

Sample Healthy Cafeteria Policy

As a company, [COMPANY NAME] recognizes the importance of proper nutrition on people's work performance and morale. The Food Services at the [COMPANY NAME] facility exist to provide healthy food choices at reasonable prices to employees on all shifts. Special emphasis has been given to healthy eating decision as well as considerations for those employees on restricted diets.

[COMPANY NAME]'s cafeteria service offers specially identified lunch and snack items that contain: less than 30% calories from fat; less than 500 mg. sodium; and less than 120 mg. cholesterol. [insert your company's specifications here].

These selections are approved by a dietitian and labeled "Heart Healthy." [Insert your company's options here]. Ongoing guidance is provided through monthly consultation with the outside dietitian in menu planning, nutritional evaluation of recipes and promotion/education of the workforce.

The cafeteria employees actively participate in annual planning to identify steps to improving the service to [COMPANY NAME] employees. They also receive periodic training in safe food handling practices to ensure compliance to state health standards.

[COMPANY NAME] also provides vending services to those employees who wish to utilize them. Vending services providers are encouraged to take special needs into consideration to ensure they satisfy access and dietary requirements, including special needs of shift workers. Periodic reviews of vending services are conducted to determine menu/product choices and to ensure acceptable service. Hygiene and food safety requirements are set for vending providers.

Adapted from Valmont Industries, Inc., (Well Workplace Gold), member of the Wellness Council of the Midlands.

Reference: *Healthy Wealthy and Wise*, 1995, [Wellness Councils of America](http://www.wellnesscouncils.org).