

MEET WELL PLEDGE

The Meet Well Pledge applies to all internal and external meetings, trainings, and events, but does not dictate what individual staff members eat or bring into the office for personal consumption. The Pledge intends to assist staff in modeling healthy, sustainable choices. By adhering to the Meet Well Pledge, [Insert unit business name] can truly live well and improve the culture within.

Provide HEALTHY food and beverage options

- Provide culturally and dietary appropriate foods and beverages.
- Provide access to water. Do not provide or offer sugar sweetened beverages. If other beverages are offered, provide only healthy options (e.g., water, seltzer water, unsweetened teas, 100% juice, unsweetened milk alternatives, non-fat and low-fat milk).
- Offer plant-based or vegetarian option(s) whenever food, including entrees, is served.
- Offer whole grains, fruits, vegetables, and other minimally processed, nutrient dense foods.
- Avoid foods and beverages, including condiments and salad dressings, containing processed sugars, high sodium content, refined grains, and saturated/trans-fats (e.g., partially hydrogenated oils). Offer condiments and dressings on the side.
- Offer reasonable portion sizes and appropriately sized serviceware.

Be ACTIVE

- Offer a physical activity break every 90 minutes or host walking meetings.
- Other: _____

Prioritize FOOD SAFETY

- Prevent food from contamination by washing hands before handling food.
- Provide lids and covers for open food and enough clean utensils to serve food.
- Keep perishable foods hot or refrigerated until ready to serve.
- Plan to serve only what will be eaten. Retain cold temperature (ice) for cold items and hot temperature for hot items. Consume or properly store all food items within two hours of removal from refrigeration or a heating source; discard after four hours.*
- _____

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Conduct **GREEN & ZERO WASTE** meetings

Foods and beverages

- Purchase local and sustainable foods and beverages.
- Reduce food waste. Reuse, giveaway, or donate leftover food. Choose to compost rather than disposing of in trash.
- Reduce packaging and packaging waste. Provide and/or encourage attendees to bring reusable food and beverage containers/serviceware. Use bulk containers for beverages; avoid single-use plastic bottles. Do not provide or use polystyrene (foam) products.
- Provide recycling and compostable food scrap bins.

Materials

- Provide electronic documents ahead of meeting and display on-screen to reduce the need for paper copies. If paper copies are needed, adhere to guidelines in Board Policy B-67 Recycled Products Procurement.
- Host e-meetings or provide e-meeting options, when possible. See Board Policy C-27 Teleworking.
- Choose meeting locations close to public transit and promote use of public transit.
- Encourage carpooling.
- _____

Provide a **TOBACCO-FREE** environment

Offer designated **LACTATION ACCOMMODATION** spaces that are clean, secure, and comfortable