



Steps to Healthy Meetings We're Taking the Challenge!

Join us in improving the health of New York City residents.
Follow the Steps to Healthy Meetings and Events Guidelines.

Cornell University Cooperative Extension [Expanded Food Nutrition Program](#) recognizes our commitment to a healthier NYC 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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