

HEALTHY BEVERAGES AT WORK: ALLOWABLE BEVERAGES

In order to qualify for a BANPAC Recognition Award, the organization's 100% Healthy Beverage policy can include only the following beverages:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners.
- Unflavored non-fat or 1% cow's milk with no added sweeteners
- Unflavored non-dairy milk alternatives with no added sweeteners
 - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners
- 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners
- Coffee and tea with no added caloric sweeteners (this does not include cream and sugar – those are considered condiments and do not apply)
- Diet beverages with zero calories and non-caloric sweeteners (e.g., zero-calorie vitamin-enhanced waters)***

***To maximize the healthfulness of beverages served/sold at your organization and to go above and beyond the policy requirements, we encourage you to remove diet beverages from your policy.

HEALTHY BEVERAGES AT WORK: ENVIRONMENTAL ASSESSMENT

Organization name: _____ Organization address:

Contact person name: _____ Contact phone
 #: _____ Contact email: _____

This assessment is for evaluation purposes; it will help to measure improvement over time.

INSTRUCTIONS: Walk around the organization to identify the types of beverages served in the locations listed below. If a beverage is not found in one of the locations, leave the box blank. If something can't be observed (e.g. meeting), talk with the contact at the organization, review the list of beverages, and ask them to identify which beverages are served/sold at unobservable locations.

What beverages are available in various locations within the organization (check all beverages that are found at each location):

	Staff meetings, celebrations and events	Cafeteria	Vending machines	Staff Room	Coffee Shop/Gift Shop	Snack Bar	Other Location 1 (write in location)	Other Location 2 (write in location)
Does the organization have this venue? If no, mark NA.								
Unsweetened Coffee/Tea Drinks								
Sweetened Coffee/Tea Drinks								
Energy Drinks								
Diet Energy Drinks								
Hot Chocolate								
100% Fruit or Vegetable Juice								

	Staff meetings, celebrations and events	Cafeteria	Vending machines	Staff Room	Coffee Shop/Gift Shop	Snack Bar	Other Location 1 (write in location)	Other Location 2 (write in location)
with no added sweeteners								
Unsweetened fruit or vegetable-based juice drinks								
Sweetened fruit or vegetable-based juice drinks								
Unflavored non-fat or 1% cow's milk with no added sweeteners								
Sweetened/Flavored or Unflavored 2% or whole milk								
Unflavored Non-Dairy Milk (i.e. soy, rice, almond milk) with no added sweeteners								
Sweetened/Flavored Non-Dairy Milk (i.e. soy, rice, almond milk)								
Smoothies 100% Juice or Fruit								
Smoothies-sweetened								

	Staff meetings, celebrations and events	Cafeteria	Vending machines	Staff Room	Coffee Shop/Gift Shop	Snack Bar	Other Location 1 (write in location)	Other Location 2 (write in location)
Sodas								
Diet Sodas								
Sports Drinks								
Diet Sports Drinks								
Plain Water with no additives, including vitamins and minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners								
Sweetened/Flavored Water with Calories								
Sweetened/Flavored Water with no calories								
Other:								
Other:								
Other:								

HEALTHY BEVERAGES AT WORK: ENVIRONMENTAL ASSESSMENT

INSTRUCTIONS: Look at the nutrition facts labels for the juices and unflavored non-dairy milk alternatives served/sold at the organization. Answer YES or NO to the following questions (Circle one):

Note: Check the nutrition facts label for all beverages that have a viewable label (e.g. label may not be viewable in a vending machine so this step can be skipped for those beverages).

- | | | |
|---|-----|----|
| 1. Are any of the 100% juices over 160 calories and 230 mg sodium? | YES | NO |
| 2. Are any of the unsweetened fruit or vegetable-based juice drinks over 160 calories and 230 mg sodium? | YES | NO |
| 3. Do any of the unflavored non-dairy milk alternatives have more than 2.5 grams of fat per 8 fluid ounces? | YES | NO |

How did you obtain information for completing the environmental assessment?
(check all that apply)

- Observation of the beverage environment
- Talking with organization contact

HEALTHY BEVERAGES AT WORK: ALLOWABLE BEVERAGES CHECKLIST

NOTE: ONLY COMPLETE AT POST DATA COLLECTION

INSTRUCTIONS: Review the organization’s Healthy Beverage Policy and complete the following checklist.

Mark “YES” if the organization’s policy includes the beverage listed. Mark “NO” if the policy does not include the beverage listed. Use the “Notes” section to add any comments if needed.

Organization’s policy includes statements allowing the following beverages:	Yes	NO	Notes
<ul style="list-style-type: none"> • Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners 			
<ul style="list-style-type: none"> • Unflavored non-fat or 1% cow’s milk with no added sweeteners 			
<ul style="list-style-type: none"> • Unflavored non-dairy milk alternatives with no added sweeteners <ul style="list-style-type: none"> ○ No more than 2.5 grams of fat per 8 fluid ounces 			
<ul style="list-style-type: none"> • Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners 			
<ul style="list-style-type: none"> • 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners 			
<ul style="list-style-type: none"> • Coffee and tea with no added caloric sweeteners (this does not include cream and sugar – those are considered condiments and do not apply) 			
<ul style="list-style-type: none"> • Diet beverages with zero calories and non-caloric sweeteners (e.g., zero-calorie vitamin-enhanced waters) 			
Other beverages:	Yes	NO	Notes
<ul style="list-style-type: none"> • Are any other beverages allowable under the Healthy Beverage policy? <ul style="list-style-type: none"> ○ If Yes, please describe the beverage type allowed (e.g. 100% fruit or vegetable juices with no calorie and sodium limit) 			
ELIGIBLE FOR BANPAC RECOGNITION AWARD *Policy includes only the allowable beverages			