



Palo Alto Community Child Care

## Employee Wellness Program Practices and Policies

### Healthy Food and Beverage Practices and Policies

#### Position Statement:

As mentors and role models for children and families, PACCC is committed to promoting health and wellness by providing healthy food and beverage choices. Therefore, PACCC will:

- increase the range and availability of healthy food and beverage options available on PACCC premises (including break areas) and at PACCC meetings and other community events.
- not provide soda, diet soda or other sugary beverages at agency events, activities or celebrations. Water will always be available.
- significantly limit high calorie/low nutrient density foods such as donuts, pastries, cookies, candy, chips and fried foods at any agency events, activities or celebrations.
- encourage all collaborators, contractors and grantees to follow our *Healthy Food and Beverage Practices and Policies*.
- educate staff, volunteers, children and families to provide healthy food and beverage options at PACCC/center events.
- follow PACCC's *Healthy Food and Beverage Practices and Policies with Children (to be developed)*.

### Physical Activity Practices and Policies

#### Position Statement:

As mentors and role models for children and families, PACCC is committed to promoting health and wellness by encouraging and incorporating healthy physical activity. Therefore, PACCC will:

- create opportunities for physical activity throughout the employees' workday such as "walking meetings" and stretch breaks.
- encourage staff to be physically active on their breaks.
- create fun events for staff which involve physical activity.
- educate staff, volunteers, children and families on the importance of physical activity.
- follow PACCC's *Physical Activity Practices and Policies with Children (to be developed)*.