Healthy Meetings and Wellness Policy

Given our mission to make the healthy choice the easy choice for every South Carolinian, ESMMSC aims to create a workplace that promotes and supports healthy lifestyles for both employees and partners. As such, ESMMSC has adopted the following wellness policies:

Healthy Meetings and Catering

- All meals provided by ESMMSC should be healthy with at least one plant-based (vegetarian) option. Food and beverage offerings should be low in fat, sugar and sodium and high in whole grains.
- Desserts, other than fresh fruit, should never be offered.
- Water is the beverage of choice. Other no-calorie beverages, such as unsweetened tea or coffee may be offered, and other sugar sweetened beverages should be limited and labeled.
- ESMMSC will provide physical activity breaks for meetings lasting longer than one hour, consider sustainability whenever possible, and ensure meetings are held in smoke-free facilities.
- Creating a culture of health in meetings and conferences is an important way to help people eat well and be physically active as well as set a positive example in our community and state.

Movement Meetings

The team is highly encouraged to schedule movement meetings whenever possible and feasible.

Physical Activity Opportunities

Employees are encouraged to be physically active whenever possible. Flex time to engage in physical activity is available for all employees if duties are covered, and schedules are communicated.

Sharing Food

Please do not bring unhealthy foods or drinks to share in the break room, meetings, or conference rooms.

Staff Wellness

ESMMSC currently participates in Working Well. All staff wellness challenges are OPTIONAL. All employees are encouraged to engage but participation is not required or expected.