

# Working on Wellness

## Nutrition Award Criteria

### Promote Healthy Eating

#### The Merit Award

1. Offer healthy alternatives in vending machines/cafeteria/company meetings and promote nutrition and weight management programs.
2. Staff refrigerator available (easy to do, allows brown bag lunches, etc.)

#### The Quality Award

1. Meets Merit Award; and
2. Written policy in place that supports healthy food options and promotes nutrition and weight management programs; and
3. Provide incentive for participating in nutrition or weight management
4. Healthy snacks identified on machines (not just that some are available in the machine).
5. Honor system healthy snack program in place (someone purchases a selection of items, staff pay as they take items).
6. Vending machines available for items such as yogurt, milk or sandwiches (healthy); water, 100% fruit juice, 1% or skim milk available.
7. Written guidelines available for food served at meetings (not just policy that supports healthy food options); guidelines say at least 50% foods/meals to be healthy

#### The Excellence Award

1. Meets Quality Award; and
2. Provides on-site programming to support healthy eating and /or weight management.  
Award Categories
3. Not only are healthy snacks identified on machines, nutritional content posted on the machine the nutrition criteria for healthy snack items posted on the machines.
4. Written guidelines available for food served at meetings (not just policy that supports healthy food options); guidelines say 100% foods/meals to be healthy
5. Provide free nutrition and/or weight management programming on or off-site (education, counseling, Weight Watchers, etc.).
6. Insurance coverage for nutrition counseling and/or weight control programs.