

Healthy Workplace Food and Beverage Toolkit

How healthy is your workplace? This new resource from the American Heart Association will help you improve your food environment at work and promote a culture of health. It provides practical action steps and suggestions that are easy to understand and apply.

[Get the toolkit now.](#)

Alternate wording:

Healthy Workplace Food and Beverage Toolkit

The American Heart Association's Healthy Workplace Food and Beverage Toolkit was created to help organizations improve their food environment and promote a culture of health. It provides practical action steps and suggestions that are easy to understand and apply.

What's in it for you?

In addition to specific guidance and nutrition standards for beverages, snacks and meals, topics addressed in the toolkit include healthy eating, creating a culture of health, how leadership and management can be involved, special events, meetings, vending machines, healthier cooking methods, resources and links, and a glossary of terms.

Who should use the toolkit?

Anyone involved with procuring, providing or planning food and beverages in an organization/workplace -- from vending machines to catered special events -- can use this resource to learn how to make healthy changes. You can easily modify the guidance offered to fit the specific needs of your organization or office.

Get the toolkit now!



