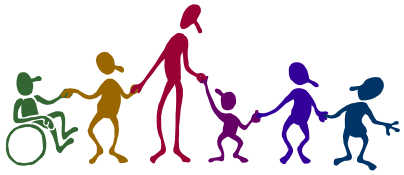
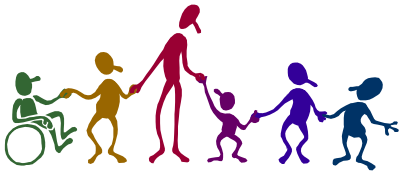


Nutrition Policy for
(*name of organization*)



(*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 low-fat, low-calorie 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**
- ✓ **Low fat yogurt and cheeses**
- ✓ **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.)**

<u>Limit</u> frequent high-fat, high-calorie foods and beverages for meetings and events, or for office sharing. Examples include: doughnuts, pastries, high-fat muffins, cakes, cookies, candies and sodas.

We are encouraged to celebrate special occasions and to show our appreciation of others with health-preserving foods.

_____ **Date:** _____
Name of Organization

_____ **Date:** _____
Northcoast Project LEAN

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