

Clark County, Washington
Worksite Wellness: Nutrition Policy
May 2006

Preamble

Clark County is committed to the health and well-being of our employees. The strong relationship between diet and health and the increasing rates of overweight and obesity make supporting nutritious choices at work part of our commitment to health. The following policies and guidelines were designed to make the healthy food and beverage choice the easy choice, while being supportive of the individual right to choose.

By following these guidelines we can promote better health and help reduce risks for chronic diseases. It is not the intention of these guidelines to dictate what individual staff members eat, drink, or bring into the worksite for special occasions. Instead, we want to ensure that healthy options are available for purchase at Clark County facilities and establish guidelines to assist county staff in making healthy food and beverage choices when purchasing these items for all county funded meetings, trainings, and events.

Policy Statement

1. When providing food at Clark County sponsored events, employees are to assure that healthy food and beverage choices are provided. The following guidance is offered:
 - See *Suggestions for Healthier Food Choices* (attached)
 - Offer foods that are low in fat, especially saturated and trans fats
 - Limit foods with high levels of added salt and/or sugar
 - Offer whole grain products
 - Offer food and beverages that are culturally appropriate and nutritious
 - Ensure vegetarian fare is available
 - Attempt to accommodate special dietary needs
 - Provide nutrition facts labels whenever possible
 - Offer locally or Northwest grown products when available
 - Offer organic products when feasible
 - Provide pitchers or bottles of water
 - Encourage staff to bring glasses, cups, plates, and utensils or use re-useable products

2. Clark County employees responsible for ordering food and beverages for meetings, and others who influence decisions on food served at meetings, are

encouraged to consult nutrition professionals or reference materials on how to select healthy foods.

- Clark County will maintain a list of caterers who have demonstrated the ability to provide healthy foods and beverages at meetings. Use of caterers on the list is not required.
3. It is not recommended to offer food at meetings that do not take place during usual meal times, are less than 3 hours long, and where food is not an incentive for meeting attendance. Beverages such as tap or bottled water, coffee, and/or tea are suggested. If it is decided to provide food, offer fruits, vegetables, or other healthy food options.
 4. Because the environment in which we live and work influences our food choice, employees are encouraged to consider healthier alternatives when making available food for others. Suggestions include: nuts, dried fruits, garden produce (i.e. carrots, celery, cherry tomatoes), fresh fruit, etc.
 5. Vending machines and snack boxes will offer employees the option of purchasing a variety of healthy choice foods.
 6. Require food concessions at any Clark County government facility to provide healthy options that comply with this policy.

Policy Implementation

Implementation will begin with each manager or supervisor of a work unit sharing and discussing the policy at a staff meeting no later than two months after policy adoption. Thereafter, each manager will share and discuss this policy with new employees as part of their orientation.

Employees who have concerns about how this policy is being implemented are encouraged to talk with their supervisor or another member of their department's management.

References

2005 US Dietary Guidelines, <http://www.healthierus.gov/dietaryguidelines/dga2005>
Centers for Disease Control and Prevention,
www.cdc.gov/nccdphp/dnpa/pdf/Healthy_Worksite_Food.pdf
Meeting Well, a reference pamphlet published by the American Cancer Society