



Healthy Food and Drink Options in Cafeteria

Not eating enough fruits and vegetables is one of the largest health concerns facing Americans today. The CDC reports that almost 90% of American adults are not eating the daily recommended amount. Increasing the availability of convenient healthy options can increase the chances of student and employees purchasing them, and in return consuming more nutrients. Implementing a healthy grab and go option, creating a price-point advantage on healthier products or simply bringing healthier options to light by putting them in attractive containers and placing them in the front of the lines can help consumers make better choices. By inviting food service managers to participate in the wellness committee, collaboration can help facilitate better options in the dining halls. This budget may include attractive food displays, taste tests to determine which items people are going to accept, and marketing materials.

How to Implement

- Include food service managers on the wellness committee.
- Establish what employees would like to see and be able to purchase. Examples include:
 - Grab and go fruit and cheese cups
 - Grab and go veggie and hummus cups
 - Yogurt/parfait bars
 - Whole grain wraps with veggies
 - Cut fruit cups
 - Fruit and nut/seed cups
 - Tuna and cracker kits
 - Whole grain sandwiches
 - Make the default sides be fruits and non-starchy vegetables (instead of fries)
 - Make the default breads be whole grains
 - Made to order smoothies
 - Hard boiled eggs and fruit
- Establish what employees/students would be willing to pay for healthier products.
- Make at least 50% of the items in the vending machine, healthier options.
- Make sure these items are most affordable, which may mean increasing the costs of candy and other less desirable choices.
- Put the healthier options at eye level.
- Provide nutritional information of items in the vending machine.
- PROMOTE the new and healthy products through good signage, attractive containers and price-point advantages on the healthier items.

Evaluation

To assess the impact of the intervention:

- Track sales of healthier items (watch for increases pre/post)
- Survey employees/students on the acceptability of the new offerings/ promotions
- Look at the number of fruits and vegetables served per week pre and post
- Survey employees/students regarding exposure to and awareness of healthier options/perception of wellness



Example Pre and Post Questions:

- Would you say that in general your health is:
 - Excellent
 - Very good
 - Good
 - Fair
 - Poor
 - Don't know

- In general, how healthy is your overall diet?
 - Excellent
 - Very Good
 - Good
 - Fair
 - Poor
 - Don't Know
 - Refused

- Not including juices, how often did you eat fruit? You can tell me times per day, times per week or times per month.
 - Per Month
 - Per Week
 - Per Day
 - Don't Know
 - Refused
 - Number of times: _____

- How often did you eat other vegetables? You can tell me times per day, week or month.
 - Per Day
 - Per Week
 - Per Month
 - Don't Know
 - Refused
 - Number of times: _____

- During the past 7 days, how many meals did you get that were prepared away from home in places such as restaurants, fast food places, food stands, grocery stores, or from vending machines?
 - How many of those meals did you get from a fast-food or pizza place?

- During the past 30 days, how often did you eat frozen meals or frozen pizzas?

- "In the last 12 months, we worried whether our food would run out before we got money to buy more." For your household, was that:
 - Sometimes true
 - Never true
 - Often true



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- "The food we bought didn't last and we didn't have money to get more." For your household, was that:
 - Often true
 - Sometimes true
 - Never true

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied