



Sunnyvale Community Services

725 Kifer Road, Sunnyvale, CA 94086

408.738.4321

Working to Prevent Homelessness and Hunger

Healthy Food and Beverages Policy

Position Statement:

Sunnyvale Community Services strives to promote health and wellness by being a role model for promoting healthy food and beverages.

As an organization that employs staff, has volunteers, serves clients, and hosts community events, we are committed to promote health and wellness by providing healthy food and beverage choices.

Therefore our organization will:

- Increase the range and availability of healthy food and beverage options on our premises and at events, including in our break areas, at meetings, and at community events.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to clients, employees or event attendees.
- Promote healthy food and beverage choices by making nutritional information readily available to staff, clients and volunteers.
- Ensure that no sugar sweetened beverages (SSBs) are available on our premises including in our break areas, at meetings, and at community events.
- Ensure water is readily available on our premises including in our break areas, at meetings, and at community events.



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Movement Policy

Position Statement:

Sunnyvale Community Services strives to promote health and wellness by being a role model for promoting movement.

As an organization that employs staff, has volunteers, serves clients, and hosts community events, we are committed to promoting health and wellness by encouraging and incorporating healthy movement. Therefore our organization will:

- Provide safe, clean, well-lit thoroughfares for accessing our locations and events by walking or bicycling.
- Create opportunities for movement throughout the employees' workday, such as "walking meetings" and stretch breaks.
- Create fun events for staff which involve movement, such as group walks at lunch.
- Provide opportunities to promote wellness through movement to clients.
- Provide a 5-minute physical activity break for every meeting or event lasting 90 minutes or longer.