

Commitment to Wellness



is dedicated and devoted to the safety, health, and spiritual well-being of our members and surrounding community. We acknowledge that chronic diseases such as heart disease & stroke, cancer, diabetes, and lung disease are harmful to the health of our congregation and community. We recognize that providing and promoting healthy food and beverage options, physical activity opportunities, and tobacco-free environments can help improve health and wellness.

On _____ commits to promote a healthy congregation and community by:

- › Incorporating nutrition, physical activity, and tobacco-free education and messages in congregation communications, and in bulletins, newsletters, sermons, and youth programming;
- › Supporting congregational leaders as they serve as role models for healthy eating, active living, and being tobacco-free; and
- › Emphasizing the connections between spiritual faith, and physical health and displaying posters, pictures, or books that support healthy foods and beverages, opportunities to be physically active, and tobacco-free air.

In addition to the above commitment, _____ also commits to the following healthy food and beverage, physical activity and tobacco-free components:

HEALTHY FOOD AND BEVERAGE

When foods and beverages are served or sold, the following will be offered as a way to increase healthy options for members and visitors:

Unflavored water, unsweetened tea, 100% juice with no added sugar, and low-fat (1%) or non-fat milk.

A variety of fruits and vegetables.

Whole grain options such as oatmeal, 100% whole grain pasta, brown rice, whole grain barley, 100% whole grain bread, and whole grain cereal (whenever grain products are served).

Lean meats and/or meat substitutes that are low in saturated fat and cholesterol, such as chicken, fish, turkey, beans, nuts, seeds, and soy protein (whenever meats and/or meat substitutes are served).

Foods that are low in fat and sodium.

Foods that are cooked by steaming, grilling, roasting, broiling, baking, poaching, or sautéing, rather than deep frying (whenever cooked foods are served).

In addition, we are committed to creating an environment that supports and promotes healthy eating in the following ways:

Promoting smaller portion sizes.

Using non-food items as rewards and treats in youth programs.

Providing a safe, clean, and private space and accommodations for nursing mothers.

healthy weight or healthy eating programs such as nutrition classes, cooking classes, support groups, and tasting parties for congregants and community members.

a garden where congregants and community members can grow fruits and vegetables for personal use, to donate to local food pantries, or use at congregation events and services.

a farmer's market where congregants and community members can purchase locally grown fruits and vegetables.

Ensuring that of the foods distributed through the food pantry are vegetables, fruits, whole grains, fat-free, or low-fat dairy products, lean meats, nuts, and seeds; and that of the beverages distributed through the food pantry are water, unflavored milk or milk alternatives with no added sweeteners, 100% fruit or vegetable juice, and coffee or tea.

PHYSICAL ACTIVITY

We are committed to helping congregation members participate in physical activity by:

Incorporating physical activity breaks in _____.

(It is recognized that this may not be possible during traditional worship services).

Incorporating physical activity into classes, programs, and special events for children and adolescents.

Not withholding or assigning physical activity as a form of punishment during classes, programs, and special events for children and adolescents.

Hosting ongoing physical activity programs, including _____.

Providing space for group exercise classes and programs.

Providing equipment for exercising.

Supporting and promoting physical activity programs such as _____.

_____, by posting flyers, making announcements, and sending emails.

In addition, we promote physical activity opportunities for our neighboring community by:

Opening facilities, such as playgrounds, sport courts, walking trails, gymnasiums and multi-purpose rooms for community recreational use during set days and times.

Inviting community members to participate in physical activity programs such as _____.

TOBACCO-FREE

Defining tobacco as a product that contains or is derived from tobacco and is intended for human consumption, excluding drugs or devices approved for cessation by the United States Food and Drug Administration. This includes e-cigarettes and vapor products with or without nicotine.

Preventing exposure to secondhand and thirdhand smoke for all employees, members, visitors, and any persons present and supporting those who want to quit using tobacco products by:

Disallowing, at all times, the use of tobacco products on congregation-owned or leased property, both indoors and outdoors (including parking lots, etc.).

Disallowing the use of tobacco products during all congregation events, meetings, and programs, whether located on or off congregation property.

Disallowing the use of tobacco products in vehicles belonging to the congregation.

Posting signs informing congregation and community members of the tobacco-free commitment in highly visible areas including parking lot, and outdoor areas.

Promoting tobacco cessation in the congregation and community by providing information for the Oklahoma Tobacco Helpline (1-800-QUITNOW).

Refusing sponsorship from a tobacco company and not allowing tobacco advertising or promotion on congregation-owned property or at any off-site congregation meetings and events.

Removing ash receptacles, such as ashtrays or ashcans, from congregation property.



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Effective Date:

Name and Title

Signature