

Sample Company-wide Nutrition Policy

I. Purpose

To provide an environment conducive to and supportive of healthy eating habits for all [COMPANY NAME] employees and clients.

II. Policy

[COMPANY NAME] has a commitment to provide an environment that encourages healthy eating habits among its employees and clients.

III. Potential Policy Statements to Include:

- a. [COMPANY NAME] will provide fruit and vegetable food choices that are low in fat at company meetings and functions. At company functions which offer food, one or more healthful entrees, side dishes, snacks, beverages or desserts will be served
- b. Vending Machines: Vending machines will offer a variety of snack foods, including healthful alternatives. Drink machines will provide water and 100% fruit juices, as well as sugar-free and caffeine-free soda selections.
- c. Price Structure: Food identified as low fat/low calorie will be priced lower than unhealthful foods.
- d. Labeling: Food that is considered healthful will be labeled to identify it.
- e. Doughnuts, bars, giant muffins, pastries, sweet rolls, pies, cookies, sugared beverages (regular sodas, punch, etc.) will NO LONGER BE SERVED to employees or clients during meetings or be paid for with [COMPANY] funds.
- f. [COMPANY] will not offer food at mid-morning or mid-afternoon meetings, presentations or seminars two hours or less in length.
- g. Employees are discouraged from bringing food into the worksite to share with other employees.