



Children's Council of San Francisco

Wellness Policy

Children's Council of San Francisco is a child care resource and referral agency connecting families to childcare that meets their needs and working with parents, providers and community partners to make quality childcare and early education a reality for all children in our city.

Wellness Policy Purpose

We recognize that creating a healthier environment gives our employees more opportunities to make healthy choices. Healthier employees results in fewer sick days, increased productivity, increased job satisfaction, and lower health care costs. With this policy, Children's Council of San Francisco aims to increase access to healthier food and beverage options for our employees.

Policy

General Environment

Children's Council of San Francisco strives to promote health and wellness for our employees and wish to create an environment that supports healthy choices. We commit to making the following available:

- Access to safe, free drinking water (hot and cold)
- Full kitchen facilities on accessible to all staff (and kitchenettes on every floor)
- Open stairwell access
- Coordination with local health clubs to offer discounts to staff
- Wellness activities organized by our wellness committee (e.g. salad potlucks, walking groups, and more)

Food and Beverages

Recognizing the need to make the healthy choice the easy choice, Children's Council of San Francisco is committed to providing healthy food and beverages at all events where food is provided for staff members. Specifically, at least one nutritious and healthy food and beverage option should be served at these events (including when food is offered as a prize).

- Healthy food includes fresh fruit and vegetables, whole grain breads and crackers, salads, lowfat spreads and cheese, and lean meats and vegetarian proteins.
- Healthy beverages include tap water served in pitchers, seltzer, "spa water" such as water with cucumber or lemon, unsweetened hot or iced tea, coffee, lowfat milk or other non-dairy drinks such as almond or soymilk.

Physical Activity

In an effort to support physical activity for our employees, Children's Council of San Francisco will provide resources in all communal meeting rooms that support and encourage facilitation of 10-minute physical activity break for every meeting lasting 2 hours or more.