considering this, **(Employer Name)** will assist individuals in taking responsibility for dietary decisions by placing limitations and restrictions on contracts between **(Employer Name)** and outside vendors that sell or advertise foods of minimal nutritional value. Where appropriate, **(Employer Name)** will also ban the “surround marketing” and excessive marketing of foods and beverages of minimal nutritional value and look to vendors to offer more health conscious products in on-site vending machines.

FUNDRAISING

Foods and beverages sold for fundraising purposes must meet the 5% nutritional value rule which includes: items that do not exceed 30% of calories from fat, 10% of calories from saturated fat, and 35% of weight from sugar with the exception of fresh fruit and milk.

RECOMMENDATIONS

The following categories were developed to assist (**Employer Name**) staff in making more health conscious decisions when bringing food into all (**Employer Name**) buildings or off-site locations for staff snacks and lunches, agency pot-luck meals, trainings, events, or promotions.

Foods that ARE recommended

- Fresh fruits & vegetables
- Whole grain products (crackers, muffins, breads, etc.)
- Foods in smaller portions (mini-bagels, mini-muffins, etc.)
- Vegetarian options
- Low-fat cheese, cream cheese, peanut butter, jam, or jelly
- Low-fat granola/granola bars
- Lean meats (turkey, ham, etc.)
- Tortilla chips with low-fat dips or salsa
- Pretzels
- "Lite" popcorn (lightly salted)
- Unsweetened cereals
- Trail mix
- Roasted nuts
- Dried Fruit
- Hard-boiled eggs
- Low-fat yogurt
- Low-fat ice-cream, frozen yogurt
- Fruit/vegetable breads (oatmeal, banana, zucchini, carrot, etc.)
- Nonfat or 1% milk, 100% fruit/vegetable juice, water, unsweetened iced tea, lemonade, etc.

Foods that ARE NOT recommended

- Foods in large portions (large muffins, bagels, cake, etc.)
- Foods high in trans-fats
- Regular Chips/Crackers
- Meat/meatballs served in high-fat sauces/creams.
- Fried foods (chicken, French fries, fried dough, etc.)
- Sweetened, canned fruits and fruit juices
- Sweetened cereals
- Salads with high-fat dressings on them
- White bread/rolls/croissants or crackers
- Regular mayonnaise, butter or peanut butter
- Foods that are high in sugar/salt (donuts, salted nuts)
- Regular ice-cream, regular yogurt
- Soft-drinks and other sugar sweetened beverages