
Sojourner Truth Presbyterian Church
Wellness Guidelines
Implementation Plan

The established ***Health Ministry*** will meet at least three times during the year to review and recommend practices as they relate to all Wellness Guidelines.

- The Wellness Guidelines will be available in the Sojourner Truth Presbyterian Church's Office, and given to every member of the congregation, and church organizations.
- The guidelines will be given to individuals and organizations using or renting the facility.
- All new staff members and congregation members will be introduced to the Wellness Guideline.
- Wellness updates, trainings or events will be shared during church organizational meetings.
- We will meet quarterly with the Richmond Faith Initiative collaborative to share best practices and events.
- The stipend will be used to purchase spa water jugs, pedometers and water bottle, healthy cooking classes, catering healthy potlucks, buying glucose testing kit.
- We will establish a walking and stretching club to meet weekly.



Healthy Beverage Practices and Policies

Position Statement: STPC** Church strives to be a role model in the community by promoting healthy beverages. At all STPC sponsored and/or coordinated gatherings, meetings, and events, both in the community and at Church, beverage offerings must be in accordance with the Church's Healthy Beverage Policy.

Therefore, STPC will:

Provide access to free, safe drinking water

Require that there is access to free, safe drinking water wherever beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water are utilized.

Comply with Beverage Guidelines

All beverages served (e.g., at meetings) and sold (e.g., in vending machines) at the STPC, will strive to increase the availability of healthy beverage options by promoting to provide the following:

- Water with no added sweeteners;
- Unflavored* non-fat or 1% cow's milk with no added sweeteners
- Unflavored* non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces
- Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
- 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
- Coffee and tea with no added sweeteners;
- Diet beverages with non-caloric sweeteners

*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

** Sojourner TRUTH Presbyterian Church

Antoinette Frances Nixon 3/20/13
Health Ministry CHAIR



Healthy Food Practices and Policies

Position Statement: Sawyer Church strives to be a role model in the community by promoting and consuming healthy foods and beverages. At all STPL sponsored and/or coordinated gatherings, meetings, and events, both in the community and at Church, food and beverage offerings must be in accordance with the Church's Healthy Food and Beverage Policy.

Therefore, STPL will:

- Increase the range and availability of healthy food and beverage options on our premises and at events, including break areas, at meetings, and at community events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
- Encourage cooking with healthier ingredients and promote healthy eating through the following ideas: church newsletter, healthy potlucks, and church recipe books.
- Provide food composed of healthy items at all agency sponsored events and meetings.
- Significantly limit high calorie/low nutrient density foods such as donuts, pastries, cookies, candy, chips, and fried foods, etc. at any agency events, activities or celebrations.
- Educate Hospitality Ministry participants to provide healthy food and beverage options at Church and STPL events.

Antoinette Frances Nixon
Health Ministry Chair
3/20/13



Health and Exercise Practices and Policies

Position Statement: As a faith-based organization that employs staff, has volunteers, serves the church community, and hosts community events, we are committed to promote health and wellness by providing health and movement opportunities.

Therefore, STPC will:

- Provide health and wellness seminars throughout the year.
 - ⦿ Blood pressure checks
 - ⦿ Semi-annual health fairs
- Create opportunities for movement for church members and staff, such as “prayer walks,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to church members and staff.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Provide prayer & fellowship walks on first and third Sundays before and after Church.

Hospitality Practices and Policies

Position Statement: As a faith-based organization that employs staff, has volunteers, serves the church community, and hosts community events, we are committed to promote health and wellness by providing healthy food practices by being a role model for promoting healthful services for hospitality of our church.

Therefore, STPC will require:

- Hospitality participants to wear gloves when serving food.
- Hospitality participants to wear aprons when serving food.
- Sanitizer for congregation before serving food.
- Clean and safe areas for food displaying.

Annemette Frances Ryan
Health Ministry Chair
3/20/13



Spiritual and Mental Health Practices and Policies

Position Statement: STPL Church strives to be a role model in promoting health and wellness through spiritual and mental health. As a faith-based organization that employs staff, has volunteers, serves the church community, and hosts community events, we are committed to promoting health and wellness by encouraging mental and spiritual wellness.

Therefore, STPL will:

- Reduce workload stress by cooperating and supporting one another's role as a team.
- Create opportunities that allow church members and staff to meditate, pray, relax, and have a clear mind.
- Encourage discussion around mental and spiritual wellness through events, speakers, and open dialogue.

Antoinette Frances Nunez
Health Ministry Chair
3/20/13