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.
- Open school facilities before and after school for physical activity, especially in the winter.
- Remove junk food from staff areas.
- Use walking meetings.
- Be a Healthy Role Model.
- Provide opportunities for staff to learn about healthy eating and active living.
- Role Model by Celebrating Staff Successes Without Food

See the Healthy Workplaces Toolkit at https://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!