

Sample Healthy Foods Policy

_____ is concerned about the health of our (family, business, congregation, organization).

Purpose Statement

People have become more and more interested in eating better and being more active; Both heart disease and cancer--the number one and two causes of death in Georgia--are largely affected by what we eat and how active we are; Foods such as fruits, vegetables, whole grain breads and pastas, and low fat dairy products are better choices for preventing many diseases.

Goals

Effective _____, it is the policy of _____

that all events sponsored or supported by this (family, business, congregation, organization) will always include one or more of these healthier items:

- Fruits and/or vegetables Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges apples, raisins or 100% fruit juices), and fresh, frozen, or canned vegetables
- Low fat milk and dairy products
Examples include skim/nonfat or 1% milk; low fat and fat-free yogurt; cheese and ice cream
- Foods made from grains (like wheat, rice , and oats), especially whole grains
Examples include low-fat whole-wheat crackers, whole-wheat bread and pasta; whole grain ready-to-eat cereal, low fat baked tortilla chips, pita bread
- Water

Procedures (This should be based on what your organization is actually committing to do)

As an (family, business, congregation, organization) we will:

- Host Healthy Food Event once per (month, quarter, etc...)
- Complete Cooking Demonstrations with members (monthly, quarterly, etc.)
- Distribute Heart Healthy Foods at Community Health Fairs and other events
- Other _____

Enforcement

As an (family, business, congregation, organization), we will be responsible to make sure healthy food choices are offered at all events and activities where food is served. Examples of events may include: dinners, meetings, potluck events, catered events and/or community sponsored events.

Authorizing Signature

Name

Date