

[Enter Name of WORKSITE] Food Policy

Background

The foods that we choose to eat are one of the major determinants of our health and well-being. Chronic diseases such as heart disease, obesity, diabetes and cancer are major causes of mortality and morbidity in this country. In addition, they result in many lost workdays and decreased work productivity. Healthy diets, defined as those that are high in fruits and vegetables, whole grains and low in fat, salt and sugar, help to reduce the risk of chronic diseases. The workplace is an ideal environment to promote healthy behaviors because many meals outside the home are consumed within this setting. In line with the mission of the Wellness Initiative, this healthy eating policy will focus on ways to accommodate healthy lifestyles and behaviors in the workplace in order to improve workplace performance. In addition, it ensures the availability of healthy eating options for those who are on restricted diets such as those with diabetes or hypertension, and supports those wishing to improve their nutrition habits. The policy focuses on offering, at a minimum, fresh fruits and vegetables, water, 100% juice and low calorie and fat options at all meetings and functions within the workplace.

Policy Statement

[WORKSITE] acknowledges that healthy eating can have an impact on its employees' health, and that the provision of healthy foods will contribute to better health for all.

[WORKSITE] is committed to ensuring a healthy environment for its employees, and will ensure the following:

- Caterers used for functions must be able to provide a variety of healthy food choices;
- Healthy food choices will be available at all functions held on the premises;
- Fresh fruit will be available at any function
- When half-and-half or whole milk is served, 1% or skim milk will also be provided
- Healthy food choices will be promoted in the workplace;
- Healthy food choices will be displayed more prominently than other foods;

Wellness Initiative



Workplace Health Promotion

“Healthy food choices” is a very broad term. See suggested healthy eating choices attached. Your policy needs to include examples of healthy food choices suited to your workplace.

[WORKSITE] currently provides the following healthy food choices:

By (date) [WORKSITE] will have introduced 2 new healthy eating practices (whenever food is available) at any workplace function. This applies to all meetings, functions, and events held at the workplace.

Policy Review

This policy will be reviewed six months after its introduction and then on an annual basis thereafter. This will ensure that the policy remains current and practical.

SIGNATURES

New York City Department of Health and Mental Hygiene
Bureau of Chronic Disease Prevention
Wellness At Work Program Coordinator

Signature

Date

[Enter Name of Worksite]
CEO/Head of Organization Coordinator

Signature

Date