

Healthy Meetings at

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 light 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



Network for a Healthy California—Worksite Program
Visit www.networkforahealthycalifornia.net/worksite for nutrition and physical activity resources to improve workplace health and productivity.

