



HEALTHY WORKPLACE FOOD AND BEVERAGE TOOLKIT

The American Heart Association believes everyone deserves to live a healthier, longer life. Through our science-based knowledge, we empower people, communities and organizations to build a sustainable **culture of health**, where the healthy choice is the easy choice.

By addressing the environments where people live, work, learn, play and pray, we can make healthier choices easier 100% of the time, at every eating occasion. Most Americans want to eat healthier but need support, guidance and role modeling from leaders in their workplaces and communities.

The AHA encourages and assists employers to create a healthy work environment and promote a healthy lifestyle for employees. By changing food policies at the organizational level, we will drive a change in demand, leading to more access to affordable healthy options for everyone!

The **Healthy Workplace Food and Beverage Toolkit** is a turn-key resource that can be used by anyone involved with workplace food and beverage procurement or policy. It provides practical and actionable guidance that is easy to understand and apply, in four key areas:



Vending



Catered Meals



Meetings



Snacks

The toolkit provides recommendations, tips, suggestions and nutrition standards for specific food and beverage categories. It can be used by any size organization to improve the food environment.

In addition to informational content, the toolkit provides numerous user tools to facilitate implementation, including worksheets, action plans and sample emails.



Find out more and get the free online toolkit:

heart.org/foodwhereur



American Heart Association | American Stroke Association®

life is why™