**Georgia Working on Health**

**Eat Live Healthy**

**Nutrition Policies**

Congratulations on your decision to support healthy eating in your workplace. Although eating healthy and being active is an individual choice, the workplace environment can have a significant impact on health related behaviors. Your next step is to develop a written policy on nutrition at your workplace.

**Why do you need written nutrition policies?**

A worksite health policy is a set of statements around the specific health-related practices promoted within your organization. Policies set direction, shape programming and establish expectations for your organizational leadership and staff members. Creating a policy is your organization’s commitment to operating in a certain way. Traditionally, a policy is developed first then used as the basis for establishing practices.

Policies are most effective when written; having a written policy will eliminate any confusion regarding the specifics of the policy. Adopting a policy may be as simple as writing it and putting it in your organization’s handbook or it may require a bit more time.

**Sample Nutrition Policy Statement**

From Blue Cross and Blue Shield of Minnesota:

(Worksite name) is committed to providing a healthy food environment for all employees, contractors and visitors.

The purpose of this policy is to outline (worksite name’s) guidelines for providing a healthy food environment to encourage and support healthy eating by employees and contractors. The food environment includes cafeterias, onsite stores, vending machines, healthy snack stations, work areas and break rooms, as well as meetings, events and celebrations where food and beverages are served.

Adapted from <http://partnership4health.org/assets/etoFileBrowser/Healthy-foods-policy_TEMPLATE_2013.pdf>

**Sample Nutrition Policy Components**

The first step in creating a worksite health policy is ensuring that the policy meets the needs of your worksite, the employees, and the worksite environment. Your nutrition policy can include a few or all of the components below:

* (Insert worksite name) encourages all employees to eat healthy meals and snacks throughout the workday. Employees are allotted (number of minutes) for meals and snack breaks.
* (Insert worksite name) is committed to our employees by providing a work environment that encourages and supports employee and workplace health by:
  + [Here, briefly list how the worksite is committed to healthier eating.]
    - (Insert worksite name) will change the foods offered in vending and concession areas to include healthy foods, including snacks that are low-fat, low in added sugar, low sodium, and high in fiber.
    - (Insert worksite name) will serve fruits and/or vegetables at all worksite meetings where food is provided.
* (Insert worksite name) will create an environment that supports healthy eating in the workplace where are all employees are encouraged and supported through:
  + Support from organizational leadership and opportunities for social support.
  + Encouragement for healthier food choices.
  + Actions to enhance the worksite environment to increase healthier food choices.

**Sample Healthy Foods Policy**

From Eat Smart, Move More North Carolina:

Effective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date), it is the policy of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(worksite name) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events i.e. health fairs, etc.) sponsored or supported by this organization will always include one or more of these healthier items:

**• Fruits and/or vegetables**

Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit,

oranges, apples, raisins or 100% fruit juices) and fresh, frozen or canned vegetables.

**• Low-fat milk and dairy products**

Examples include skim/nonfat or 1% milk; low fat and fat-free yogurt; cheese and ice

cream.

**• Foods made from grains (like wheat, rice and oats), especially whole grains**

Examples include low-fat whole wheat crackers, bread and pasta; whole grain

ready-to-eat cereal, low-fat baked tortilla chips, pita bread.

**• Water**

From <http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/EatSmartWrkBk.html>

For more information on nutrition policy development and implementation, please refer to the *Work Healthy Georgia* toolkit at <https://dph.georgia.gov/working-on-health>