## Healthy food and drink policy checklist

This checklist is to help your workplace to provide a committed and supportive healthy eating and drinking environment for staff and visitors. As this is based on the strategies for the policy template, remove any checkpoints that are not relevant to your workplace.

* Vending machines
* Cafeterias
* Snack boxes
* Catered workplace functions
* Water and low-fat milk as main cold drink choice
* No sugar-sweetened beverages
* Limiting artificially-sweetened beverages and no-added-sugar juices
* Alternative healthy fundraising
* Education on healthy eating and drinking
* Consider different cultural, religious, and dietary needs
* Reasonable staff facilities for food and drink
* Support breastfeeding

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi4t4aTht3gAhUBOI8KHWglAScQjRx6BAgBEAU&url=https://karenmsutton.wordpress.com/2017/02/17/five-superfoods-for-better-heart-health/&psig=AOvVaw29S_kh-XcmTJfdeRq2trIv&ust=1551395854367414)