

# Vermont Worksite Healthy Eating Pledge

As an employer, we are committed to helping our employees achieve optimal health and well-being. The relationship between diet and health makes supporting nutritious choices at work an important part of our commitment.

This pledge, and the Healthy Eating Guidelines for Worksites, are designed to make selecting healthy food and beverages an easy choice in the workplace. For more information on the guidelines and specific suggestions, go to the Fit & Healthy Vermonters page at [HealthVermont.gov](http://HealthVermont.gov).

## We pledge to:

- Include healthy choices whenever food and beverages are provided in the workplace.
- Consult the Vermont Healthy Eating Guidelines for Worksites when ordering food and beverages for meetings, conferences and events.
- Serve food only at meetings that take place during regular meal times and only offer healthy beverages at mid-morning or mid-afternoon meetings.
- Include healthy food choices in vending machines.
- Work with farmers, community organizations and food suppliers to provide seasonal and locally grown foods whenever possible. Ask caterers about their local food options when ordering food for meetings or events.
- Educate employees, managers and supervisors about the pledge and its part in our commitment to the health and well-being of our staff.

## We acknowledge that:

These guidelines are not intended to dictate what individuals eat or drink themselves, or bring into the worksite to celebrate special occasions. They are designed to help staff make healthy food and beverage choices available at all employer-funded meetings, trainings and events.

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