

## **Healthy Eating Environment – Leadership “Call to Action”**

**Support from senior leadership to front line managers is essential for a positive successful transition to healthier eating environments throughout our facilities.**

**Actionable steps:**

**Affirm your support by the following and engaging your leadership team to:**

### **Speak to the Why:**

- We’re making these changes to be authentic with our mission of helping people live the healthiest lives possible
- As a healthcare organization we want to offer our patients, customers and employees the healthiest food choices whenever and wherever possible
- These changes are based on evidence and the recommended dietary guidelines
- Individual eating behaviors are directly affected by the food and beverage choices offered in their environments

### **Model the How:**

- Practice the Healthy Meeting Guidelines (provide a link or attach)
- Support and participate the broader LiVe Well employee well-being dimensions
  - Reviewing the Why and How to be a LiVe Well Manager documents (provide a link or attach)
- Recognize and support the food & nutrition leaders and staff for leading this change
- Personally commit to modeling the well-being behaviors including healthy eating
- Approve the needed resources to make this change
- Commit your direct reports and their leadership teams to this call to action

Manage up: never use terms such as “We were told” or “They did this to us”, rather; “We are committed to make these changes and I fully support these changes”