



Healthy Meeting & Snack Policy



(organization) _____ is committed to improving the health of our employees, clients, and participants by modeling healthy behaviors. Therefore:

At all meetings and events sponsored by programs within _____, where food is offered, healthy food options, such as vegetables and fruits will be available.

We are encouraged to bring health promoting foods and healthy beverages. Examples include:

- ✓ Water
- ✓ Nonfat or low fat milk
- ✓ 100% fruit juice
- ✓ Vegetables and fruits
- ✓ Low fat dips like hummus, salsa, ranch dressing made with low fat or nonfat sour cream, tofu spreads
- ✓ Low fat yogurt and cheeses
- ✓ Nuts
- ✓ Whole grain crackers, pretzels, flavored mini rice cakes or soy crackers
- ✓ Whole grain breads and bagels. (Purchase small bagels and muffins or cut large items in half.)



Limit high-fat, high-calorie foods and beverages for meetings and events, or for office sharing. If used, cut in quarters to encourage small portions. Examples include: doughnuts, pastries, high-fat muffins, scones, cakes, cookies, candies and sodas.



We encourage the use of health-promoting foods to celebrate special occasions and show appreciation to others.

Date: _____

Name of Organization



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