

## Worksite Healthy Eating

Mt. Blue Regional School District is committed to ensuring a healthy environment for its employees, and will ensure the following:

- Caterers Used for Functions must be able to provide a Variety of Healthy Food Choices.
- Healthy Food Choices will be Available at All Functions Held on the Premises.
- Fresh Fruit or Vegetables will be Available at Any Function. *(When appropriate and available all efforts will be made to use local fruits and vegetables at school supported functions)*
- When Half-and-Half or Whole Milk is Served, 1% or Skim Milk will also be provided.
- Water will be provided and will be the primary beverage of choice.
- All chips and crackers offered are baked or reduced fat varieties. Regular pretzels are acceptable.
- All yogurt served will be reduced fat or nonfat.
  - When dessert is offered, fruit will be offered as an alternative.
- On-Site Cafeterias will follow Healthy Food Preparation Guidelines and Practices  
*For example, steaming, low-fat, low calorie, salt substitutes, limited frying, etc.*
- Food and Beverage Vending Machines will offer healthy food and drink options.
- Advertising Sign on Beverage Machines will Promote Water or 100% Juice.
- Accommodations for Food Preparation and Storage will be made to Support Employees in Bringing Healthy Lunches and Snacks to Work  
*For example, sinks, refrigerators, microwaves.*
- Mt. Blue Regional School District will promote nutrition and weight management programs that are available inside and outside the organization. Examples:

- Weight Watcher classes
- Weight Hypnosis classes
- Physical Fitness Challenges
- Weekly “on-site” Yoga, Pilates, Kickboxing, Dance classes and other programs that encourage physical fitness.

Adopted: October 13, 2009