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.