



PROMOTING HEALTHY COMMUNITIES.
HEALTHEDCOUNCIL.ORG

Health Education Council Healthful Meetings and Events Policy

Health Education Council Mission: The mission of HEC is to promote healthy communities.

Workplace nutrition goal:

In accordance with our mission, the Health Education Council is committed to the health and wellbeing of its employees, partners, stakeholders, and volunteers by following the American Cancer Society Guidelines for Nutrition and Physical Activity and following the Meeting Well Guide for Planning Healthy Meetings and Events for all HEC sponsored meetings, work functions and social functions.

Guidelines:

- 1) Food and drink provided and catered at work functions (i.e. board meetings, staff meetings, partnership and stakeholder meetings, etc) will meet the Guidelines for Nutrition and Physical Activity.
- 2) At workplace social events held in and outside of the HEC office, food will be provided that meets the Guidelines for Nutrition and Physical Activity. At workplace social events held outside of the HEC offices, moderation will be encouraged with the consumption of alcohol. Alcohol is not permitted at functions that take place within HEC offices.
- 3) Low-fat and non-fat milk will be available with tea and coffee and water will be available for drinking at all times.
- 4) Work functions that are more than 3 hours long will include a break during which participants will be encouraged to walk or participate in other forms of physical activity.
- 5) Education and information will be provided for staff to support the principles of the policy.
- 6) Hotel and catering contracts can be reviewed prior to meetings by HEC nutrition staff.