

MidPen Housing Corp. Healthy Food & Beverage Policy

Position Statement:

MidPen Housing Corp. strives to promote health and wellness by being a role model for promoting healthy food and beverages.

*As an organization that employs staff, has volunteers, serves residents, and hosts community events, we are committed to promoting health and wellness by providing healthy food and beverage choices. Therefore **MidPen Housing Corp.** will:*

- Ensure that non-bottled, clean drinking water is available at all MidPen properties and offices.
- Work toward stocking vending machines with healthy alternatives.
- Serve only healthy foods and beverages and promote the consumption of water at company-sponsored programs and events.
- Encourage employees to avoid sugar loaded beverages and foods on MidPen Housing Corp. premises including in break areas, at meetings, at community events, and during programs that serve our residents.
- Prohibit provision of sugary beverages to children and young adults under 21 for all company-sponsored activities and limit 100% fruit juice to small servings (6 ounces of less to children).

MidPen Housing Corp. Movement Policy

Position Statement:

MidPen Housing Corp. strives to promote health and wellness by being a role model for promoting movement.

*As an organization that employs staff, has volunteers, serves residents, and hosts community events and programs, we are committed to promoting health and wellness by encouraging and incorporating healthy movement. Therefore **MidPen Housing Corp.** will:*

- Encourage opportunities for movement throughout the employees' workday, such as "walking meetings" and stretch breaks.
- Create fun events for staff which involve movement, such as group walks at lunch.
- Provide opportunities to promote wellness through movement to residents.
- Provide 5 - 10 minute physical activity breaks for all meetings, programs and/or events lasting 90 minutes or longer.
- Encourage employees to either step away from their desks, or stretch at their desks, for ten minutes every four hours.