



## Marin Community Foundation Success Story

### 100% Healthy Beverage and Physical Activity Policies

The Marin Community Foundation was founded with the simple aspiration to make a difference in the lives of others. By adopting an organizational wellness policy last November 2015, MCF prioritized employee health for nearly fifty dedicated staff and board members. As a result of this effort, water is being offered during meetings, Dr. Robert Lustig was invited to speak at a brown bag luncheon, and employees are encouraged to be active throughout the day. MCF removed all sugar sweetened beverages including diet soda from the facility and the overall response has been positive. Employees are even sharing health articles about the benefits of employee wellness. The only challenge the organization foresees is prioritizing policy implementation into the existing workload of staff.



*(Photo: Employees waiting to speak to Robert Lustig after his Brown Bag Luncheon)*

*"In the lunch room there are more conversations about healthy food, impact of sugar, and general health topics."  
-MCF Staff*

*"There has been a lot of enthusiasm for some of the healthier amenities and benefits being offered to staff." –MCF Staff*

