



Bringing Healthy Beverages into the Workplace

Procurement of Sugar-Sweetened Beverages

Sugar-sweetened beverages (such as sodas) are a leading cause of weight gain – by cutting out these beverages from your workplace you can drastically improve the health and nutrition of your employees.

Guidelines

- Write a contract with your vending agency asking for percentage restrictions around sugar-sweetened beverages – at least 50% of beverages offered should be water and low or no calorie options
- Require that nutritious products be priced lower than less nutritious options
- Control portion size – stock 12oz rather than 20oz beverages
- Mandate 100% fruit juice, fat free or low fat milk, unsweetened teas, sparkling or flavored water
- Place healthier beverages at eye level in cafeterias or restaurants
- Eliminate advertising for less nutritious options
- For more detailed information about beverage procurement specifications visit [The American Heart Association](#)

Leading the Way for Hospitals Across the Country

Vidant Health in Eastern North Carolina has set a high standard for what it means to have a healthy food environment in the workplace. In their wellness policy it is stated that 75% of onsite food and beverage (in cafeterias, vending machines, etc.) must be healthy, and that healthy options must be priced 25% lower than other less nutritious options. These regulations mandating healthy options and price differentiation are revolutionary and are implemented in all 8 of their hospital sites. “For us healthy food is the norm, not the exception.” *Paige Irons - Wellness Coordinator, Vidant Health*

Promotion of and Access to Water

Water is a no calorie option which hydrates you and improves your health, without leading to weight gain. Promoting water in the workplace is a great way to get your employees on the right track towards achieving a healthy

lifestyle. Below are some simple tips on how to encourage water consumption in the office:



Best Practices

- Provide water fountains, water coolers, or other hydration stations in all break rooms, common areas, or office spaces
- Promote water as an alternative to sugar-sweetened beverages by offering flavored water packets to all employees
- Provide free cups for water at all worksite cafeterias or dining locations
- Provide reusable water bottles for all employees
- Have water be a beverage option at all meetings or conferences