



St. Matthew Baptist Church

2005 Reynolds Avenue, N. Charleston, SC 29405

Office: (843) 744-4181 ♦ Fax: (843) 744-9181

Reverend Dr. Clinton Brantley, Pastor

Deacon Louis Waring

Brother Graig Gibson

HHS Says “Make the Healthy Choice the Easy Choice”

PROPOSED FOOD SERVICE POLICY

Whereas St. Matthew Baptist Church is concerned about the health of its members and community; and

Whereas St. Matthew Baptist Church seeks to promote proper care of our physical bodies; and

Whereas eating practices may reduce the risks of and helps control chronic conditions including diabetes, high blood pressure, obesity, stroke, kidney failure, and heart disease; and many forms of cancer and

Whereas eating well prepared meats, vegetables, fruits, beans, whole grain breads, in healthy portions,

BE IT RESOLVED that

Effective January 30, 2012 St. Matthew Baptist Church will seek to

1. Promote the national recommendations for well balanced meals, sodium, fat, and carbohydrate control
2. Promote portion control
3. Promote healthy between meal snack choices
4. Provide low sugar, fat, sodium options at meals served
5. Provide meats trimmed of excess fat, and skin, not fried
6. Provide water and low sugar beverages
7. Provide at least two green vegetables and one leafy dark green salads with each lunch or dinner meal served
8. Use exhibits, demonstrations, announcements, collaborative relationships with church auxiliaries to offer ongoing information on the benefits of and steps to healthier eating habits.

This policy is a statement of our commitment to do the things we are able to help people enjoy healthier and longer lives.

Approved by Congregation on January 30, 2012

Rev. Dr. Clinton Brantley, Pastor _____

Louis Waring, Chairperson, Deacons _____

Gretchen Wright, Clerk _____



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PROPOSED PHYSICAL ACTIVITY POLICY

Whereas St. Matthew Baptist Church is concerned about the health of its members and community; and

Whereas St. Matthew Baptist Church seeks to promote proper care of our physical bodies; and

Whereas physical activity may reduce the risks of and helps control chronic conditions including diabetes, high blood pressure, obesity, stroke, kidney failure, and heart disease; and many forms of cancer and

Whereas 30 minutes a day of intentional physical activity such as walking, bicycling, swimming, and sports, helps to maintain good health,

BE IT RESOLVED THAT effective January 30, 2012, St. Matthew Baptist Church will seek to

1. Increase the documented number of children, youth, adults participating in regular physical activity by 10, annually for 5 years.
2. Promote and document the types and amounts of physical activity individuals regularly engage in.
3. Maintain an equipped physical activity/health room and offer a regularly scheduled physical activity program
4. Use exhibits, demonstrations, announcements, collaborative relationships with church auxiliaries to offer ongoing information on the benefits of and steps to healthier eating habits.
5. This policy is a statement of our commitment to do the things we are able to help people enjoy healthier and longer lives.

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Brother William Leroy Gilliard.



“Mind, Body, and Soul”

Tobacco Use Policy

I Corinthians 3:16-17

¹⁶Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?¹⁷If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

I Corinthians 6:19-20

What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 for ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Purpose Statement

According to the United States Surgeon General's Report of 1986, the Environmental Protection Agency of 1992, the South Carolina Clean Indoor Air Act of 1990, and the Federal Pro-Children Act of 1994, tobacco use and exposure to secondhand smoke (environmental tobacco smoke) are hazardous to the health of human beings. As a faith-based institution/group, we are dedicated to improving the health and well-being of our congregational members and community residents. We recognize that tobacco in any form is a major cause of preventable disease and death in this state and country. It also has been acknowledged as a fire hazard. Thus, smoking is prohibited in this facility, its vehicles and at any of its sponsored events and functions, on or off its property, by all people (pastors, employees, members, visitors, contractors, delivery drivers, etc.).

Goals

The goals of this policy are to provide a safe, healthy environment for our congregational members, employees, visitors, and community residents. These goals will be achieved through efforts designed to:

1. Exhibit model smoke-free behavior for our youth and adults;
2. Eliminate exposure to environmental tobacco smoke (ETS)
3. Provide information on and/or promote smoking cessation programs for those in need;
4. Reduce fire hazards.

Procedures

We will:

1. Prohibit tobacco use in or on any of the grounds of the institution, and vehicles.
2. Prohibit tobacco use within 25 feet of all entrances, windows and exits.
3. Prohibit tobacco use at meetings, conferences, or any sponsored program activities
4. Support the prohibition of tobacco use by sponsoring tobacco-related educational sessions
5. Educate all members regarding the harm of tobacco use.

Enforcement

We will be responsible for enforcing this policy and determining the appropriate sanctions for violations of the policy.

Education and Assistance

We will be responsible for providing support, educational sessions and materials, and referrals for cessation services.

Tobacco Industry Marketing or Sponsorship

We will not accept any sponsorship from any tobacco-related producers or marketers. In addition, we will not allow tobacco advertising or gear or other paraphernalia at any function/activity.

This policy was adopted by the membership of St. Matthew Baptist Church at the January 8, 2007 church meeting.

**Rev. Dr. Clinton Brantley Pastor
Pastor, St. Matthew Baptist Church**

**Louis Waring, Chairperson
St. Matthew Baptist Church Deacons Ministry**