

Healthy Policies...

Many of the chronic illness we experience today is caused, at least in part, by **UNHEALTHY BEHAVIORS** like not exercising regularly, smoking, and high fat and sugar diets. Some of us are eating healthier, though—and that's GREAT! You can have a life-saving impact on friends and coworkers by encouraging civic groups and your



worksite to adopt a **HEALTHY EATING POLICY!** This would mean that each time food is served in the group or at work, some healthy options would be available. The idea is that if no healthy foods are available, no one can choose them BUT if there are healthy options, the coworker may make that healthier choice---he or she may begin to make that choice regularly, and even to offer those healthy options for their families! And a healthy food policy doesn't mean you can never have breakfast pastries or subs with bacon on them again—it just means that you will also serve fruit with your breakfast pastries or a selection of subs-some without the bacon and mayo. Check out the resources below for help—there is:

- a sample HEALTHY FOOD POLICY
- a HEALTHY MEETING FOOD GUIDE
- a list of other agencies who have adopted HEALTHY FOOD POLICIES and
- a GREAT list of local catering options and their healthier choices
- a sample HEALTHY PHYSICAL ACTIVITY POLICY

HAPPY HEALTHY EATING!