Healthy Beverage Policy

Policy/Procedure: It is Changing Tides Family Services policy to adopt the Public Health Institute’s 100% Beverage Standards for Adult Settings. The Changing Tides Family Services’ Beverage Policy aims to limit access to sugary beverages and promote access to and consumption of more healthful alternatives. Changing Tides Family Services leadership shall make the ultimate decision as to whether products to be offered are consistent with the standards listed below. These standards shall be implemented on or before August 1, 2013.

Rationale: Sugary beverages are the single largest source of calories in the American diet.1 Greater sugary beverage consumption is associated with weight gain, obesity2,3 and diabetes.4 The average person in the U.S. drank 45 gallons of sugary beverages in 2009.5 Increasing access to more healthful beverages is important for reducing sugary beverage consumption. In 2012, the Public Health Institute (PHI) convened nutrition experts to review existing beverage standards in order to inform its development of recommended beverage standards.

Beverage standards for adult settings:

1. Access to free, safe drinking water
   There will be access to free, safe drinking water wherever beverages are offered at agency functions, including internal staff meetings and/or community workshops in which the agency purchases the refreshments. At meetings, safe tap water, rather than individual bottles of water will be offered. If safe tap water is not available, then large jugs of water will be utilized.

2. Beverage standard
   Beverages purchased by Changing Tides Family Services for internal staff meetings and/or community workshops which it sponsors will be limited to:
   - Water with no added sweeteners
   - Unflavored* non-fat or 1% cow’s milk with no added sweeteners
   - Unflavored* non-dairy milk alternatives with no added sweeteners
     - No more than 2.5 grams of fat per 8 fluid ounces
   - Fruit or vegetable-based juice drinks that have no added sweeteners
   - 100% fruit or vegetable juices that have no added sweeteners
   - Coffee and tea with no added sweeteners
   - Diet beverages with non-caloric sweeteners

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*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

3. **Effective Times of the Standards**

The abovementioned beverage standards will be in effect during normal work hours starting Aug. 1, 2013 and will be re-evaluated prior to June 30, 2014.

**Promotion:** Changing Tides Family Services does not maintain vending machines at any of its premises.

**Implementation:** To assist in the implementation of the beverage standards, Changing Tides Family Services’ leadership will support dissemination of information to agency staff regarding the Beverage Standards and will include information on its website regarding Rethink Your Drink. The Board of Directors has the authority and discretion to make exceptions regarding this policy, such as fundraisers or celebrations. This policy does not apply to beverages brought to Changing Tides Family Services locations by staff members for their own consumption at individual work desks or staff meetings.