**Healthy Eating Policy Examples**

The following examples are excerpts from funded Blue Cross and Blue Shield of Kansas Pathways Worksite initiatives.

1. Events and Meetings: When ordering meals or refreshments for workplace functions, staff will provide healthy foods and beverages that are consistent with [Company Name]'s healthy food and beverage standards.
2. In Break Rooms/ No Dumping Policy: When bringing in foods and beverages to share with other employees, staff will ensure they meet [organization]'s healthy food and beverage standards. Staff will not bring in leftover candy, treats, desserts, and other snacks of no nutritional value to "dump" in the breakroom.
3. Potlucks: Potlucks and celebrations are an important way for employees to connect, socialize, and recognize one another. When planning workplace potlucks or celebrations that include food or beverages provided by staff, participants are required to follow [organization]'s food and beverage guidelines and plan accordingly.
4. Vending Machines: No outside vending machines shall be permitted to sell product on [organization] owned and operated work sites. This limitation will apply to the following: Beverage-dispensing machines that dispense anything other than water; Machines dispensing food of any kind unless provided by an exemption by [organization]'s Wellness Committee.
5. Sponsored Events or Gatherings: [organization] is proud to hold events to recognize progress and the accomplishments of its staff and community. In organizing these events, [organization] will not offer any of the following as part of its events: soft drinks (diet or regular); sports drinks; alcoholic beverages; candy; donuts; any other items that the Wellness Committee determines is not acceptable for our staff's consumption; any food or beverage that does not fall within [organization]'s Food and Beverage Guidelines.

For additional examples, visit: <http://workwellks.com/resources/pathways-to-a-healthy-kansas/food-and-beverage/>