The Nuts and Bolts of Food Service Guidelines:

Using Policy As a Framework for Action
Goals For This Session

- Demystify FSG Policy
- Overcoming Barriers to Implementation
- Measuring and Monitoring Impact
- Communicating with Decision Makers
- Network with FSG Experts & Peers
SESSION AGENDA

- Overview of Food Service Guidelines
- Introductions
- FSG Panel Presentations
- Q&A
- Expert-Facilitated Roundtables
What Do We Know?

- **1 out of 3 Americans** have a cafeteria at work.
  - ~7 million *eat food/drinks from a cafeteria daily.*

- **Half of Americans** have vending machines at work.
  - ~9 million *eat food/drinks from a vending machine daily.*

- Foods in cafeterias and vending machines do **not** align with dietary guidance.


Food Service Guidelines represent a voluntary set of best business practices that ensure safe, healthy food options are available.
WHY IS A WRITTEN AGREEMENT OR POLICY NECESSARY?

- Clarify expectations for vendors
- Include measures of accountability
- Sustainability of FSG
- Requires decision-maker “buy-in”
- Communicates the priorities and values of a business or organization
• Developing FSG policy does not need to be complicated!

• Focus on what’s **IMPACTFUL and FEASIBLE** to achieve

• Choose your Anchor Institution(s) carefully:
  - Large number of people that will be impacted?
  - Existing partnerships that would facilitate success?
  - Identify “windows of opportunity” (e.g. new RFP or food contract)

• Engage “change agents” early in the process
Food Service Guidelines Policy Expert

Julie Ralston Aoki, JD
Healthy Food Service Guidelines: Policy Insights

Angela Amico, MPH
FSG Implementation: Challenges & Solutions

Cindy Deblauw, LDN, RD
Measuring and Communicating the Impact of FSG

Chris Mornick, MPH, RDN
PLEASE JOIN A ROUNDTABLE!

1. **Build A Diverse Team & Identify FSG Champions**
   - Brook Belay, MD
   - Diane Harris, PhD

2. **FSG Policy Development**
   - Julie R. Aoki, JD
   - Angela Amico, MPH

3. **FSG Implementation**
   - Cindy DeBlauw, LDN, RD
   - Amy Lowry Warnock, MPA

4. **Monitoring and Measuring FSG Impact**
   - Leah Maynard, PhD
   - Stephen Onufrek, PhD
CDC Food Service Guidelines Webpage