**Healthy Food & Beverage Policy Template: Small On-Site**

[Company Logo]

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| POLICY NAME: Food and Beverage Policy (On-Site Venue: Small-Scale) | EFFECTIVE DATE:  LAST REVISION : |
| DEPARTMENT: | POLICY NUMBER: |

**PURPOSE:** To create a supportive environment by providing a variety of healthy options for on-site dining. A "small-scale" venue is defined as one that offers only pre-made and pre-packaged options; the food is prepared off-site and brought in or delivered to the worksite location. A grab-and-go venue is an example.

[Company Name] recognizes healthy food and beverages are essential components of good nutrition. Individuals that consume nutrient-rich diets (i.e. those high is essential vitamins, minerals and fiber) feel better and manage stress better, leading to increased energy and productivity. Sound nutrition is important in the prevention and management of many health-related problems, such as high blood pressure, heart disease, and diabetes. Through this policy, [Company Name] will ensure healthy food and beverages are available through onsite employee dining.

**MEALS AND SNACKS:**

* Pricing and placement strategies will be used to make healthier options accessible and appealing.
* At least one fresh fruit and one fresh vegetable offering will be available daily for purchase.
* Low-fat (1%) or skim milk and other dairy products will be made available daily for purchase.
* Baked chips and lower-fat alternatives will be available for purchase in the cafeteria.
* When salads are offered, vinaigrette and/or lighter versions of traditional offerings will be available
* Nutritional information will be posted when possible and available upon request.
* [Company Name] will offer at least one “healthy” meal option each day for the lunch period.
* A “healthy” meal consists of:
  + Emphasis on fruits, vegetables and whole grains
  + Incorporates lean proteins, including fish and plant-based varieties
  + Minimizes the use of processed foods that contain added sugar and sodium
  + Prepared using a healthy cooking technique, such as: baking, roasting, broiling, grilling, poaching, steaming, and stir frying
  + Free of artificial trans-fat or partially hydrogenated oils
* Snack items should:
  + Be served in single-serving packaging
  + Offer reduced sodium options when available (i.e. at least 25% less sodium than regular product)
  + Offer at least 50% of items made with whole grains (\*'Whole grains' listed first on ingredient label)
  + Include nuts and seeds with low sodium/no added salt
  + Be free of artificial trans-fat or partially hydrogenated oils

**BEVERAGES:**

* A source for free water will be available at all times and will be advertised
* Bottled water will be offered during business hours for purchase.
* If sugar-sweetened beverages are offered, an equal number of zero- and low-calorie

beverages must also be offered.

* Soda offerings including zero-calorie and low-calorie should be limited to no greater than 12 oz. containers
* 100% fruit juice will be served in portion sizes no greater than 6 oz.