



# *Steps to Healthy Meetings* We're Taking the Challenge!

Join us in improving the health of Suffolk County residents. ***Follow the Steps to Healthy Meetings and Events Guidelines.***

Cornell Cooperative Extension ***Expanded Food and Nutrition Education Program*** recognizes our commitment to a healthier Suffolk County because we are ready to provide a healthier environment for our organization's community.

We're choosing an action below.  
Look for our **Healthy Partner Certificate**

**Yes!** My organization will follow the healthy meetings and events guidelines by ✓

- serving at least 2 healthy options at meetings and events (such as fruit, vegetables, whole grain and low fat dairy)
- serving water at meetings and events as the beverage of choice
- encouraging participants to stretch and do some brief physical activity at some point during meetings and events
- telling participants and employees about the new **Healthy Meeting and Event Guidelines**



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