



## **CommunityGrows Work-Site Wellness Policies**

It is the mission of CommunityGrows to cultivate healthy youth through growing gardens in low-income, diverse communities.

Therefore, it is the culture of CommunityGrows to promote the optimal health of our workforce and create a healthier work environment. CommunityGrows recognizes the need to provide access to healthy beverages, foods, and opportunities for physical activity. CommunityGrows will strive to be a role model for other organizations and partner agencies in implementing worksite wellness policies.

To promote a healthier workplace, CommunityGrows, commits to the following wellness policies:

1. 100% Healthy Beverages
2. Healthy Food
3. Physical Activity Integration

### **100% Healthy Beverages Provided at Work, Meetings and Events:**

**Our organization will:**

**Provide access to free, safe drinking water:**

- Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.

**Implement beverage standards for staff:**

All beverages served (e.g., at meetings or events) will only include:

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners.
- Unflavored non-fat or 1% cow's milk with no added sweeteners.
- Unflavored non-dairy milk alternatives with no added sweeteners.
- No more than 2.5 grams of fat per 8 fluid ounces
- Coffee and tea with no added caloric sweeteners (this does not include cream and sugar – those are considered condiments and do not apply).
- Serve "Wellness Water" at all meetings, trainings and events.

## **Physical Activity at Work, Meetings and Events:**

**Our organization will:**

**Encourage employees to integrate physical activity by:**

- Initiating a walking challenge and have employees track their steps.
- Supporting and encourage walking meetings when appropriate.
- Scheduling a 5-minute physical activity break during every meeting over 90 minutes and a 10-minute physical activity break during every meeting that is longer than two hours in length.

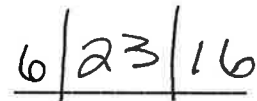
## **Healthy Food at Work, Meetings and Trainings:**

**Our organization will:**

**Support Healthy Food Choices by:**

- Selecting food that is local, seasonal, and emphasize fruit, vegetables, whole grains, and non-fat or low-fat dairy products.
- If meat is served, a vegetarian option should also be provided. (Consider a vegan option for larger groups).
- Including lean meat such as skinless poultry, fish, beans, tofu, eggs, nuts, and seeds.
- Selecting food with no trans-fat, and low in saturated fat, sodium, and added sugar.
- Choosing food that is prepared by grilling, baking, or sautéing with healthy fats.
- Providing fresh fruit or other healthy options for dessert such as non-fat or low-fat yogurt.
- Serving appropriately sized portions for all foods (i.e. cut bagels in half, use smaller serving utensils, 3 ounce protein portions).
- Promoting healthy food options when appropriate (i.e. healthy recipes via newsletters or E-blasts, post on employee wellness bulletin board, leave resources in staff room).

  
CommunityGrows, Executive Director

  
Date