



GENERATIONS Community Wellness

Healthy Food, Beverage, &
Movement Policies and Practices

2012 - 2014

Adopted January 1, 2012
Created by the GENERATIONS Wellness Champions



GENERATIONS Community Wellness

Healthy Food & Beverage Policy

GENERATIONS strives to promote health and wellness by being a role model for encouraging healthy food and beverages. Therefore, our organization will practice the following:

1. Tailgate Parties –When possible, we eat meals in the company of others and encourage sharing of healthy food items. We encourage employees, volunteers, and clients not to eat at their desks.
2. Fruit and Veggie Feasts – We encourage employees and volunteers to bring seasonal fruits and vegetables to share with staff, clients, volunteers, and visitors throughout the week.
3. Soda Free Zone – Generations does not allow soda, diet soda, or other sugar loaded beverages within 100 yards of office or any Generations sponsored event. (Drink water says Potter the Otter!)
4. No Pink Boxes (think donuts and pastries) – High calorie/low nutrient density foods are only allowed as an *occasional* small treat. We believe warm cookies (in moderation) are health food for the soul. Almost all of the food provided at agency sponsored meetings, programs, and events must be healthy (i.e. - grown from the ground and no chemical food additives).



GENERATIONS Community Wellness

Healthy Movement Policy

GENERATIONS strives to promote health and wellness by being a role model for encouraging movement. Therefore our organization will practice the following:

1. Scenic Route – We encourage staff, volunteers, clients, and visitors to create opportunities to increase daily walking. Examples include: taking the “scenic route” when returning from the restroom, always taking the stairs, finding the furthest parking spot from your destination.
2. Pay to Play – We promote exercise as an integral part of the workday. Generations allocates 10% (i.e. 4 hrs. of a 40 hr. work week) of employees’ salary towards scheduled physical activity time.
3. Egg Timer – For every 60 minutes of sitting, Generations encourages 3 - 5 minutes of personal wellness. Examples include: water break, deep breathing, physical activity, and meditation.
4. Movement Meetings – For every 90 minute agency sponsored meeting, Generations encourages 10 minutes of physical activity. Generations also practices “walking meetings” when logistically appropriate.