



HEALTHY EATING RESOLUTION

WHEREAS, the Eastern Highlands Health District is an ACHIEVE* Initiative site, and is on a quest to build a Healthy Community by supporting healthy eating and active living; and

WHEREAS, the name of your organization is in a member of the Eastern Highlands Health District and supports the ACHIEVE Initiative; and

WHEREAS, healthy eating is a choice that is made each day, and limiting empty calories and added sugar can be as simple as drinking water in place of soda or serving whole foods in place of processed foods; and that healthy eating leads to healthy bodies; and

WHEREAS, name of your organization seeks to support Healthy Community building and can be part of the solution by offering optimal defaults;

NOW, THEREFORE, BE IT RESOLVED that name of your organization will strive to offer nourishing and healthy foods and beverages that support health at functions such as:

- ✦ Water
- ✦ Low fat milk
- ✦ Fruits & vegetables or other whole foods

And will avoid serving sugar-sweetened or high-fat foods and beverages such as:

- ✦ Cream or whole milk
- ✦ Pastries
- ✦ Soda

The foregoing resolution was passed by name of your organization this _____ day of _____, 2010.

Witnesses:

Name Title

Name Title

Name Title

***A**ction **C**ommunities for **H**ealth, **I**nnovation, and **E**nVironmental chang**E**