

# H E A L T H Y M E E T I N G S A T

---

*(Name of Organization)*

**We're committed to improving the health of our employees and clients and to modeling a healthy lifestyle. For the next year, at meetings and events where food will be served, choices will include:**

- A variety of delicious and colorful fruits and vegetables
- Tasty salad toppers like lowfat salad dressing or lemon juice, and lowfat fruit and vegetable dips
- 100% fruit and vegetable juices
- Water
- Other healthy items like whole grain breads, beans, nonfat dairy products, and lean meats

**In addition, we will provide:**

- Physical activity breaks at meetings or events lasting longer than 60 minutes

---

*Authorized Representative*

*Date*

## **California 5 a Day—Be Active! Worksite Program**

Visit [www.ca5aday.com/worksite](http://www.ca5aday.com/worksite)  
for nutrition and physical activity resources to improve workplace health and productivity.

