



# C.O.P.E. Family Support Center

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## Healthy Beverage Policy:

**C.O.P.E. Family Support Center** strives to promote health and wellness by being a role model to promote healthy beverages.

**As mentors and role models for children and families, we need to work hard at maintaining a healthy image at work and providing healthy opportunities and choices to our colleagues and clients. Therefore, our agency will:**

- ✓ Increase the range and availability of healthy beverages (less sugary beverages) options available at classes under our agency's control.
- ✓ Ensure that only healthy options are provided for beverages vouchers, rewards, prizes and give-aways.
- ✓ Require and request that all collaborators, contractors and grantees using this agency's funds to follow our *Healthy Beverage Policy*.

## Implementing the Policy

**Our agency's *Healthy Beverage Policy* will be distributed and explained to paid staff, clients and volunteers within our organization, and to collaborators, contractors and grantees.**

- ✓ Where beverages are provided by our agency, healthy alternatives will be offered and promoted. This includes:
  - Serving water from water pitchers
  - Less sugary drinks at parenting classes
- ✓ Where beverages are available, healthier alternatives will be readily offered. This includes beverages with low/no sugar content.
  - Our agency will not serve sugar sweetened beverages or 100% fruit juice to children at any of our agency's events, activities or celebrations.
  - Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles.

**Effective December 17, 2015**