

Healthy Meetings and Events at *Employer*

is committed to encouraging healthy lifestyle choices for employees and members and to modeling a healthy lifestyle.

At meetings and events where food will be served, there will be healthy options available such as:

- A variety of fresh slice fruits and vegetables with low-fat dips
- Salad that includes a variety of mixed salad greens and served with low-fat dressing
- Low-fat yogurt
- Water
- Other healthy items like whole grain breads, low-fat cheeses and non-fat spreads

In addition, we will encourage:

- Physical activity such as walking in place or stretching during brief breaks
- Participants to take the stairs and use walkways

Signed:

Wellness Committee

CREATING HEALTHY PLACES TO LIVE, WORK AND PLAY
Visit www.HSCTC.org for nutrition and physical activity resources to improve
workplace health and productivity.

