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**EatWELL Healthy Eating Guidelines**

Creating a culture of workplace health and wellness is an important way to help people foster healthier work environments and cultivate social norms around healthy choices and behaviors. Providing an environment conducive and supportive of healthy eating habits is important in improving dietary quality and overall wellness.

[COMPANY NAME] acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all.

[COMPANY NAME] will ensure that healthy food choices are encouraged and recommended. At events where the company supplies food and drink, the company will ensure that a healthy options are available.

POLICY

[COMPANY NAME] is committed to ensuring a healthy environment for all those associated with the company and will ensure that:

* The Wellness AtoZ EatWELL Healthy Snacks & Meetings Guidelines are being met;
* The caterers used for company-sponsored events are able to provide a variety of healthy foods;
* Healthy choices are encouraged and promoted during regular workdays;
* Healthy food choices will be positioned more prominently than other foods;
* Healthy food options will be priced competitively and at a subsidized rate to those unhealthy options;
* Healthy food recommendations, including examples and portion sizes are promoted (EatWell Healthy Eating posters, newsletters, etc.)
* All food is handled, prepared and stored in accordance with Food Safety Regulations.
* [ADDITIONAL COMPANY GUIDELINE]
* [ADDITIONAL COMPANY GUIDELINE]
* [ADDITIONAL COMPANY GUIDELINE]

[COMPANY NAME] aims to implement the actions listed in this policy beginning [DATE].

[COMPANY NAME] aims to promote the importance of health eating as it is reflected in this policy and with the additional EatWELL promotional materials.

This policy is to be updated and reviewed annually. Review date: [DATE]

Name and Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_