Peoria City/County Health Department:
Healthy Food Procurement Policy

Purpose
The purpose of this policy is to assure the direction and dedication to continued education of health and wellness development for Peoria County residents, visitors, and employees. This policy recognizes that promotion, education and accessibility in health and wellness activities results in an improved healthy lifestyle and overall wellness for the Peoria County community and Peoria County employees. This policy further establishes those goals in promoting a healthier environment for all employees through improved purchasing, energy efficiency, land use, solid waste management addressed in Peoria County’s sustainability plan for internal operations.

Peoria City/County Health Department (PCCHD) is committed to improving the health and wellbeing of every person and believes that both residents and employees have the opportunity to achieve personal, academic, developmental, mental, and social successes needed to create positive and health-promoting learning environments at every level, in every activity setting and throughout the year across Peoria County.

Goals
Research has proven that good nutrition and physical activity are strongly correlated with positive outcomes in health and wellbeing; particularly outdoor activities. This policy outlines Peoria City/County Health Department’s responsibility in ensuring that environments and opportunities for customers and employees allow for the practice of improved nutrition, increased activity-related behaviors within cleaner and healthier environments. Specifically, this policy establishes the following goals and procedures in meeting this mission.

1. Visitors to the Peoria City/County Health Department (PCCHD) and employees have access to healthy foods through select vending machine options and any catering.
2. Employees receive quality nutrition education that helps support the development of lifelong healthy eating through Peoria County Wellness program as well as PCCHD’s Be Well Committee initiatives.
3. Employees have opportunities to be physically active during breaks and meetings, with the aim of not sitting longer than one hour without movement during daily duties.
4. Peoria City/County Health Department employees are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of their work locations through the Peoria county Health Plan and County Wellness activities such as walking challenge and reimbursement of employee health club memberships.

5. Peoria City/County Health Department strives to improve environmental health through comprehensive recycling programs and food scrap composting in some buildings.

6. Energy efficiency and stewardship of financial and natural resources through active implementation of Peoria County’s Sustainability plan for internal operations.

7. Peoria City/County Health Department will encourage participation and development of local food recovery efforts and continue to grow the onsite horticulture and nutrition education garden at PCCHD. Community-based garden projects will be supported.

8. Peoria County maintains an infrastructure for management, oversight, implementation, communication and monitoring on this policy as to establish goals and objectives, and alignment with the county’s existing sustainability plan and employee wellness program.

9. Peoria City/County Health Department’s will work to collaborate with the Tri County Partnership for a Healthy Community and the Healthy Eating/Active Living team through the Community Health Improvement Plan.

10. PCCHD will work to collaborate with the Tri County through partnership in Tri-County Green Hero program, joint Zero-Waste Holiday campaigns, and by building composting and recycling initiatives in Peoria County.

11. Peoria County Wellness program provides educational information to staff and their families regarding the importance of self-care, including breastfeeding, oral health, immunizations and health screenings, in maintaining overall health.

12. This policy applies to all PCCHD employees with specific measurable goals and outcomes are further identified in the following sections on Nutrition, Healthy Food Procurement, and Environmental Improvements.

**Nutrition:**
Peoria City/County Health Department is committed to providing healthy food options with plenty of fruits, vegetables, whole grains, fat-free, low-fat milk and non-dairy products, that are moderate in sodium, low in saturated fats, and to meet the nutritional needs of employee and visitor requirements. PCCHD will support breastfeeding and provide supports for staff and visitors.
Healthy Food Procurement:
To begin to ensure that PCCHD is working towards providing nutritional and healthy foods to customers and employees, the county will implement the following:

1. Improve healthy vending and available food choices
2. Review, indicate and monitor those improvements indicated in the proposed (GFPP) Good Food Purchasing Policy drafted on behalf of the Tri County region and co-sponsored by the Regional Fresh Food Council and the Healthy Eating/Active Living Team of which PCCHD is a partner and collaborator.
3. Purchase foods to the extent possible from local sources and businesses.

Environmental Improvements:
In order to provide a healthy and sustainable community, Peoria County aims to reduce demand on natural resources through the goals and objectives identified in the Peoria County Sustainability Plan (PCSP) for internal operations and the following extensions:

1. In addition to Land Use goals identified in PCSP for increased infiltration, erosion management, increased pollinator and native plantings; the county will develop and expand the garden projects for increased edibles.
2. Continue leadership in local food recovery efforts, through Good Food Recovery project.

It is the policy of PCCHD that continued efforts and support of health and wellness programs, activities and environments are encouraged by administration and staff to foster an ongoing improvement of the health and wellbeing of our community. Peoria City/County Health Department aims to promote the reduction natural resource use through energy efficiency and solid waste management programs, sustainable land use initiatives in order for residents and employees to adopt healthier lifestyles.

Approved the 17th day of February, 2020.

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