

Healthy Food Policy

Purpose

To establish a policy for the Shasta Children and Families Commission (Commission), relating to use of Commission funds to purchase food and beverage items.

Background

The Commission recognize the value of healthy food and beverage choices that support healthy child nutrition and development.

First 5 Shasta funding used for the purchase of food and/ or beverage items may be applied only to items that constitute healthy choices.

Policy

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Definitions

- A. **Healthy food.** Healthy food and beverage items will follow Healthy Shasta's *Healthy Meeting Guidelines* available at www.healthyshasta.org.

Procedure

- A. First 5 Shasta grantees or contractors shall ensure that food and/or beverage items purchased using First 5 Shasta funds constitute healthy choices.
- B. Food must be related to the goal of the funded project.

Reviewed/Approved by SCFC on October 24, 2022