

## Asian Americans for Community Involment (AACI) Healthy Food and Beverages Policy

**Position Statement: Asian Americans for Community Involvement (AACI) strives to promote health and wellness by being a role model to promote healthy food and beverages. At all AACI sponsored and/or coordinated meetings and events, both in the community and at work sites, for staff or community members where food will be provided, the selections must be in accordance with the agency's Healthy Food and Beverage Policy for purchasing food.**

*As an organization that employs staff, has volunteers, serves clients, and hosts community events, we are committed to promote health and wellness by providing healthy food and beverage choices. Therefore our organization will:*

- Increase the range and availability of healthy food and beverage options on our premises and at events, including in our break areas, at meetings, and at community events. Food selections should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
  - If dessert is provided, choose fruit or other healthy options.
  - Serve healthy portions.
  - Select foods with no trans fat and low in saturated fat, sodium, and added sugar.
  - High calorie foods/desserts are only allowed as an occasional small treat. These items are offered as a side dish along with healthier food choices.
  - If sugary beverages are provided at a staff event, water will always be included. Sugar-loaded beverages will be offered at limited availability. No sugary beverages will be provided to youth under 21 years of age.
  
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to clients, employees or event attendees.
  
- Provide fresh fruits in break rooms.
  
- Water should always be included. Other healthier beverage choices include (when possible, serve beverages in bulk):
  - Non-caloric beverages such as coffee or tea
  - Carbonated water or iced teas, flavored or unflavored, with no added sweeteners.
  - Nonfat or 1% milk or dairy-free alternative (soy & rice milk, Lactaid)
  
- Promote healthy food and beverage choices by making nutritional information readily available to staff, clients and volunteers.
  - Increase availability of promotional nutritious displays
  
- Promote healthy eating and good nutrition practices by providing snack vending machines that contain items such as trail mix, pretzels, low fat crackers, multi-grain bars, and fresh/ dried fruit.
  
- Utilize a preferred vendor's list of restaurants and catering companies that offer healthy food options.

## AACI Movement Policy

**Position Statement: Asian Americans for Community Involvement (AACI) strives to be a role model in providing opportunities and choices for our colleagues and clients by promoting movement.**

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

- Provide safe, clean, well-lit thoroughfares for accessing our locations and events by walking or bicycling.
- Provide health and wellness seminars throughout the year.
- Create fun events for staff which involve movement, such as recreational exercise classes.
- Provide a 5-minute physical activity break for every meeting or event lasting 90 minutes or longer.
- Provide a \$25 reimbursement for every 8 visits to the gym.