



Healthy Workplace Food and Beverage Pledge



_____ values the health of our employees and guests, and we want to create a culture of health. We commit that our workplace will:

- Make healthy changes to vending machines, cafeterias, meetings, events and other sources of food and beverages in our workplace.
- Identify restaurants, caterers and other food providers where healthier food and beverage choices are readily available, and use these vendors in planning activities and events.
- Provide leadership support and modeling for our healthy food and beverage efforts.
- Educate employees about healthy eating and promote healthier choices.
- Provide more fruits and vegetables.
- Provide more fiber-rich whole grains.
- Provide reasonable portion sizes.
- Reduce and ultimately eliminate sugar-sweetened beverages.
- Reduce and ultimately eliminate candy and other less-nutritious, high-sugar foods.
- Reduce and ultimately eliminate all regular chips.
- Reduce sodium, added sugars, saturated fat and *trans* fat in our foods and beverages.

Signature

Printed Name

Title

Date

