

**PLANNING FOR WELLNESS: OUR WIC WORKSITE WELLNESS WORK PLAN**

Month/ Year	<b>10 STEPS</b> (Choose at least 2 Objectives per Step)	Overarching Wellness Goals	OUR Agency Plan	
	<b>1. Better Nutrition/Healthy Foods</b> <b>OUR OBJECTIVES: (check)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Include Healthy Habits for Life in staff trainings</li> <li><input type="checkbox"/> Include healthy menu options at meetings and events</li> <li><input type="checkbox"/> Educate staff on portion sizes</li> <li><input type="checkbox"/> Provide healthy vending machine options</li> <li><input type="checkbox"/> Make drinking water available to all staff free of charge</li> <li><input type="checkbox"/> Support healthy eating by sharing recipes, providing food demonstrations, guidelines on healthy eating at restaurants, and information on portion control</li> <li><input type="checkbox"/> Create a health/wellness resource library</li> <li><input type="checkbox"/> Offer weight management support groups/programs to employees</li> </ul> <p><b>Other:</b></p>	Align with the nation’s goals of Healthy People 2020 to promote health, prevent disease, and achieve wellness. Prepare WIC staff around the healthier WIC foods and the core messages of the Healthy Habits campaign.	<b>When:</b>   <b>Where:</b>   <b>Who:</b>	<b>How:</b>
	<b>2. Physical Activity</b> <b>OUR OBJECTIVES: (check)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage stretch breaks at staff meetings and during workdays</li> <li><input type="checkbox"/> Provide discounted rates for health plans, gyms and health clubs</li> <li><input type="checkbox"/> Hold meetings at local parks so staff can become familiar with available facilities</li> <li><input type="checkbox"/> Invite personal training experts for education on physical activity</li> <li><input type="checkbox"/> Identify and implement two, eight – ten week physical activity programs, on an annual basis</li> <li><input type="checkbox"/> Provide secure bicycle parking</li> <li><input type="checkbox"/> Provide changing rooms and/or lockers</li> <li><input type="checkbox"/> Provide information regarding local events such as walks for charitable causes</li> </ul> <p><b>Other:</b></p>	Harness WIC’s success as a critical player in the state’s efforts in health promotion and obesity prevention.	<b>When:</b>   <b>Where:</b>   <b>Who:</b>	<b>How:</b>





**PLANNING FOR WELLNESS: OUR WIC WORKSITE WELLNESS WORK PLAN**

Month/ Year	<b>10 STEPS</b> (Choose at least 2 Objectives per Step)	Overarching Wellness Goals	OUR Agency Plan	
	<b>5. Lactation Accommodation</b> <b>OUR OBJECTIVES: (check)</b> <ul style="list-style-type: none"> <li><input type="radio"/> Insure privacy to pump</li> <li><input type="radio"/> Provide storage for expressed milk</li> <li><input type="radio"/> Provide prenatal and postpartum education for staff</li> <li><input type="radio"/> Inform and educate staff on lactation accommodation</li> </ul> Other:	In keeping with California Labor Code Section 1030-33, Local Agencies will develop and implement written policies worksite on lactation accommodation and provide it as part of the work-family benefits.	When:  Where:  Who:	How:
	<b>6. Community Capacity Building</b> <b>OUR OBJECTIVES: (check)</b> <ul style="list-style-type: none"> <li><input type="radio"/> Coordinate wellness efforts with community partners</li> <li><input type="radio"/> Invite local community sports teams to give physical activity breaks at staff meetings</li> <li><input type="radio"/> Conduct or participate in an annual health awareness event in the community</li> </ul> Other:	Identify community partners and develop relationships that are beneficial for all constituents and stakeholders. Draw on and share the skills and resources of the various partners to build, develop, and sustain wellness practices.	When:  Where:  Who:	How:
	<b>7. Capture Senior-level and Board Support</b> <b>OUR OBJECTIVES: (check)</b> <ul style="list-style-type: none"> <li><input type="radio"/> Develop a mission statement that reflects a commitment to the health and well-being of employees.</li> <li><input type="radio"/> Develop Agency-specific goals</li> </ul> Other:	Advocate for policy changes at the organizational level, allocate resources to worksite wellness, form teams, delegate responsibility, and be a role model for healthy practices.	When:  Where:  Who:	How:



