

Healthy Events & Meetings

Sample Policy

For use within any organization to foster an environment that promotes **healthy eating** where foods or beverages are served and promotes **active living** where physical activity is integrated into events when possible.

Whereas:

_____ (organization name) is concerned about the health of our members/employees;

Whereas:

People are interested in healthy eating and moving more;

Whereas:

Heart disease, cancer and stroke — three of the leading causes of death in Anne Arundel County — are largely affected by what we eat and how active we are;

Whereas:

Many positive health benefits, such as prevention or delayed onset of various chronic diseases can be attributed to eating foods such as fruits, vegetables, whole grains and low-fat dairy products and increasing physical activity;

Therefore:

Effective _____ (date), it is the policy of _____ (organization name) that all activities and events sponsored or supported by this organization (e.g., meetings, potlucks, catered events, community-sponsored events, celebrations) will always include opportunities for healthy foods and beverages and physical activity by:

- Offering water as a beverage option and omitting sugar-sweetened beverages
- Serving low-fat, low-calorie, low-sodium and/or low-sugar food choices
- Serving fruits and/or vegetables
- Serving fat-free/low-fat milk and dairy products
- Serving foods made from whole grains
- Identifying restaurants/caterers where healthy and/or local choices are available
- Ensuring food safety
- Offering healthy options in vending services
- Including opportunities for physical activity breaks at meetings, conferences and events
- Having organizational leadership serve as role models for healthy food choices and promote healthy lifestyles by encouraging healthy food and physical activity policies

Name: _____ Title: _____

Signature: _____ Date: _____

Organization Name: _____

