

An Overview of A *Roadmap for Comprehensive Food Service Guidelines*

Best Practices and Opportunities to Advance Nutrition Through Food Service Guideline Policies in Diverse Public Settings



Jessi Silverman, MSPH, RD

Policy Associate

Center for Science in the Public Interest

jsilverman@cspinet.org

Presentation Outline

- Background
- Methods
- Overview of Comprehensive FSG Policies
- FSG in Specific Settings and Programs
- Recommendations for Future Research and Advocacy
- Q&A

Background

- Over 100 S/L governments have adopted FSG, but few include majority of food service venues in the jurisdiction
- More comprehensive policies needed to improve reach, purchasing power, and contribution to health equity
- Voices for Healthy Kids awarded grant to CSPI to convene an Innovation, Equity, and Exploration workgroup to identify best practices and opportunities to accelerate adoption of comprehensive FSG and create related resource

Methods

- CSPI recruited FSG experts with experience in diverse settings
- Workgroup established initial research questions
- Explored a subset of settings of interest through subgroup discussions
- Concurrent literature review of relevant research and best practice resources
- CSPI developed *A Roadmap for Comprehensive Food Service Guidelines* with workgroup input on outline and drafts
- *Roadmap* underwent rigorous science review by Voices

Key Terms and Concepts

- **Comprehensive:** The policy requires that FSG are adopted and implemented in the majority or all of the **settings, venues, and programs** within the jurisdiction of the adopting institution. Ideally, FSG apply to all food offered, provided, or sold on the adopting institution's property, purchased using its funds, and served through the programs it administers. Strong policies ensure that the greatest feasible proportion of offerings in each venue meets evidence-based criteria for healthful foods and beverages.

Key Terms and Concepts

- **Settings** refers to places in which food is sold or served.
 - Examples: worksites, hospitals, correctional facilities, parks, universities, etc.
- **Venues** refers to the specific points within a setting where food is purchased, sold, or served.
 - Examples: cafeterias, vending machines, meetings and events, institutional meals, congregate meals, etc.
- **Programs** includes meals, snacks, and beverages offered in connection with programs sponsored by federal, state, or local governments.
 - Examples: congregate and home-delivered meals for older adults, summer meal programs for children, etc.
 - Does *not* include SNAP, WIC

Key Considerations for Comprehensive FSG Advocates and Adopting Institutions

- Mechanism of policy adoption
- Engaging stakeholders
- Designating a coordinating agency
- Conducting a needs assessment
- Adapting existing guidelines
- Contracts with third party food service providers
- Randolph-Sheppard Act
- Monitoring and evaluation



Examples of Comprehensive Policies Adopted by State and Local Governments

Jurisdiction	Scope	Potential Reach
City of New York, NY	Executive order (2008) requires all foods and beverages purchased, offered, or served by city agencies or in connection with city contracts to meet standards	238+ million meals and snacks served annually by 11 city agencies
County of Los Angeles, CA	Board of Supervisors motion (2011) requires county departments to consult with the Department of Public Health prior to releasing any Request for Proposals for food service contracts to ensure that requirements in the contract promote healthy nutrition	37 million meals served annually by 12 county agencies
State of Washington	Executive order (2013) requires foods served through cafeterias, vending machines, on-site retail establishments, meetings and events, and foods served to agency client and dependent populations (excludes federal nutrition programs) to meet standards	73,000 individuals reached by 39 state agencies

Public Worksites: At a Glance

Reach	Purchasing Power	Venues
<ul style="list-style-type: none">● 2.8 million people employed by the federal government in 2016● 19.4 million people employed by state and local governments in 2016	<p>In one jurisdiction, the County of Los Angeles, California, employee cafeterias and snack shops on government property serve 1,820 and 1,000 meals per day, respectively.</p>	<ul style="list-style-type: none">● Cafeterias● Concessions● Vending and micromarkets● Meetings and events

Public Worksites: Policy Landscape

- States, cities, counties
- Federal agencies



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Public Worksites

Key Considerations

- Advocacy Strategy
- Educating Employees
- Promoting Equity

Opportunities

- Increase adoption of comprehensive policies



Hospitals and Health Systems: At a Glance

Reach	Purchasing Power	Venues
<ul style="list-style-type: none">● 7.6% of Americans have an overnight stay in a hospital each year● 5.2 million Americans are hospital employees	<ul style="list-style-type: none">● \$12 billion spent annually on food by health care sector● Individual hospitals spend between \$1-7 million on food annually	<ul style="list-style-type: none">● Cafeterias● Concessions and gift shops● Vending and micromarkets● Patient meals● Catered meetings and events

Hospitals and Health Systems: Policy Landscape

- Relevant policies affecting food service in health care facilities
 - Federal regulation by Centers for Medicare and Medicaid Services
 - State licensing laws
 - Accreditation standards
- FSG policy mechanisms in use
 - State and local FSG policies for public hospitals
 - Public and private voluntary initiatives
 - Institutional policies



Hospitals and Health Systems

Key Considerations

- Engaging stakeholders
- Choosing standards
- Lessons learned from voluntary initiatives

Opportunities

- Leveraging existing policies



Parks and Recreation Centers: At a Glance

Reach	Venues
<ul style="list-style-type: none">● 330 million, 807 million, and 300 million annual visitors to national, state, and municipal parks, respectively● 421,000 employed by state and local parks and recreation departments● 20,000+ employed by the National Parks Service● 560 million meals served annually by parks and recreation agencies to children in out-of-school time (OST) programs● Racial/ethnic distribution of children participating in OST programs offered by local parks and recreation agencies: 52% non-Hispanic white, 20% black or African-American, 18% Hispanic or Latino, 4% Asian or Pacific Islander, and 4% other race/ethnicity.	<ul style="list-style-type: none">● Concessions● Vending machines● Camp and convenience stores● Out-of-school time program meals and snacks, including afterschool programs and summer camps

Parks and Recreation Centers: Policy Landscape

- Policy mechanisms in use for foods sold
 - State and local FSG policies
 - Contracts with vendors
- Policy mechanisms in use for out-of-school time (OST) programs
 - National standards, if funded through CACFP or SFSP
 - State licensing or quality rating and improvement system (QRIS) standards
 - Voluntary initiatives

Parks and Recreation Centers

Key Considerations

- Engaging stakeholders
- Customer food preferences
- Facility and staff capacity
- Choosing standards

Opportunities

- Increase adoption of comprehensive policies
- Innovations in OST programs



Correctional and Juvenile Justice Facilities: At a Glance

Reach	Purchasing Power	Venues
<ul style="list-style-type: none">● 6.6 million adults were incarcerated nationally at the end of 2016● 43,580 youth were in residential justice facilities on a given day in October 2017● 415,000 correctional officers employed in May 2018	<ul style="list-style-type: none">● In 2001, public corrections agencies spent approximately \$2.1 billion on food annually—about \$2.62 per inmate per day● In 2013, prison commissary sales were estimated at \$1.6 billion	<ul style="list-style-type: none">● Meal service for inmates● Commissary for inmates● Cafeterias for employees● Vending for employees and visitors

Correctional and Juvenile Justice Facilities: Policy Landscape

- Relevant policies affecting adult facility food service
 - Highly variable federal, state, local agency policies for foods served in prisons and jails
 - American Correctional Association accreditation standards
- Relevant policies affecting juvenile facility food service
 - Can participate in National School Lunch and Breakfast Programs
 - Highly variable policies for weekend meals and snacks
- FSG policy mechanisms in use
 - State and local comprehensive policies

Correctional and Juvenile Justice Facilities

Key Considerations

- Legal and institutional context
- Engaging stakeholders
- Safety concerns
- Choosing standards

Opportunities

- Understanding the correctional food system
- Identifying model standards
- Dissemination of best practices



Additional Settings

- Schools (K-12)
- Early child care and education
- Colleges and universities
- Airports
- Residential institutions
- Community and faith-based organizations



Federal Nutrition Programs

- This project focused on
 - Child and Adult Care Food Program
 - Summer Food Service Program
 - Older Americans Act Title III-C Nutrition Services (congregate and home-delivered meals)
- Opportunities to strengthen
 - Understand state and local implementation and compliance
 - Consider improvements to nutrition standards as part of comprehensive FSG policy



Recommendations to Advance Comprehensive FSG Policies

- Take an equity approach to policy development, implementation, and evaluation
- Disseminate best practices learned from ongoing and future efforts to the public health community, policymakers, and institutions
- Share data and messages to inspire adoption in more communities
- Harness the impact on the food supply chain
- Harmonize guidelines for food procurement and foods sold and served
- Leverage state and local policies to strengthen federal nutrition programs
- Connect with peers to share best practices and accelerate change

www.cspinet.org/roadmap

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