

Sample Healthy Eating Policy



Dear Faith Community Members:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a large toll on the health of our citizens and our communities. It has been estimated that \$24.1 billion spent by North Carolinians on health care costs is related to physical inactivity, excess weight, type II diabetes, and low fruit and vegetable consumption.

According to Dr. Bill Dietz, MD, PhD, Director of the Division of Nutrition, Physical Activity and Obesity, at the Centers for Disease Control and Prevention (CDC), *"...North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases."*

You can join this initiative and take action today! Adopt the sample healthy foods policy on the reverse side of this sheet and use it in the following ways:

- **Share it with your *faith community* and encourage a faith community policy that supports healthy foods being served at a variety of functions.**
- **Share it with your *employer* and encourage a worksite policy that supports healthy foods being served at meetings, in vending machines, in cafeterias-any place where employees can purchase foods and beverages.**
- **Share it with the variety of *community groups* in which you may be involved.**
- **Take the pledge to buy healthy foods when dining out and in your own home.**

Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We want communities, schools and businesses to make it easy for people to eat healthy food and be physically active. We encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.

Visit www.EatSmartMoveMoreNC.com to locate potential partners and learn about additional ways to get involved.

Sample Eat Smart Policy— Water Pitcher Policy



Because:

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

Because:

People have become more and more interested in eating smart and moving more;

Because:

Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

Because:

Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases;

Therefore:

Effective December 1, 2008 it is the policy of Interfaith Community that **water will be served at all events or meetings where beverages are served and pitchers filled with water will be available for refills.***

Signature _____ Title _____

Name of Faith Community _____

Date _____

*Note: Your faith community can implement a policy that includes changes like: serving fruits and vegetables at all events or functions, offering healthy snacks for children, youth and adult school classes, or providing healthy meals at all faith community gatherings. For more examples of policies, refer to the Eat Smart Policy section of this Resource Guide.