**Healthy Harkin Pledge**

The Harkin Institute for Public Policy & Citizen Engagement works tirelessly every day

to advance Senator Harkin’s legacy within the realm of wellness and nutrition. Adhering

to the Healthy Meeting Pledge is an opportunity for the Institute to put values of

preventive medicine into action, support the well-being of employees and guests, and

be a leader in the realm of nutrition policy institutions. The Institute formally agrees to

standards regarding beverage, food, physical activity, and tobacco-free spaces, as

outlined by the National Alliance for Nutrition and Activity (NANA)

* Water is the default beverage
* Full-calorie sugar-sweetened beverages are not offered
* Low-fat or non-fat milk is offered with coffee and tea service in addition to or in place of half-and-half
* Fruits and/or vegetables are available every time food is served
* The majority of the meat options are poultry, fish, shellfish, or lean (unprocessed) meat
* A vegetarian option is always offered
* No candy or candy bowls in the meeting space

*Designed by Alondra Carrillo, Class of 2022*