



## **Healthy Beverage, Food, and Physical Activity Guidelines Implementation Plan**

1. The City of San Pablo will ensure compliance with the organization’s Healthy Beverage, Food, and Physical Activity Guidelines (hereafter “Guidelines”) through its established, multi-department Wellness Committee.
2. The Committee meets monthly to discuss programs, events, and strategies to support the Guidelines.
3. Wellness Committee members, as “Champions” are responsible for communicating Guidelines, programs, and events back to their respective departments.
4. Guidelines will also be included as part of new employee orientation training.
5. Guidelines, programs, and events will be communicated through various employee communication tools such as emails, website, and newsletters.
6. The \$550 stipend will be used to create and oversee events and programming in the “Healthy Habitat” room created to support health and wellness for City of San Pablo employees, such as:
  - a. Exercise equipment (dumb bells, bands, jump ropes, etc.)
  - b. Healthy snacks and fruit-infused water
  - c. Filtered water dispensers
  - d. Prize giveaways
  - e. Signage in meeting spaces to reinforce healthy meeting guidelines