



Healthy Food & Beverage Policy

Position Statement:

America SCORES Bay Area 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 clients, and hosts community events, we are committed to promote health and wellness by providing healthy food and beverage choices. Therefore America SCORES Bay Area will:

- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to clients, employees or event attendees.
 - Only support fundraising activities involving food or drink items that meet the organization's healthy food and beverage guidelines.
 - If food is donated for an event such as a potluck or birthday party, encourage parents to only provide healthy food options (healthy snack list provided)
 - Ensure that no sugar loaded beverages (SLBs) are available on America SCORES Bay Area premises including in break areas, at meetings, and at community events.
 - Ensure all programs (school-based, workshops, community events) promote increased consumption of water (especially with fruit slices) and decreased consumption of sugary beverages.
 - Only serve water, water with fruit slices and smoothies made with fruit and unsweetened yogurt or milk at its programs, events, staff and board meetings, etc.
 - Ensure all materials, collateral and social marketing sites promote an increased consumption of water (especially with fruit slices) and decreased consumption of sugary beverages
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Movement Policy

Position Statement:

America SCORES Bay Area strives to promote health and wellness by being a role model for promoting movement.

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

- Provide safe, clean, well-lit thoroughfares for accessing our locations and events by walking or bicycling.
 - Create 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 clients.
 - Provide 5 - 10 minute physical activity breaks for all meetings, programs and/or events lasting 90 minutes or longer.
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