



Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

Workplace Wellness Idea #22: Creating Food and Beverage Policies

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

According to the American Heart Association (www.Heart.org), in order to provide a healthier workplace, employers can:

- ✓ Support healthier choices, provide leadership and role modeling, and create a culture of health
- ✓ Offer physical activity opportunities that are relevant to the audience and environment to help people achieve at least 30 minutes of physical activity each day
- ✓ Provide a tobacco-free environment
- ✓ Prioritize sustainable practices when possible by minimizing waste, encouraging recycling and sourcing products from sustainable producers
- ✓ **Offer nutritious food and beverage options**

To help employers with this last recommendation to offer nutrition food and beverage options, the American Heart Association has created an easy-to-use toolkit specifically designed to help employers create food and beverage policies.

See Page 2 for more details and to learn how to access this useful resource.

Creating Healthy Food and Beverage Policies: The American Heart Association has created a Healthy Workplace Food and Beverage Toolkit, www.heart.org/FoodWhereUR, to help organizations improve their food environment and promote a culture of health. This resource provides you with practical action steps and suggestions that are easy to understand and apply which include:

- Specific guidance and nutrition standards for beverages, snacks and meals
- Sample email to employees
- Information on healthy eating, creating a culture of health, how leadership and management can be involved, special events, meetings, vending machines, healthier cooking methods and resources

Who can use this toolkit? Anyone involved with procuring, providing or planning food and beverages in an organization/workplace -- from vending machines to catered special events.

Seven Simple Steps to Get Started: Guidance for Leadership and Management

1. Reduce and ultimately eliminate regular soft drinks and sugar-sweetened beverages.
2. Offer at least one fruit and/or vegetable serving with every meal.
3. Do not serve butter.
4. Reduce and ultimately eliminate candy in vending machines.
5. Switch to whole-grain bread and bread products.
6. Serve fruit instead of traditional desserts.
7. Do not serve fried foods.



To access this free toolkit, visit www.heart.org/FoodWhereUR

**You must first register to receive instant access to the Food and Beverage Toolkit and downloadable resources.*

For more information, please visit GetHealthyCT.org

Let's work together to help make the healthy choice the easy choice in the workplace!