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: _______________________________________________________________________________________

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