

# HOPE Collaborative

## Healthy Beverage Guidelines

### Position Statement:

**HOPE Collaborative** strives to promote health and wellness by being a role model to promote healthy beverages. At all **HOPE Collaborative** sponsored and/or coordinated meetings and events, both in the community and work site, for staff and clients where beverages will be provided, the selection must be in accordance with the **HOPE Collaborative** Healthy Beverage Guidelines.

Therefore **HOPE Collaborative** 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 Standards***  
All beverages served at meetings and events in **HOPE Collaborative** facilities and activities can only include:
  - Water with no added sweeteners;
  - Milk with no added sweeteners
  - Unflavored non-dairy milk alternatives with no added sweeteners.
  - 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
  - Non-presweetened beverages
  - **We will not serve any Soda.**

## Healthy Food Guidelines

### Position Statement:

## HOPE Collaborative

**HOPE Collaborative** strives to promote health and wellness by being a role model to promote healthy foods. At all **HOPE Collaborative** sponsored and/or coordinated meetings and events, both in the community and work site, for staff and members where foods will be provided, the selection must be in accordance with the **HOPE Collaborative** Healthy Food Guidelines.

Therefore **HOPE Collaborative** will:

- Increase the range and availability of healthy food options on our premises, including break areas, at meetings, and events. Food selection should emphasize fruit, vegetables, whole grains, and nonfat or low fat dairy products.
  - Serve fruits and vegetables half the available option. Provide red, orange, and dark green vegetables whenever possible.
  - Serve lean meats, poultry and fish.
  - Serve whole grain/starches such as rice, pasta, and bread products.
  - Do not serve fried foods.
  - Serve fruit for dessert instead of sugary baked goods.
  - Only serve high calorie foods/desserts as an occasional small treat. The items are offered as a side dish along with healthier food choices.
  - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, healthy foods at meetings.
  - Serve food that is fresh and from local business.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to **HOPE Collaborative** employees and members.
- Move towards providing an abundance of fresh fruits and vegetables for staff snacks

# HOPE Collaborative

## Healthy Movement Guidelines

### Position Statement:

**HOPE Collaborative** strives to promote health and wellness by being a champion for exercise and movement. As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities.

Therefore **HOPE Collaborative** will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Create opportunities for movement for staff and members, such as “walking meetings,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute physical activity break for every meeting lasting 60 minutes or longer.
- Help employees and members build physical activity into their day by getting to/from work via public transit, walking, and/or biking.