



## Meeting 9: Begin Workbook 7: Healthy Foods

1. Thank everyone for participating.
  2. Ask your leaders to report on the progress with your Action Steps and Education Steps from Meetings 2 through 8.
  3. At this meeting, choose one or two Action Steps from “Workbook 7: Healthy Foods in the Office”: <https://mygreendoctor.org/workbook-7-healthy-foods-in-the-office/>. We recommend choosing from “Go Meatless”, “Our Healthy Foods Policy”, or “Healthy Eating Poster or Handout”. Each of these is provided below. Find a leader for each Action Step that you choose.
  4. Announce the date for the next meeting when you will discuss “Assessment and Moving Forward”.
1. After the meeting, fill out the Green Meeting Notes form. Keep it very brief– not more than 5 minutes for completing the form: [Green Meeting Notes Form](#) . File this and email it to: [member.services@mygreendoctor.org](mailto:member.services@mygreendoctor.org).



### Healthy Foods Action Steps



#### Go Meatless



Adopt a policy for everyone in the office to have no meat in their diets in your office or at home for at least one day each week. It might be “Meatless Wednesday”! The environment and most people benefit from avoiding meat products, and especially fatty meats and meats from 4-legged animals (beef, pork, lamb, mutton & goat). A terrific website on this is offered by the U.S. non-profit group, “Physicians Against Red Meat”:  
<https://www.PhARM.org>. Tell your families and patients.

Issues to Consider:

1. Can we agree to do this?



## 2. Who will lead this project?



### **Our Healthy Foods Policy**

Adopt a policy to have healthy foods in your office: healthy for the staff, for the patients, and for the environment. Here is a list of practical, industry-standard guidelines that you can print and give to pharmaceutical representatives and other vendors who bring foods to the office (our thanks to chef Cathy Collins in Jacksonville, Florida).

#### Healthy Foods Policy for Healthcare Practices

“Our healthcare office wishes to promote a healthy workplace and to reduce our carbon footprint. Please consider these guidelines in choosing caterers and restaurants for food and beverages that you bring us.”

- Organic: Choose organic foods and beverages.
- Go local: Seek produce & specialty products that come from within 100 miles of our community.
- Be Sustainable: Offer fish and seafood products from sustainable fisheries and farms.
- Healthy fats: Use no trans fats in the preparation of foods for our office.
- Meatless: Offer a meatless lunch option, in addition to salads.
- Recyclable/Reusable: Use recyclable or reusable plates, cups and cutlery.
- Containers: Use recyclable or reusable containers and bags for deliveries.
- Whole foods: Promote healthier eating by using as many whole grains, beans, and fresh and unprocessed foods as possible.
- Healthy cooking: Avoid fried, oily, less healthy foods.



### **Display a “Healthy Eating” Poster or Handout**

Print the free document provided by My Green Doctor titled, “Healthy Eating is Green, Too!” This was designed by Nicole O’Brien of the Orange County Health Department, Orlando, Florida, USA. Your office can print this as a one-page flyer to make available to patients in your waiting room, or you can print it in a larger size to hang in your waiting room or in examination rooms. Your patients and staff will learn about the health and environmental benefits of choosing foods produced from within 100 miles of your community.