Fit Families Center Wellness Policy

Policy: Oneida County WIC staff will promote healthy lifestyle habits with all families served by this organization.

Procedure:

Food and drinks in public areas:
- Staff will not consume food or have food in view in public areas. Staff may consume food in the privacy of their offices when a member of the public is not present. Snacks and other foods brought in for all staff to consume will be placed in the break room where they can be accessed. Staff may use this room for their wellness break.

- If staff consumes a beverage at their work station, they are asked to drink water. If staff consumes other beverages, the outside label must be concealed or the beverage placed in a container you can not see through. Beverage containers/water bottles will be made available to each staff member.

Wellness Breaks:
- All staff is encouraged to take wellness breaks as specified within their employer policies. Staff may need to alternate breaks to assure clinic coverage.

Waiting Area:
- Staff will post wellness messages in the waiting area to encourage families to adopt healthy eating and activity habits. The messages will be changed quarterly.

Wellness Challenges:
- Staff is encouraged to participate in annual wellness challenges as well as community wellness events. Participation in these challenges and events help staff adopt and model healthy lifestyle habits.