

# Food Service Guidelines



## EASY ACCESS TO HEALTHY FOODS

PEOPLE OFTEN LACK ACCESS TO HEALTHIER FOODS IN SETTINGS WHERE THEY LIVE, WORK, LEARN, HEAL, AND PLAY.

### Did you know...?

**70%**

Each year, chronic diseases account for 70% of all deaths in the United States. Poor diets lead to chronic illnesses, such as heart disease, type 2 diabetes, and obesity.

Over 7 million adults eat or drink at a cafeteria on a given day, and over 9 million do so from a vending machine.



Foods that people get at work are generally high in empty calories, sodium, solid fat, added sugars, and refined grains.



## WHAT ARE FOOD SERVICE GUIDELINES?

Food service guidelines are standards for healthier food and beverages and food service operations in worksite and community settings.



### FOOD SERVICE GUIDELINES FOR FEDERAL FACILITIES

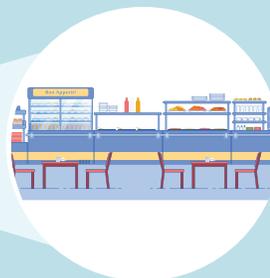
- *The Food Service Guidelines for Federal Facilities (FSG)* encourages healthier food service at federal worksites and is a model set of guidelines that can be used or adapted in other settings.
- More than 60 scientists and operators from nine federal departments and agencies developed the FSG.
- The FSG provides specific standards for food and nutrition (aligned with the *Dietary Guidelines for Americans*), energy and waste reduction, sourcing of local foods, food safety, and behavioral design (strategies to encourage selection of healthier foods).

## WHERE CAN FOOD SERVICE GUIDELINES BE USED?



### In settings where foods are sold or served such as:

Federal, state and local government facilities  
Hospitals and healthcare facilities  
Colleges and universities  
Private worksites  
Parks and recreation centers  
Stadiums



### In venues such as:

Cafeterias and cafés  
Snack bars and grills  
Concession stands  
Micro markets  
Sundry shops  
Vending machines

**Food service guidelines, such as the *Food Service Guidelines for Federal Facilities*, can be adapted for use in other settings, such as correctional institutions, eldercare facilities, faith-based organizations, and food pantries.**

## WHAT ARE THE POTENTIAL BENEFITS OF FOOD SERVICE GUIDELINES?

### Food service guidelines can . . .

- Make healthier foods more available
- Help people choose healthier foods
- Reduce energy use and food waste
- Lower risk of foodborne illness
- Support local economies



## HOW DOES CDC HELP ENSURE HEALTHY FOOD OFFERINGS?



### CDC . . .

- Funds states and communities to use food service guidelines in various settings
- Invests in trainings and action institutes to support food service guidelines efforts
- Develops tools and resources
- Monitors progress of food service guidelines implementation in states and communities
- Connects stakeholders with research activities

## HOW ARE STATES AND COMMUNITIES IMPROVING AVAILABILITY OF HEALTHIER FOODS IN FOOD SERVICE?

**Washington** reported increases in healthier food and beverage offerings in various venues after the governor signed an executive order that required all state facilities to adopt healthy food guidelines.

**Los Angeles County** requires nutrition standards in food contracts across county departments. This policy is estimated to impact 37 million meals per year.

**Missouri** applied nutritional guidelines to food service in their state and local parks and saw increased profits.

**Kentucky** saw a substantial growth in sales after adding healthier options and labeling in state-operated cafeterias.



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U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

FOR MORE INFORMATION, VISIT:  
Division of Nutrition, Physical Activity, and Obesity  
<https://www.cdc.gov/obesity/strategies/food-serv-guide.html>