STRATEGY 9: Implement a Staff Wellness Program that Includes Healthy Eating and Active Living

**Encourage Staff Wellness:**
- Follow the Healthy Food and Beverage Guidelines for Meetings and Occasions.
- Incorporate movement breaks into meetings using the Active Meeting Guidelines.
- Provide and Promote Safe Walking Routes.
- Remove junk food from staff areas.
- Use walking meetings.
- Be a Healthy Role Model for the children.
- Provide opportunities for staff to learn about healthy eating and active living.

See the Healthy Workplaces Toolkit at mainehealth.org/lets-go/adult-program/employers/tools for more information on how to:
- Increase healthy eating at work
- Increase movement at work
- Support healthy families

Staff who practice healthy eating and active living are great role models for kids. Help keep staff healthy by using the following tips.

**Bolded items** mean there is a supporting handout in this section!