

ABOUT ICANSANDIEGO's ICANATWORK

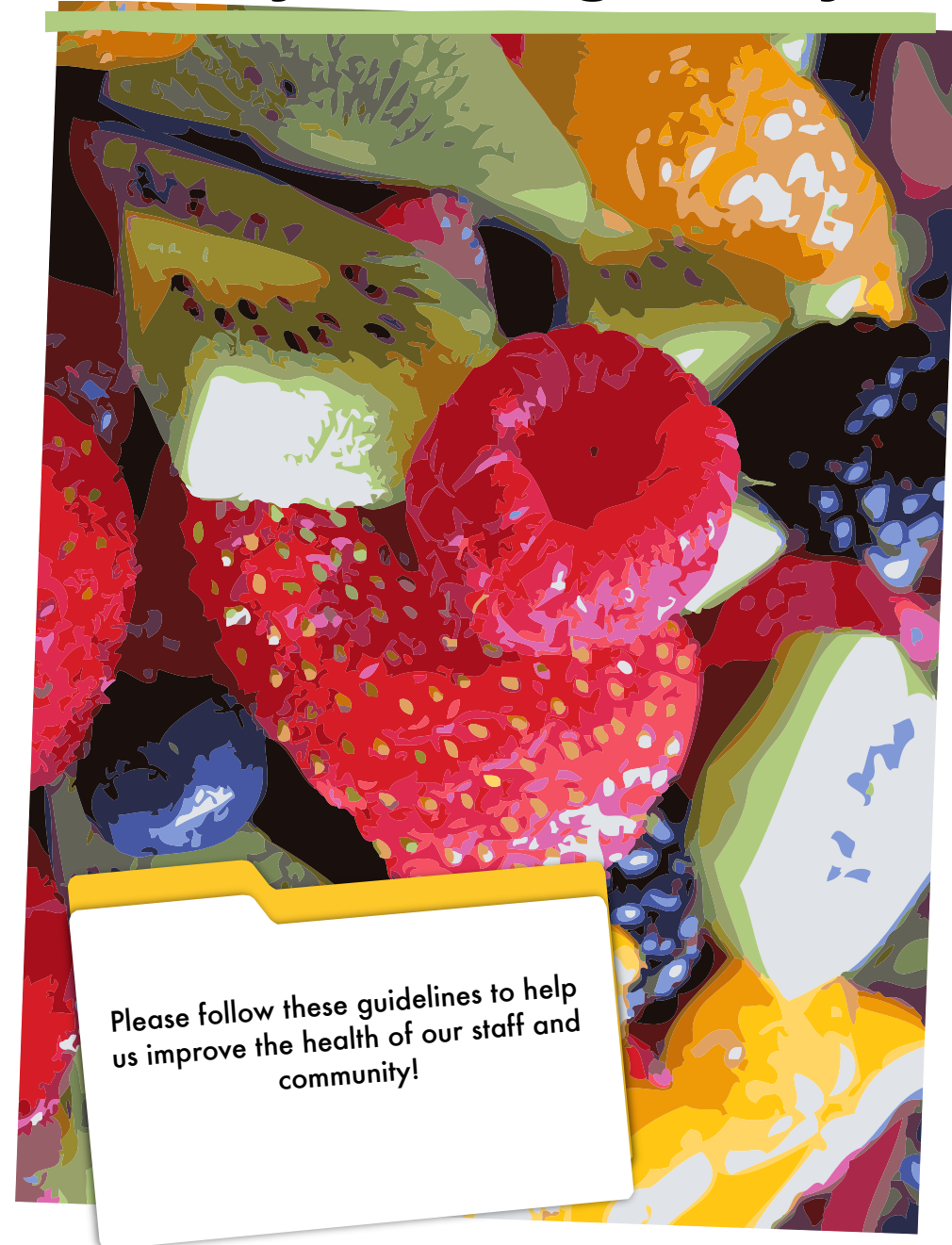
ICANSANDIEGO, San Diego's only locally-created, collaborative diabetes prevention campaign has created this folder to help you and your employees reap the benefits of a healthy lifestyle. We've worked hard to bring together resources from around the region – and nation – to make it easy for you to take steps to transform your workplace.

Ready to get started?

Log on to www.icansandiego.org and visit our worksite resource center. There you can set your company goals, and download free materials, signage, and morale boosters.

So let's get the word out – we can all make changes to benefit our health. (And we promise we'll even have fun along the way)

Healthy Meeting Policy



Meals & Snacks

Venue Suggestions:

When ordering meals or snacks for meetings please comply with the following guidelines:

- Provide at least one serving of fruits or vegetables.
- Provide at least one vegetarian option.
- Opt for whole wheat or whole grain breads when possible.
- Include water or low-sugar beverages.
- Avoid fried or breaded meats (look for grilled options).
- Ask that high-fat or high-sugar condiments or dressing such as salad dressing, mayonnaise, or BBQ sauce be served on the side.



Suggested Menu Items:

- _____
- _____
- _____

Phone Number:



Suggested Menu Items:

- _____
- _____
- _____

Phone Number:



Suggested Menu Items:

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Phone Number: