



Healthy Beverage Policy *Effective October 31, 2014*

Background

First 5 Butte County strives to promote health and wellness through the promotion of healthy beverages. As mentors and role models for children and families, it is important that First 5 staff and grantees thoughtfully and intentionally maintain a healthy image at work and provide healthy opportunities and choices to our community. Given the strong link between sugar-sweetened beverage consumption, obesity and dental disease, First 5 Butte County requests that all beverages served during First 5 Butte County funded meetings, programs, activities, events, and celebrations meet the following nutritional guidelines:

Policy

For Children:

- Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles to reduce environmental impact.
- Flavored or unflavored carbonated water with no sweeteners may be served.
- Sugar sweetened beverages, 100% fruit juice, or diet drinks will not be served.
- Whole fruit slices may be considered in place of juice.

For Adults:

- Water will always be provided free of charge. Whenever possible, water will be served in pitchers rather than plastic bottles to reduce environmental impact.
- Flavored or unflavored carbonated water with no sweeteners may be served.
- Sugar sweetened beverages, 100% fruit juice, or diet drinks will not be served.
- Whole fruit slices may be considered in place of juice.
- Coffee and tea may be served.

Please Note: All collaborators, contractors and grantees using First 5 funding will be **required** to follow our *Healthy Beverage Policy*.