

Administrative Policy No. 18.86

Subject: Healthy Eating and Nutrition

Information Contact: Human Resources Division

Authorizing Source: [Executive Order 13-06](#)

Effective Date: August 1, 2015

Revised: New

Approved By: original signed by David L. Stewart
Senior Director, Human Resources Division

Purpose

Healthy eating is a vital part of good health. It is important for energy and vitality, optimal work performance, weight control, control of cholesterol and blood pressure, and prevention of heart disease, diabetes and other chronic conditions.

DSHS acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all.

DSHS will ensure that a variety of healthy food choices are available at DSHS organized meetings, functions and events and at all vending machines and cafeterias.

Scope

This policy applies to all DSHS facilities and DSHS sponsored events. Institutions providing food services or vending to patients or residents should reference Administrative Policy 8.13 for guidance.

Policy Requirements

- 1) If a DSHS facility holds a contract or operates a vending machine/service, they must ensure that the Healthy Nutrition Guidelines in the [Implementation Guide for Vending Machines](#) are met through their service contract.
- 2) Food and beverages served at meetings and events sponsored by DSHS must meet the criteria set forth in the [Department of Health Healthy Nutrition Guidelines](#).
- 3) If a DSHS facility holds a contract with a cafeteria/restaurant or on-site retail food service venue on the grounds of their facility the guidelines outlined in [Healthy Nutrition Guidelines](#)

[for Cafeterias](#) must be addressed in their contracts. DSHS institutions preparing and serving food to special populations are exempt from this section and should reference Administrative Policy 8.13.

- 4) The role of food in relation to health and the enjoyment of healthy food will be promoted in DSHS by way of posters, newsletter, and healthy eating handouts.
- 5) Employees are encouraged to have healthy food options during employee organized events.

Resources

[Food Safety Regulations](#)

Official DSHS