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HEALTHY FOOD AND BEVERAGE PLEDGE

KISRA

_____ values the health of our employees and participants, volunteers, partners and guests, and we want to create a culture of health. We commit that our workplace will:

- Make healthy changes to food and beverages at meetings and events
- Identify restaurants and caterers and other food providers where healthier food and beverage choices are readily available and use in our planning activities and events
- Provide leadership support and modeling for our healthy food and beverage efforts
- Educate employees about healthy eating and promote healthier choices
- Provide more fiber – rich whole grains
- Provide reasonable portion sizes
- Reduce and ultimately eliminate sugar-sweetened beverages
- Reduce and ultimately eliminate candy and other less-nutritious, high-sugar foods
- Reduce and ultimately eliminate all regular chips
- Reduce sodium, added sugars, saturated fat and trans fat in our foods and beverage

Print Name: _____

Signature: _____

Date: _____