



Meeting 9: Begin Workbook 7: Healthy Foods in the Office

1. Thank everyone for participating.
2. At this meeting, ask your Action Step leaders to review your progress with each the Steps that you have adopted:
 - Energy Efficiency
 - Solid Waste & Recycling
 - Education
 - Drug Disposal & Chemicals
3. Choose ONE Action step from “Workbook 7: Healthy Food in the Office”, provided below: <https://www.mygreendoctor.org/workbook-7-healthy-foods-for-the-doctor-office/>. We suggest choosing to adopt “Go Meatless” or the “Healthy Foods Vendor Policy”.
4. Announce the date for the next meeting at which time you will review your progress & look forward.
5. After the meeting, fill out the Green Team Notes form. Keep your Notes very brief– not more than 5 minutes for the Notes: <https://www.mygreendoctor.org/resources/green-team-notes-form/>.



Go Meatless

Adopt a policy for everyone in the office have no meat in their diets in the 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.





Healthy Foods Vendor Policy

Adopt a policy to have healthy, “green” foods in your office. My Green Doctor has created 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 of Jacksonville, Florida, for her advice):

Our Healthy Foods Policy

“Our medical 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.”

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

