



LightenUpLancaster.org

**EAST LAMPETER TOWNSHIP  
BOARD OF SUPERVISORS  
RESOLUTION No. 2016- 11**

Sample Healthy Foods Policy

Whereas: East Lampeter Township (fill in your worksite name here) is concerned about the health of our employees;

Whereas: People have become more and more interested in eating better and being more active;

Whereas: Both heart disease and cancer – the number one and two causes of death in Pennsylvania – are largely affected by what we eat and how active we are;

Whereas: Foods such as fruits, vegetables, whole grain breads and pastas, and low fat dairy products are better choices for preventing many diseases.

Therefore: Effective 7-11-16 (today's date), it is the policy of East Lampeter Township (worksite name) that all events sponsored or supported by this organization (meetings, potluck events, catered events, community sponsored events, health fairs) will always include one or more of these healthier items:

- Fruits and/or vegetables  
Examples include fresh, frozen, canned or dried fruits (grapefruit, oranges, apples, raisins, or 100% fruit juices) and fresh, frozen, or canned vegetable
- Low fat milk and dairy products  
Examples include skim/nonfat or 1% milk; low fat and fat-free yogurt; cheese and ice cream
- Foods made from grains (wheat, rice, and oats), especially whole grains  
Examples include low-fat whole-wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low fat baked tortilla chips, pita bread
- Water

  
 \_\_\_\_\_  
 Signature Title

East Lampeter Township

Name of organization

7/11/16  
\_\_\_\_\_

Date