

Food At Work, A *Total Worker Health*® Approach: Key Takeaways

Food Service Guidelines for Federal Facilities

The **Food Service Guidelines for Federal Facilities** aim to improve access to healthier foods and beverages for workers. They are a set of best practices to increase healthy and safe food options and a model set of guidelines that can be used in any workplace setting.

Category	Guideline Example
 Fruits & Vegetables	Provide seasonal fruit and vegetables. 
Dairy	Offer low-fat dairy (or dairy alternatives).
 Protein Foods	Offer a variety including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products.
Trans Fats	Remove all partially hydrogenated oils. 
 Calorie & Nutrition Labeling	Provide calorie and nutrition information of standard food items.
Other Considerations	Eliminate deep-fried foods.

Putting Guidelines into Action

Focus on ensuring healthy options are available across all locations where food is sold and/or served. Examples include patient menus, cafeterias, vending machines, and more.

- Use a multi-disciplinary approach: Bring together leaders and voices from across the organization.
- Leverage and expand partnerships with food vendors.
- Explain your “why”: Connect your food services program to your organization’s mission, vision, and values.
- Survey your customers to understand their healthy food preferences.
- Provide tasting events where customers can sample healthy options.
- Be patient and persistent: Changes don’t happen overnight!

Plant-Based Proteins

Plant-based proteins are proteins derived from plants, as opposed to animal sources like meat, dairy, or eggs.

Strategies to add more plant-based proteins include:

Flip the RSVP Default!

Make plant-based the default and give people the choice to opt into meat.

Shift the Ratios

Serve/sell two plant-based options for every meat-based option.

Prime Placement

Serve/sell food in a way that highlights plant-based options; use meat & dairy as garnishes.

Tasty Titles

Avoid terms like “vegan,” “meatless,” “low calorie,” or “healthy.”

“Vegetarian Burrito”



“Sizzlin’ Southwestern Black Bean Burrito (v)”



Make it Delicious!

Work with your vendor/caterer to ensure the plant-based options are familiar, flavorful, and filling.

