

HEALTHY WORKPLACE, HAPPY WORKPLACE.

The Independent Health Foundation's Healthy Options® program makes it easy for workplaces to encourage wellness and keep healthy eating on track. Ensure that your employees have healthy options available during work catered events or meetings.

How? Adopt the Healthy Meeting Policy!

WHY HAVE A POLICY TO EAT HEALTHY?

Billions spent in **medical cost of diet-related chronic diseases:**



(source: U.S. Department of Agriculture)

Typical American diets **exceed** the Dietary Guidelines.



(source: U.S. Department of Health & Human Services)



90% of Americans consume **more sodium** than the recommended **2,300mg** for a healthy diet.

(source: U.S. Department of Health & Human Services)

A diet that aligns with the Dietary Guidelines can help **reduce risk** of:

CANCER
HEART DISEASE
DIABETES
STROKE
DEATH



(source: Centers for Disease Control and Prevention)

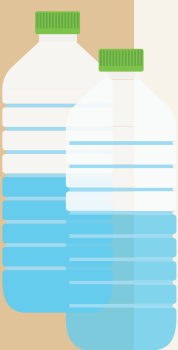
COMMIT TO PROVIDING HEALTHY CHOICES.

FOOD

Strive to serve an entire meal of **LESS THAN 600 CALORIES** – and always offer at least one serving of fruits or vegetables.



- **Keep desserts simple** by serving fresh fruit, low-fat dairy and whole-grain options.
- ✗ **Avoid** fried or high-sodium foods.
- **GO for whole grains** – like brown rice, whole wheat breads and quinoa.
- ✗ **Limit** processed or refined grains – like white flour, white bread and white rice.
- **GO for lean proteins** – like fish, chicken, beans and soy.
- ✗ **Limit** red meat and processed meats like deli meats or hot dogs.



DRINKS

- **Water is best!** Other smart beverages: coffee and unsweetened tea (hot or iced).
- ✗ **Avoid soda** – and other sugary beverages with 40+ cal./container.
- **Go for 100% fruit juices** – like apple, orange or cranberry – in servings less than 8 oz.

ENVIRONMENT



- 🏃 **Get Moving!** Encourage a stand and stretch break every 30 minutes.
- ♻️ **Recycle-Reuse-Reduce.** Place recycling bins in all meeting/eating spaces and encourage reusable water containers.
- 🚫 **Clear the Air.** All workplaces should be smoke free.








GO HEALTHY AND WIN! DETAILS ON REVERSE.



WIN!

QUARTERLY DRAWINGS FOR FREE INCENTIVES

**JUST FOR
COMPLETING
THE POLICY FORM
YOU CAN WIN!**

-  A catered healthy lunch for up to 10 people.
-  10 spots in a Healthy Options cooking class.
-  50% off a corporate demonstration cooking class package.
-  FREE tickets to an Independent Health Foundation event.
-  Nutrition presentation by Independent Health Foundation's Registered Dietitian.

GET STARTED TODAY!

Complete and sign the Healthy Meeting Policy form online at
healthyoptionsbuffalo.com.

For a customized policy or a free consultation to identify your company's unique needs, call the Independent Health Foundation at (716) 635-4959.



AN
INDEPENDENT HEALTH FOUNDATION
PROGRAM