

What Your Organization Can Do to Reduce Consumption of Sugar-Sweetened Beverages

Below are steps that New York City is promoting in its own institutions and contracted agencies. We recommend that your organization promote healthy drinking habits, commit to the items on this checklist, and circulate this policy to all employees and members.

- Provide only drinks with no more than 25 calories per 8-ounce serving (water, seltzer, diet sodas, coffee and unsweetened tea) at all functions, including meetings, conferences and parties.
- Ensure that onsite vending machines sell only beverages with no more than 25 calories per 8-ounce serving or allow only the bottom two slots for higher-calorie drinks.
- Limit sales of sugar-sweetened beverages in cafeterias and other places where food is available. Consider selling low-calorie beverages (those with no more than 25 calories per 8-ounce serving) at a lower price than high-calorie beverages.
- Move water, seltzer, fat-free and low-fat milk and other low-calorie beverages to eye level in areas where drinks are for sale.
- Encourage water consumption; make sure that cold tap water is readily available.
- Offer copies of the Health Department's *Pouring on the Pounds* Health Bulletin to staff and others; call 311 to request copies.
- Post the *Pouring on the Pounds* poster in the cafeteria, lobby and the front office; call 311 to request copies.
- Educate your staff about the health consequences of "drinking yourself fat."