

# Model Food and Beverage Policy



## PRIMARY SOURCE

Before you use this tool, you may want to read the further analysis presented here.

## BENEFITS

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.

## HOW TO USE THE TOOL

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.

## OTHER RESOURCES:

**A Toolkit for Creating a Healthier Workplace**, NashVitality

**Obesity & Risk of Disabling Workplace Injuries**

**10 Tips for Severing Ties Between Work Conditions and Obesity**