

Supports for Healthy Food Choices and Data Points

Cafeterias

- Are fruit, vegetables, whole grains, fat free and low fat milk products, lean meats, poultry, fish, beans, eggs, and nuts available?
- Are healthy menu choices offered?
- Are healthy menu choices promoted?
- Are healthier choices offered at reduced cost?
- Is nutritional information provided to consumer (brochure, signage, other)?
- Is there any special emphasis on healthy choices (i.e., lower pricing, more advertising, etc.)?

Vending

- Are there products offered that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars?
- Are healthy choices offered (such as whole grains, low fat/low sodium popcorn, dried fruits, dry roasted unsalted nuts, 100 percent juices of 6 ounces or less, water)?
- Are healthy choices promoted?
- Are healthier choices offered at reduced cost?
- Is there any special emphasis on healthy choices?

Microwave/Refrigeration

- Does the agency provide these items so employees can bring in their own food?
- Is food safety information provided such as cleanliness, storage, hand washing, refrigerator/freezer thermometer?

