



Healthy Workplace Food and Beverage Toolkit

A FREE American Heart Association resource to help workplaces build a culture of health, by making healthy changes to foster healthier choices and behaviors, and healthier employees.



Request the FREE Healthy Workplace Food and Beverage Toolkit Today!

- Designed for anyone involved with food and beverages in the workplace, from the office vending machine to an offsite special event involving catering.
- Provides guidance for healthier meetings, catered meals, snacks and vending machines.
- Can be adapted to fit the specific needs of any size organization.
- Provides practical and actionable suggestions that are easy to understand and apply.
- Sample menus, tools and additional resources.
- Is an evolving, evergreen resource that will continue to be updated.

Most Americans want to eat healthier but need support, guidance and role-modeling from leaders in their workplaces and communities. By changing food policies at the organizational level, we will drive a change in demand, leading to more access to affordable healthy options for everyone! Transforming the food environment within an organization can be challenging, which is why the American Heart Association created the Healthy Workplace Food and Beverage Toolkit. The toolkit provides workplaces with practical guidance to follow when selecting foods and beverages for meetings, events and office consumption.

Obtain the free online toolkit at ...
www.heart.org/foodwhereur



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FOOD AND BEVERAGE TOOLKIT

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