



**Mission Neighborhood Centers, Inc.
Children's Services Division/ Mission Head Start Program**

Mission Head Start Healthy Beverage Guidelines

Position Statement:

Mission Neighborhood Centers (MNC) Children's Services Division Mission Head Start Program strives to promote health and wellness by being a role model to promote healthy beverages. At all MNC 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 Mission Head Start Healthy Beverage Guidelines.

Therefore MNC Mission Head Start Program 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 all 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 Mission Head Start Beverage Standards***
All beverages served (e.g., at meetings) throughout Mission Head Start Program, will strive to increase the availability of healthy beverage options by promoting to provide the following:
 - 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 (individuals may add sweetener as they choose, but none will be added to the serving container);
 - Diet beverages with non-caloric sweeteners.

When beverages are provided by a vendor or purchased as a part of a "meal" or pre-packaged lunch, Mission Head Start will share a copy of the Healthy Beverage Guidelines with the vendor or person responsible for purchases. Beverages not complying with the Mission Head Start beverage standards will not be served to the staff or clients.

Staff and clients may bring their own beverages which will not be subject to these guidelines.

Mission Head Start will strive to lead by example in promoting health beverage choices to the clients served by the program. As a role model for children and their families, staff may not consume any beverages that do not meet these guidelines in the MNC Mission Head Start classrooms, playgrounds, or in front of the children attending Mission Head Start. Staff may enjoy any beverages they brought from home in the staff-only areas, such as the staff office.



**Mission Neighborhood Centers, Inc.
Children's Services Division/ Mission Head Start Program**

Mission Head Start Healthy Food Guidelines

Position Statement:

MNC Mission Head Start strives to promote health and wellness by being a role model to promote healthy foods. At all MNC Mission Head Start 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 MNC Mission Head Start Healthy Food Guidelines.

Therefore Mission Head Start 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 $\frac{1}{4}$ of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Aim to serve fruit for dessert instead of sugary baked goods.
 - High calorie foods/desserts will be served only as an occasional small treat at all staff meetings and trainings (with more than 50 people attending) and agency celebrations. The items will be offered only 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 kitchen areas, healthy foods at meetings.

- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to MNC Mission Head Start employees and clients.



Mission Neighborhood Centers, Inc.
Children's Services Division/ Mission Head Start Program

Mission Head Start Healthy Movement Guidelines

Position Statement:

MNC Mission Head Start 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 Mission Head Start will:

- Ensure that our facilities have safe, clean, well-lit thoroughfares and encourage accessing meetings and events by walking and bicycling.
- Create opportunities for movement for staff and clients, such as "walking meetings," stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute structured 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.
- Work with local authorities to provide additional bicycle parking at the facilities where none are available nearby.

Approved: _____

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Date: _____

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