

# Real Employee Strength

Developed by the Allen County Health Department

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## Manager's Companion

### Topic: Sugar Loaded Beverages

As you look around your workplace, these are a few tips you as a manager can influence to support safer, healthier employees.

- Our workplace has a policy on healthier beverage options for the vending machines. For example, “30% of our beverage choices are healthier choices, are at eye level, and sold at a lower price than beverages loaded with sugar.”

Our vending machine offers water	Yes	No
Water is sold at a lower price than pop and other sweet drinks	Yes	No
Water is sold at eye level	Yes	No
100% juice – 10 ounce bottles or less	Yes	No

To see how one company's beverage policy influenced its employees for the better, click on this [link](#) (click on “Decreasing Sugar-Sweetened Beverages”).

- We offer easy access to free cold drinking water for all our employees.

Water is calorie free, free for employees, and is the best thirst-quencher. Consider all work areas – do all your employees have easy access to drinking water?

- We offer water at all our staff meetings when beverages are served.  
Serve ice water with a few slices of lemon or frozen berries to add appeal.
- We put up information (click on [link](#)) on sugar loaded beverages.

**REAL EMPLOYEE STRENGTH** – Strength Through Health