



Organizations and Worksites

Creating a Healthier Beverage Environment

Assess available beverages.

Assess your worksite's current beverage practices to identify what is offered in vending machines, at meetings, etc.

Adopt a Healthier Beverage Policy.

You can create a healthier beverage environment by providing guidelines (or requirements) on the types of beverages that can be served or sold at your organization.

Initiate healthier worksite norms.

Bring pitchers or dispensers of infused water to potlucks and meetings and make them available in break rooms.

Provide healthier beverage information.

Offer wellness classes or lunch-n-learns on sugary drinks and healthier beverages. Leave "self-service" interactive displays in common areas.

Make changes.

- ◆ Change procurement contracts with vendors including vending machine suppliers and event caterers to ensure healthier beverages are available.
- ◆ Order healthier beverages for meals and meetings. Or, save money by offering water in pitchers or beverage dispenser.
- ◆ Make sure cold, tap water is readily available: install water fountains, hydration stations, or get a water delivery service.
- ◆ Reduce portion sizes of sugary drinks: Stock 12 ounce cans instead of 16/20 ounce bottles in vending machines, or provide smaller cups at events and meetings.

Make changes fun.

Try fun activities such as taste tests, pledges, and challenges.

Explore the 3 P's.

Price. Price healthier beverages cheaper than sugary drinks. Offer free water.

Placement. Place healthier beverages at eye level and in front in vending machines, cafeterias, and break rooms.

Promotion. Use table tents, stickers, or other iHeartWater materials to promote healthier options. Post point-of-decision prompts to encourage consumption of healthier options (e.g. "Try this delicious watermelon water.")

For more information visit
www.iHeartWaterNC.com

