Improving the Food and Beverage Environment

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Culture of Health

A culture in which people live, work, learn, play and pray in environments that support healthy behaviors, timely quality care and overall well-being.

The healthy choice is the easy choice.

Healthy Food and Beverage Policy, Systems and Environmental Approach

- Improving the types of foods and beverages served and sold in workplaces positively affects employees' eating behaviors and can result in weight loss.

- Maintaining a healthy workforce can positively impact indirect costs by reducing absenteeism and increasing worker productivity.

POLICY:
Policy requiring minimum percent of foods sold in vending machines on city property meet nutritional requirements.

SYSTEMS:
Work with existing or new vending machine operators to change product mix.

ENVIRONMENT:
Create marketing & educational materials to inform customers about the healthy changes.

Example:
healthy vending machines

Improving Food and Beverage Options in the Workplace

Meetings · Catered Meals · Vending · Snacks

Getting Started

What is a successful plan?

- Fully integrated with the overall goals and objectives of the company/organization

- Clearly state goals, identify strategies and commit resources to those strategies

- Establish a means for evaluating and making adjustments

Engage Key Stakeholders

A team-based approach will help your company/organization increase by-in and identify effective strategies to implement.

- Human resources

- Purchasing/Procurement

- Health and Wellness

- Foodservice/Catering Vendor(s)

- Administrative Directors – across departments

Assess the Environment

- Survey your employees/members about their perceptions of healthy eating
- Assess vending selections (beverage and snack)
- Assess vendor(s) ability to provide healthier options
- Assess on-site and offsite meals being provided by the company

Survey of Employees/Members

- How often do you purchase items from the vending machine and/or the on-site cafeteria?

- What is important to you when making a purchase? Taste, price or nutrition?

- If healthier options were available to you would you purchase them? If not, why?

Assessment of Vending

- Determine where vending machines are located and what products are offered

- % of healthy vs. unhealthy

- Placement of items within the machine

- How many slots are devoted to each type of snack option
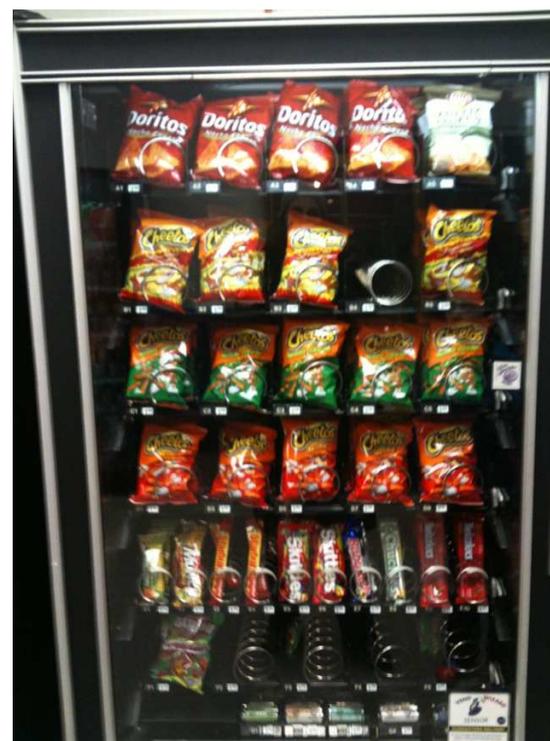
Assessment of Vending – Snacks

- **Standards for snack foods (*other than plain nuts and nut/fruit mixes*):**
  - **No more than 200 calories**
  - No more than **240 mg sodium** (preferably no more than 140 mg)
  - No more than 1 g saturated fat
  - No more than 0 g trans fat and no products containing partially hydrogenated oils

- **Standards for plain nuts and nut/fruit mixes:**
  - Acceptable nuts are almonds, hazelnuts, peanuts, pecans, pistachios and walnuts
  - Mixes are nuts and fruit only; no chocolate or candy
  - Serving size is no more than 1.5 oz
  - No more than **140 mg sodium** per serving (preferably lower; choose products with lowest amount)

Assessment of Beverage Options

- Water (plain, sparkling and flavored) – **no more than 10 calories per serving**

- Fat-free (skim) or low-fat (1%) milk and milk alternatives (soy, almond, etc.) – no more than 130 calories per 8 fl. oz.

- Juice – 100% fruit or vegetable juice
    - No added sugars/sweeteners (except non-nutritive sweeteners)
    - No more than 120 calories per 8 fl. oz. (preferred serving size)

- Other beverages – **no more than 10 calories per serving**

Assess Options with Vendor(s)

- Does the vendor allow contracts to be amended prior to their expiration date? For example, to specify a healthier mix of food and beverages for vending.

- Are they able to provide the nutritional values for the beverages and snack foods carried?

- Is the vendor able to secure other products not currently on your list if requested?

- Is the vendor able to provide smaller package sizes if you requested it?

- Is the vendor able to provide monthly/quarterly sales reports of the specific food and beverage items purchased by employees/members?

Assess On-site/Off-site Meals

- Does your company have a policy about what types of foods and beverages can be provided when they are paid for by the organization?

- Who plans/selects/orders food and beverages provided by the organization for meetings and events?

- Does your company have a centralized purchasing process?

Determine the Approach

- Establish nutrition standards for the program and implementation plan
  - Access (cafeteria, vending, catering for on-site and offsite meetings, special events)
  - Price
  - Placement
  - Phase-in timeline

- Share proposed plan with Senior Management

Make the healthy choice the easy choice…

Price

Product

Placement

Promotion

BLUE ZONES LANE

Educate staff and other key stakeholders

- Cultivate support for the healthier options through staff meetings, e-communication, cafeteria/vending signage
- Have messages from leadership
- Ask staff to taste test new products
- Administer online surveys

Implementation and Monitoring

- Announce the program to the general public through press release, social media, etc., in addition to your employees.

- Tracking is a critical step to measure progress
    - Ability to report back to leadership
    - Understand the economic impact
    - Recognize the impact of the program

Celebrate Success

- Highlight trends in company newsletter
- Host a spotlight event by inviting local speaker/advocate
- Showcase internal champion(s) and advocates for the healthier options

AHA Resources

www.heart.org/foodwhereur

Toolkit Features

- Provides guidance for healthier meals, snacks and vending machines
- Can be adopted by any size organization
- Qualitative – recommendations, tips and suggestions
- Quantitative – nutrition standards for specific food categories
- Sample menu, tools and additional resources

Healthier Meals

- Make healthier options appealing and accessible.

- Provide reasonable portions of foods and beverages.

- Offer a fruit and/or vegetable every time food is served.

- Bread products should be whole grain (if needed).

- Do not serve butter.

- Provide fat-free (skim) or low-fat (1%) milk (if needed).

- No regular soft drinks or sugar-sweetened beverages.

Meal Planning Tools

- Action Plan for On-site Meals

- Menu Plan for Off-site Events

- Guidance for Caterers and Food Vendors

- **NEW -** Checklist for evaluating meals

Healthier Snacks

- Fresh fruits and vegetables

- Whole-grain crackers

- Hummus, salsa and other light dips

- Nuts and trail mix

- Light popcorn

- Fat-free/low-fat yogurt

Healthier Vending Machines

- Offer the smallest package sizes available.

- Set goal that at least 50% of the products are healthy

- Utilize the inventory worksheets to determine baseline

Office Food

- Remove candy bowls or replace with fruit.
- Limit the amount of time it's available.
- Provide healthier suggestions.
- Avoid less healthy foods (donuts, cookies, etc.).
- Explore new ways to celebrate special occasions.

Benefits

- Helps build the culture of health, making the healthy choice the easy choice

- Meets people where they are and facilitates environmental change from within

- Educates employees about healthier choices and healthy eating patterns

- Helps drive demand for healthier choices from vendors

Sample Policy
for Healthy Beverages in Workplaces

Purpose: The purpose of this policy is to provide guidance for the sale, availability and promotion of beverages in (workplace name).

Scope of Policy: This policy applies to any and all beverages offered or sold in (workplace name).

Policy:
(Workplace name) will promote water as the preferred beverage.
Clear signage will promote water as the healthy option.

The availability of sugar-sweetened beverages will be reduced in the staff cafeteria and vending machines and replaced with low or no-sugar options.

Signed by: Date:

Questions?