

## **HEALTHY COOKING WITH KIDS, Inc WORKSITE WELLNESS POLICY**

The mission of Healthy Cooking with Kids, Inc. is to promote the health and well-being of children. As such, it is the culture of Healthy Cooking with Kids, Inc. to provide a supportive work environment that promotes the optimal health and well-being of its employees. As part of our commitment to improve the health of our workforce and create a healthier work environment, Healthy Cooking with Kids, Inc. recognizes the need to have mindful meetings, provide access to healthy eating and drinking options, and integrate opportunities to engage in physical activity during the work day. Healthy Cooking with Kids, Inc. will be a role model for other organizations and our partners, our guidelines apply to all staff who work in Healthy Cooking with Kids, Inc. 24 hours a day, year round and include:

- Beverages purchased by the organization for consumption at meetings, celebrations and events
- Beverages and food sold for fundraising purposes
- Healthy food provided at work, meetings, celebrations, and events
- Physical activity in the workplace, at meetings and events

### **Food and Beverages Provided At Work, Meetings, and Events:**

#### **\*100% Healthy Beverage Standards:**

- **Access to free, safe drinking water**  
Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.
- **Beverage Standards for Staff**  
All beverages served (e.g., at meetings or events) and sold (e.g., fundraisers, etc.) in all of Healthy Cooking with Kids, Inc. facilities can only include:
  - 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)

### **\*50% Healthy Food Standards**

- Food selections should be local, seasonal, and organic when possible and emphasize fruit, vegetables, whole grains, and non-fat or low-fat dairy products.
  - If meat is served, a vegetarian option should also be provided. (Consider a vegan option for larger groups.)
  - Include lean meat such as skinless poultry, fish, beans, tofu, eggs, nuts, and seeds.
  - Select food with no trans fat, and low in saturated fat, sodium, and added sugar.
  - Choose food that is prepared by grilling, baking, or sautéing with healthy fats.
  - Provide fresh fruit or other healthy options for dessert.
  - Serve appropriately sized portions for all foods (i.e. cut bagels in half, use smaller serving utensils, 3 ounce protein portions).
  - Reusable, washable serving containers and eating utensils will be used if able.
  - Promote healthy food options when appropriate (i.e. healthy recipes via newsletters, employee wellness bulletin boards, etc.)

### **Physical Activity At Work, Meetings, and Events:**

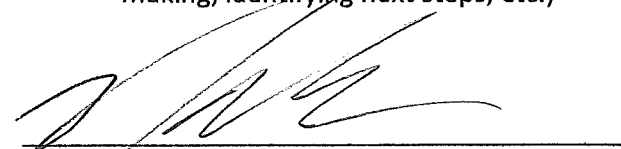
Our organization will:

- Promote physical activity opportunities when appropriate (i.e. community events, bike to work month, etc.) and provide incentives for participation.
- Create physical activity opportunities for staff and clients throughout the work day by implementing at least one 10-minute break per meetings lasting longer than 2 hours.
- Promote and practice physical activity at all community meetings and events where the organization is the recognized sponsor or lead by scheduling at least one 10-minute physical activity break.

### **Mindful Meetings:**

Our organization will practice mindful meetings by:

- Allowing time for self and/or group check-in pre-meeting (i.e. group meditation , encourage breathing techniques, or acknowledging a few minutes of silence).
- Clearly communicating the intentions of our meetings (i.e. make decision, connect partners, etc.)
- Acknowledging the process of the meeting (i.e. brainstorming, evaluating options, decision making, identifying next steps, etc.)



---

Signature

11-5-15

---

Date