

## Guide to Implementing Pillar #2: Nutrition

### *2a) Sustain a culture that values, supports and promotes healthy food choices.*

- ☒ An organization must demonstrate that their company culture promotes and encourages healthy food choices.
- ☒ Educating employees about the importance of good nutrition is essential.
- ☒ You must be able to check off all boxes under 2a on the accreditation application.

### *2b) Provide access to healthy weight and/or nutrition programming.*

- ☒ An organization must provide easy access to nutrition and weight control programs.
- ☒ Programs may be onsite or offsite.
- ☒ You may use a broad-based approach rather than a single program.
- ☒ Efforts should focus on long-term success, with a specific goal of employees attaining -- and maintaining -- a healthy weight.
- ☒ There are many [suggested ways to meet requirement 2b](#) – not all are required, however, you'll be required to check off a sufficient number of boxes on the accreditation application to demonstrate that you are offering programming to help employees maintain a healthy weight and proper nutrition.