

On-Site Support (continued):

- Provide refrigerators, microwaves and break areas.
- Provide access to free water available throughout the day.
- Support local food initiatives on-site by:
 - offering an on-site Community Supported Agriculture (CSA) program (discounting the cost of a CSA program can make this strategy more effective).
 - organizing a worksite garden—consider accessibility issues to make sure the garden can be accessed by individuals with disabilities.
 - providing local food in the cafeteria.
 - exploring opportunities with local farms for a mobile or on-site farmers' market.

Policy Changes:

- Adopt a healthy meeting policy or written guidelines.
- Create healthy food guidelines for cafes and vending machines.
- Support breaktime policies by encouraging a culture where staff regularly take their lunch break.
- Support healthy choices from vending machines and cafeterias by:
 - using competitive pricing to make healthier choices more economical in vending machines or cafeterias.
 - implementing healthy vending machine and cafeteria standards to increase the percentage of healthy options that are available.
 - using signs or symbols to make healthy choices stand out, and make nutrition information available for foods and beverages.

Becoming a Bronze, Silver or Gold Breastfeeding Friendly Employer also support healthy eating and nutrition. See page 20 for breastfeeding-friendly strategies for workplaces!

WHERE to go for resources

- Get worksite garden support at Vermont Community Garden Network: www.vcgn.org
- Find a CSA program: www.nofavt.org
- For healthy vending tools: www.nems-upenn.org
- Vermont 2-1-1 (dial 2-1-1)
- Food access resources: <https://www.hungerfreevt.org/resource-hubs>
- Healthy Living Workshops: MyHealthyVT.org
- American Cancer Society Tool for Planning Healthy Events: www.acsworkplacesolutions.com/wp-spdfs/meetingwell_guidebook_f251300.pdf

Toolkit ▶ *Sample Nutrition Policy Template*

For more info ▶ The Vermont Department of Health is here to help. Contact the district office near you: www.healthvermont.gov/local.



Go Tobacco-Free

WHY is this important?

Tobacco use continues to be a leading cause of preventable death in Vermont. Sixteen percent of employed adults smoke regularly. Some groups of employed adults—including those working in food service, maintenance and construction-related occupations—have even higher rates of tobacco use.

The prevalence of adult smoking has decreased over the last decade, in part due to policies supporting tobacco-free workplaces. Worksites can continue to play an important role in reducing tobacco use and creating environments that support a right to breathe clean air.

HOW to support this outcome

Education and Awareness:

- Promote free cessation resources (802Quits.org).
- Offer incentives or challenges to encourage quitting.

On-Site Support:

- Encourage physical activity or relaxation breaks as alternatives to smoking breaks.
- Host on-site, online or other tobacco cessation counseling.
- Move cigarette receptacles away from building entrances.

Policy Change:

- Implement a tobacco- and vape-free property policy with signage.
- Develop guidelines for participation in tobacco cessation activities during the workday.
- Ensure that tobacco cessation counselling and medication are offered through the organization's health insurance.

WHERE to go for resources

- Free cessation support for individuals: 802quits.org
- For information on potential on-site cessation classes, contact your local Vermont Quit Partner, area hospital or insurance provider.
- Find a Vermont Quit Partner near you: 802quits.org/in-person-quit-help/find-a-vermont-quit-partner/
- Vermont 2-1-1 (dial 2-1-1)

Toolkit ▶ *Sample Tobacco-Free Campus Policy Template*

For more info ▶ The Vermont Department of Health is here to help. Contact the district office near you: www.healthvermont.gov/local.