



## Feature N01: Fruits and Vegetables

### Part 1: Ensure Fruit and Vegetable Availability

WELL v2™ pilot  
Q1 2020 addenda

How to use this document:

This document is intended to serve as a guide on how to create educational materials required for Part 1: Ensure Fruit and Vegetable Availability of Feature N01: Fruits and Vegetables. This document is meant to demonstrate an acceptable degree of detail for a documentation submission. Ultimately, the level of detail is up to the discretion of the project team, as long as each of the requirements is sufficiently addressed.

- Part 1: An example policy document has been provided. Note, variable items are highlighted in yellow throughout the document.

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The text is updated to the Q1 2020 version of WELL v2 pilot, which may vary from future versions of WELL v2.

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# FEATURE N01: FRUITS AND VEGETABLES

## PART 1: ENSURE FRUIT AND VEGETABLE AVAILABILITY EXAMPLE POLICY DOCUMENT

For all spaces, one of the following is provided:

### 1. Fruit and Vegetable Variety

If foods are sold or provided on a daily basis within the project boundary, the following requirements are met:

- a. In spaces where food is not prepared on-site (e.g., kitchenettes, vending, micro-kitchens), the selection includes at least two varieties of fruits and at least two varieties of vegetables.
- b. In spaces where food is prepared on-site (e.g., cafeterias, cafes), the selection includes at least four varieties of fruits and at least four varieties of vegetables.

### 2. Fruit and Vegetable Options

If foods are sold or provided on a daily basis within the project boundary, the selection meets the following requirement:

- a. At least 50% of the available options, including beverages, are fruits and/or vegetables.

## EXAMPLES

### 1. Fruit and Vegetable Variety

- A. <<INSERT COMPANY NAME>> provides packaged food to our employees. As part of this offering, we also offer at least two varieties of fruits and at least two varieties of vegetables.
  - a. *Example: In our breakroom, we provide at least two varieties of fruits and at least two varieties of vegetables in addition to packaged snacks. We regularly offer spinach, arugula, peppers and tomatoes. We also regularly provide at least two varieties of fruits, which may vary due to seasonal availability.*
  - b. *Example: In our vending machines, we provide at least two varieties of fruits and at least two varieties of vegetables in addition to packaged snacks. These include varieties of dried/dehydrated fruit snacks with no added sugar (e.g., dried green apples, dried mango), roasted chickpeas and green pea snack crisps.*
  - c. *Example: In our micro market, we provide at least two varieties of fruits and at least two varieties of vegetables in addition to packaged snacks and coffee. Our offering includes a combination of fresh and dried fruits, which vary weekly, as well as packaged salad options in the refrigerated section.*

- B. <<INSERT COMPANY NAME>> prepares food on-site for employees. As part of this offering, we also provide at least four varieties of fruits and at least four varieties of vegetables.
- a. *Example: In our dining hall/cafeteria/cafe, we provide at least four varieties of fruits and at least four varieties of vegetables. In addition to a salad bar with two salad bases and various vegetable toppings, we offer two daily steamed vegetable options. We also provide at least two varieties of grab-and-go fruits such as bananas, oranges and apples.*
  - b. *Example: In our employee restaurant, we provide at least four varieties of fruits and at least four varieties of vegetables. This includes several salad options as well as multiple vegetarian and vegan options. We also offer a fruit salad, which contains four varieties of fruits, as a side option.*

## 2. Fruit and Vegetable Options

- A. <<INSERT COMPANY NAME>> provides food to employees on a daily basis. For this reason, 50% of the offering are fruits and/or vegetables.
- a. *Example: In our breakroom, we provide a total of ten food and beverage offerings. We provide at least two varieties of fruits and three varieties of vegetables. Our offering includes a combination of dried/dehydrated fruit snacks with no added sugar and non-fried vegetable chips.*
  - b. *Example: We provide a total of 20 food and beverage offerings in our micro-market and a total of 10 distinct food and beverage offerings in our breakroom. We ensure that at least 50% of available options are fruits and/or vegetables by providing a total of 15 fruit and vegetable options across our collective offerings in the micro-market and breakroom (ensuring that there is at least one fruit or vegetable option provided at each food outlet).*
  - c. *Example: We provide a total of 20 food and beverage offerings in our micro-market and a total of 10 distinct food and beverage offerings in our breakroom. We ensure that at least 50% of available options are fruits and/or vegetables by providing a total of 10 fruit and vegetable options in the micro-market and a total of 5 fruit and vegetable options in the breakroom.*
  - d. *Example: We regularly provide coffee, milk, plain croissants and chocolate croissants. To ensure that at least 50% of available options are fruits and/or vegetables, we also offer four varieties of fruits, including apples, bananas, oranges, and pears.*