

Town of Yarmouth
HEALTHY EATING POLICY

Effective: November 13th, 2025
TOY 86



1.0 Purpose

The Town of Yarmouth is committed to supporting the health and well-being of employees by promoting healthy eating in the workplace. This policy encourages nutritious food choices at municipal events, meetings, and in staff areas.

2.0 Scope

This policy applies to:

- a. All Town of Yarmouth employees, Council members, volunteers, and contractors while participating in Town-related meetings, events, and functions.
- b. Food and beverages provided, purchased, or served at Town-sponsored events, meetings, and facilities.

3.0 Statement

The Town recognizes that healthy eating contributes to employee wellness, energy, and productivity. To promote a culture of wellness, the Town will:

- a. Encourage the availability of healthy food and beverage options at all municipal events and meetings.
- b. Support access to drinking water in all municipal facilities.
- c. Consider nutrition and dietary restrictions when planning menus for staff events, receptions, and public functions.
- d. Provide information and resources to help employees make healthy food choices.

4.0 Guidelines

When food is provided by the Municipality, efforts should be made to:

- a. Offer fruits, vegetables, and whole-grain options.
- b. Choose lean proteins and foods lower in sodium, sugar, and saturated fat.
- c. Provide water as the primary beverage option.
- d. Limit sugary drinks and deep-fried foods.
- e. Accommodate dietary restrictions where possible.

5.0 Implementation

Department heads and event organizers are responsible for applying this policy when planning events or purchasing food. The Human Resources Department will support implementation and share educational materials as needed.

Clerk's Annotation for Official Policy Book

Date of Adoption: November 13th, 2025

I certify that this 'Healthy Eating Policy' was adopted by Council as indicated above.

Town Clerk:

Date: