

# Food and Beverage Policy



Because workers spend a lot of their time at work, a good portion of their diet is consumed in the workplace. By ensuring that healthy food and beverages are available in your facility, you can help encourage workers to make good choices and thus improve their overall health.

Adapt this model food and beverage policy for your workplace, taking into account worker feedback, the options available in the surrounding environment and what choices any vendors or outside contractors offer.

HR managers in any part of Canada can adapt this Model Policy for use at their own workplace.

## 1. PURPOSE

\_\_\_\_\_ (the Company) acknowledges and understands the importance of healthy eating and active living to an individual's health. Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are healthier choices for preventing many diseases. For example, heart disease, cancer, stroke and diabetes are largely affected by diet and lifestyle.

## 2. HEALTHY MEETINGS

The Company adopts the following Healthy Meeting Guidelines to promote and model healthy behaviours. These guidelines will be utilized for all meetings, seminars and catered events hosted by the Company.

### Refreshments

- When refreshments are being served at a meeting, seminar or Company event, include water and fresh fruit or vegetable options (at a minimum).

### Meals and Snacks

- Emphasize fruit, vegetables, whole grains and non-fat or low fat dairy products.
- Include lean meat such as skinless poultry and fish. Beans, tofu, eggs, nuts and seeds are also appropriate.
- Remember to include a vegetarian option and consider a vegan option for

larger groups.

- Select foods with no trans fat and that are low in saturated fat, sodium and added sugar.
- Choose food that is prepared by grilling, baking or sautéing with healthy fats.
- Serve healthy portions.

## **Beverages**

- Water should always be included, preferably served in bulk containers such as water pitchers rather than individual plastic bottles.
- Other healthier beverage choices include:
  - Non-caloric beverages such as coffee or tea
  - Carbonated water or iced teas, flavored or unflavored, with no added sweeteners
  - Non-fat milk, 1% milk or dairy-free alternatives (soy, rice milks)
  - 100% fruit or vegetable juices (6-8 ounces or less)
  - When possible, serve beverages in bulk...