



Meet Well Pledge

Chronic Disease and Health Equity (CDHE) Unit

The Chronic Disease and Health Equity (CDHE) Unit of the County of San Diego's Health and Human Services Agency promotes healthy lifestyles through Healthy Works, an initiative of *Live Well San Diego*. Healthy Works strives to create environments that support healthy food choices, regular physical activity and tobacco-free environments. To that end, CDHE is committed to matching its *internal* day-to-day operations and workplace environment to CDHE program goals and aspirations for the communities we serve. By adhering to the *Meet Well Pledge*, CDHE can truly begin to build better health and promote a culture of wellness among our staff.

The strong relationship between diet and health, and the increasing rates of obesity, make supporting healthy food choices at work part of our commitment to better health. The Pledge intends to assist CDHE staff in modeling healthy choices, especially for food and beverages purchased for all **internal and external meetings, trainings, and events**. The *Meet Well Pledge* does not dictate what individual staff members eat or bring into the office for personal consumption.

Meet Well Pledge: CDHE will support healthy workplace environments, environmental sustainability and aim to create a social norm making the healthy choice the easy one.

Food & Beverage:

- Provide access to water and avoid individual-portion plastic bottles.
- Provide healthy beverages, e.g. non-sugar sweetened beverages, non-fat/low-fat milk and non-dairy beverages to include soy/almond/rice.
- Always offer at least one plant-based or vegetarian entrees as options
- Offer whole grain items.
- Offer healthier (low-fat, low-sodium) condiments and dressings, and provide them on the side.
- Consider minimally processed, nutrient dense, vegan, low-sodium and gluten-free options.
- Offer reasonable portion sizes, appropriately-sized serve ware, and use bulk (not individual) containers for all beverages whenever possible.
- Avoid foods containing saturated and trans-fats, (partially) hydrogenated oils, high-sodium and high-caloric desserts.

Environmental Sustainability:

- Strive to conduct zero-waste meetings.
- Provide and/or encourage attendees to bring reusable food and beverage containers/serve ware.
- Use locally-sourced and sustainably-produced food and giveaways, when possible.
- Reduce waste and packaging, whenever possible. Do not provide or use Styrofoam products.
- Provide recycling bins, and compostable food scrap bins, when possible.
- Provide electronic documents ahead of meeting, and display on-screen to reduce the need for paper copies. If needed, paper copies should be printed double-sided and in black and white.
- Encourage carpooling to reduce pollution and green-house-gas emissions.

Physical Activity:

- Periodically break up sitting time (no more than 90 minutes without a stretch or physical activity break).
- Encourage walking meetings.
- Choose meeting locations that are close to public transit and promote the use of transit.

Tobacco:

- Provide a tobacco-free environment at all times, including at the entrances of buildings.
- Choose to host meetings/trainings/events in a venue and/or city with a comprehensive smoke-free policy that includes restaurants and bars.
- Remove tobacco products, promotional items and advertisements from meeting materials and events.