



Creating a Healthy Food Environment: An Overview

Making the Healthy Choice the Easy Choice at Your Worksite

Prevention Partners is dedicated to helping worksites throughout the nation promote healthy eating through stronger policies, benefits and marketing techniques that affect vending machines, cafeterias, snack shops, catered events, and other places where food is provided. Success is achieved by implementing the following key components of a healthy food environment to all places within the worksite where food and beverages are sold or provided and thus making the healthy choice easier for employees.

Access

- Adopt and implement standard nutrition criteria
- Negotiate contracts with food vendors to offer healthy options and make nutrition information available
- Train foodservice staff on preparation and portion control
- Offer and promote healthy foods and beverages at all times

Pricing

- Use pricing structure to incentivize the selection of healthy items

Marketing

- Label foods with a consistent icon to identify foods and beverages that meet the standard nutrition criteria
- Make available and clearly label food with nutrition information at the point-of-selection, when at all possible
- Position healthy options in areas of high visibility and/or selling potential

Benefits & Incentives

- Use benefit design and/or wellness incentives to encourage behavior change

Education

- Implement education campaign to promote the healthy food environment with employees and visitors

Did you know? Prevention Partners received a *Healthy Living Innovation Award* from the US Department of Health and Human Services for its Red Apple Project, an initiative that focused on healthy food environments in NC hospitals.

