



## LIFT Healthy Food and Beverage Policy

### Position Statement:

**LIFT is committed to building healthy equitable communities 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 LIFT- Levántate 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.
  - Ensure that no sugar loaded beverages (SLBs) and processed foods are available on LIFT 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 fresh fruits and vegetables and decreased consumption of sugary beverages and salted and processed foods.
  - Only serve sugar free beverages such as water, water with fruit slices, unsweetened tea and healthy smoothies at its programs, events, staff and board meetings, etc. Meal and snack foods will be emphasize fresh fruit and vegetables, whole grains and lean meats.
  - Ensure all materials, collateral and social marketing sites promote recommended portion sizes, an increased consumption of water (especially with fruit slices) and fresh fruits and vegetables and decreased consumption of sugary beverages and salted and processed foods.
  - Deliver ReThink Your Drink, Soda Free Summer and Sugar Savvy training and information sessions, especially to low income communities, throughout the Bay Area
  - Provide "Train The Trainer" training regarding healthy beverage education for youth interns, Promotoras, community partners and community coaches.
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## **LIFT Physical Activity and Movement Policy**

### **Position Statement:**

**LIFT is committed to building healthy equitable communities by being a role model for promoting physical activity and 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 LIFT 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 120 minutes or longer.
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# LIFT Spaces for Healthy Activity Policy

## Position Statement:

**LIFT is committed to building healthy equitable communities by being a role model for promoting healthful work spaces.**

*As an organization that employs staff, has volunteers, serves clients, and hosts community events and programs, we are committed to providing health and wellness by providing appropriately healthful workspaces, event, and program locations. Therefore LIFT will:*

- Ensure clean, safe, well-lit spaces for traveling to and from our locations and events.
  - Survey our environment on an ongoing basis for safety and health issues and quickly remedy any shortcomings.
  - Provide clean, safe and appropriate spaces for medical and other needs, such as breastfeeding.
  - Educate staff, volunteers and clients on ergonomic and healthful environments.
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# LIFT Eco-Friendly Policy

## Position Statement:

**LIFT is committed to building healthy equitable communities by being a role model for promoting eco-friendly workplaces and environment.**

*As an organization that employs staff, has volunteers, serves clients, and hosts community events and programs, we are committed to providing wellness and environmentally friendly practices by implementing eco-friendly practices. Therefore our organization will:*

- Promote and support modes of transportation that reduce emissions.
  - Recycle paper and other materials used in the course of organization work and at events.
  - Provide reusable cups, plates and silverware in our break areas.
  - Minimize the use of disposable materials and maximize the use of compostable and recyclable materials at events, including food service, informational materials, and decorations.
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## **Implementation Plan**

- LIFT's Directors will move to adopt LIFT's Organizational Health and Wellness Policy at our next Board meeting.
- Wellness Champions have been identified in the organization, including our Associate Director and Site Directors, they will sign Wellness Pledges and their responsibilities as Wellness Champions will be integrated into their Job Descriptions.
- Site Directors will insure that all LIFT program sites will adhere to our organizational health and wellness policies and are supported by our community partners.
- The policy will be posted prominently in LIFT offices and a link provided on our web and social media sites.
- The policy will be reviewed at all staff/volunteer/intern orientation meetings and included in all orientation and training materials.
- We will include Policy reminders in LIFT meeting agendas and Program Agreements with partners and vendors
- We will identify and recognize staff, volunteers, interns, Directors and partners who embody the principles.

## **Use of Stipend**

- We will use the stipend as incentives for our Wellness Champions, encouraging nutritious snacks for our program site meetings as a means to reinforce the policy with our partners.
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