

# Healthy Food Policy

## Dear Church Members:

It is time to take action for ourselves, our families, our community, and our great State. Poor nutrition and lack of physical activity are taking a significant toll on the health of our citizens and our communities. Millions of dollars are being spent each year on medical and lost productivity costs in NJ due to poor nutrition, overweight, obesity, and physical inactivity.



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 church and encourage a church policy that supports healthy foods being served at a variety of functions.**
- **Take the pledge to buy healthy foods when dining out and in your own home.**

# Healthy Food Policy

**Whereas:**

\_\_\_\_\_ is concerned about the health of our members; and  
*(Fill in church name)*

**Whereas:**

People have become more and more interested in eating better and being more active; and

**Whereas:**

Heart disease, cancer and stroke - the top three causes of death in New Jersey - are largely affected by what we eat and how active we are; and

**Whereas:**

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

**Therefore:**

Effective, \_\_\_\_\_ it is the policy of \_\_\_\_\_  
*(today's date)* *(fill in church name)*

that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events, i.e., health fair, etc.) sponsored or supported by this organization will always include opportunities for healthy foods by:

- **Purchasing and Serving one or more of these Healthier Items:**

**Fruits and/or vegetables** - Examples of such items include fresh, frozen, canned, or dried fruits (such as grapefruit, oranges apples, raisins, or 100% fruit juices), and fresh, frozen, or canned vegetables.

**Low-fat milk and dairy products** - Examples include skim/nonfat or 1% milk; low-fat and fat-free yogurt; cheese and ice cream.

**Foods made from grains (like wheat, rice, and oats), especially whole grains** - Examples include low-fat whole-wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low-fat baked tortilla chips, pita bread.

**Water**

- **Identification of Healthy Eating Opportunities**

Examples include identification of restaurants, caterers, farmer's markets, etc., where healthy food choices are readily available.

- **Encouragement from Group Leadership to Enjoy Healthy Foods**

Examples include church promotion of healthy lifestyles and spiritual responsibility, group leadership being role models for healthy food choices.

\_\_\_\_\_

*Print Name*

\_\_\_\_\_

*Title*

\_\_\_\_\_

*Signature*

\_\_\_\_\_

*Date*

\_\_\_\_\_

*Name of Organization (fill in church name)*