



Wellness Policy

Healthy Beverage Position Statement:

Daly City strives to promote health and wellness by being a role model to promote healthy beverages. At all Daly City sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where beverages will be provided, the selection must be in accordance with the Daly City Healthy Beverage Guidelines¹.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy beverages. Therefore Daly City will:

Provide 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.

Comply with Beverage Standards

All beverages served (e.g., at meetings) and sold (e.g., in the cafeteria and vending machines) in Daly City facilities can only include:

- Water with no added 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 sweeteners;
- Diet beverages with non-caloric sweeteners.

*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

Healthy Food Position Statement:

Daly City strives to promote health and wellness by being a role model to promote healthy foods. At all Daly City sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where foods will be provided, the selection must be in accordance with the Daly City Healthy Food Guidelines.

¹ Adopted from The Public Health Institute's 100% Beverage Standards for Adult Settings

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing healthy food choices. Therefore Daly City will:

- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
 - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
 - Encourage lean meats, poultry and fish.
 - For starches such as rice, pasta, and bread products, the recommended portion size is about ¼ of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Encourage high calorie foods/desserts only as an occasional small treat. The items are offered as a side dish along with healthier food choices.
 - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, healthy foods at meetings.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to Daly City employees and clients.
- Move towards providing an abundance of fresh fruits in break rooms to keep staff focused and full of energy.

Healthy Movement Position Statement:

Daly City strives to promote health and wellness by being a champion for exercise and movement.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities. Therefore Daly City will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Create opportunities for movement for staff and clients, such as “walking meetings,” stretch breaks, or recreational exercise classes throughout the workday.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Help employees build physical activity into their day by getting to/from work via public transit, walking, and/or biking. Examples include, but are not limited to:
 - Work towards making bike racks available at all city buildings.
 - Offer bike/walk to work days throughout the year.
 - Offer an award system for alternative ways to get to work (i.e. The Great Race).
 - Explore incentives and programs to increase public transportation ridership among city employees.

Mental Health Position Statement:

Daly City strives to advance health and wellness by promoting mental health activities.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing mental health opportunities. Therefore Daly City will:

- Reduce workload stress by cooperating and supporting one another's roles as a team.
- Attempt to create opportunities that allow employees to meditate, relax, and have a clear mind.
- Encourage discussion around mental health & wellness through events, newsletter articles, speakers, and open dialogue.