

Sample Small Group Nutrition Policy

The [GROUP NAME] recognizes the importance of good nutrition and environmental practices that support co-workers in their efforts to live a healthy lifestyle. Therefore, group members will strive to:

- a. Offer healthy foods at team meetings if food is offered at all.
- b. Follow the University of Minnesota, School of Public Health Guidelines available at http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf (pdf)
- c. Choose caterers from the Cater to Health preferred caterer list when it is necessary to order foods for meetings or events.
- d. Minimize the quantity and frequency of foods shared with co-workers by limiting it to produce and low-fat/low-calorie items.