**PURPOSE:**

To promote the health and wellness of District Health Department No. 2 ‘s (DHD2) customers, team members, and visitors, at all activities and events (examples of events include: meetings, trainings, catered events, and community sponsored events i.e: health fairs, etc.) sponsored or supported by DHD2. The policy intent is to be supportive of healthy eating habits.

**POLICY:**

Procedure:

1. All DHD2 sponsored or supported events will always include one or more of the following items:
   1. Fruits or vegetables
      1. Examples include fresh, frozen, canned or dried fruits or vegetables.
   2. Low-fat milk and dairy products
      1. Examples include skim/nonfat or 1% milk; low-fat and fat free yogurt; cheese and ice cream
   3. Foods made from whole grains
      1. Examples include low-fat whole wheat crackers, whole grain ready to eat cereal. Etc.
   4. Water
2. All DHD2 sponsored events will always limit the following unhealthy items:
   1. High Sugar content foods
      1. Examples include soft drinks, sports drinks, lemonade, other pre-sweetened drinks, candy bars, donuts, other high sugar pastries, etc.
   2. High fat foods
      1. Examples include fried foods of any kind, processed meats, high fat cheeses, milk, and other dairy products.
   3. High sodium content foods
      1. Examples include processed foods, high sodium soft drinks, potato and other chips.

**Distribution**

* Public Health Director (Directors) 1 copy
* Denise Bryan, Health Officer 1 copy
* Dr. Russell Bush, MD Medical Director 1 copy
* Human Resources 1 copy