

CALIFORNIA CONVERGENCE

Healthy Beverage Guidelines

Position Statement:

The California Convergence Coordinating Office, a project of the Public Health Institute (PHI), strives to promote health and wellness by being a role model to promote healthy beverages. At all California Convergence Coordinating Office-sponsored or coordinated meetings and events, both in the community and at our work site where beverages are provided, the selection must be in accordance with the California Convergence Coordinating Office Healthy Beverage Guidelines. These guidelines apply to both Coordinating Office staff and Convergence members at Convergence convening's.

Therefore California Convergence Coordinating Office 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 in the California Convergence Coordinating Office and at Convergence convening's 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
- 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.

Lou S. Deshy 4/3/13

CALIFORNIA CONVERGENCE

Healthy Food Guidelines

Position Statement:

The California Convergence Coordinating Office, a project of the Public Health Institute, strives to promote health and wellness by being a role model to promote healthy foods. At all California Convergence Coordinating Office-sponsored or coordinated meetings and events, both in the community and at our work site where foods are provided, the selection must be in accordance with the California Convergence Coordinating Office Healthy Food Guidelines. These guidelines apply to both Coordinating Office staff and Convergence members at Convergence convening's.

Therefore California Convergence Coordinating Office will:

- As outlined in the Convergence bylaws (article 5, section 2, item 6), ensure that all in-person Steering Committee meetings include healthy food as standard practice. Increase the range and availability of healthy food options on our premises, including break areas; and at all CA Convergence meetings and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
 - 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 $\frac{1}{4}$ of the plate.
 - Aim to select food with no trans fats, and which is low in saturated fats, sodium, and added sugar.
 - Encourage cooking with healthier ingredients and providing snacks through the provision of healthy foods at meetings.
 - Chips, candy or sugary baked goods will not be served at meetings.
 - Fruit will be served for dessert.

- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to California Convergence Coordinating Office employees and Convergence members.

Lisa S. Hardy 4/3/13

CALIFORNIA CONVERGENCE

Healthy Movement Guidelines

Position Statement:

As a project of the Public Health Institute which employs project staff, the California Convergence Coordinating Office strives to promote health and wellness by being a champion for exercise and movement. The Coordinating Office coordinates the California Convergence, which is guided by a 28-member Steering Committee, has volunteers, and serves the community. The Coordinating Office is committed to promote health and wellness by providing physical activity opportunities for all of its stakeholders.

Therefore California Convergence Coordinating Office will:

- Be located in an office which is accessible by clean, well-lit thoroughfares. The office is accessible by walking and bicycling. Wherever possible, the Coordinating Office also will make it a priority to hold events at locations which have safe, clean, well-lit thoroughfares, accessible by walking and bicycling.
- Create opportunities for movement for Coordinating Office staff and Convergence members while in attendance at Convergence meetings, such as "walking meetings" and stretch breaks.
- Find and capitalize on opportunities to promote exercise/movement to Coordinating Office staff and Convergence members.
- As outlined in the Convergence bylaws, ensure that all in-person Steering Committee meetings include physical activity breaks as standard practice. Apply this guideline to all other in-person meetings coordinated by the Coordinating Office. This includes providing a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Encourage Coordinating Office staff to take advantage of PHI's commuter benefits program, which encourages commuting by public transit.
- Encouraging Coordinating Office staff to build physical activity into their day by getting to/from work via other means that promote physical activity, such as walking or biking.

Don S. Dewey 4/3/13