

Healthy Cafeteria Program Strategies



No-cost modifications

- Label healthier foods onsite and on online menu (if available)
- Changing the placement of items. For example, put the fresh fruit next to the checkout instead of candy bars.
- Keep your cafeteria free from advertising less healthy items and market the healthier items instead. Help employees make healthier choices with the options available.
- Identify healthier items and less healthy items in salad bar with colored tongs.

Minimal cost modifications

- Offer half portions of entrees and advertise it.
- Offer a punch card for buying healthier entrees or particular items (i.e. buy 5 pieces of fruit and receive the 6th one free).

More cost modifications

- Offer a healthier entrée at a lower cost one or more days per week.
- Develop a policy with your cafeteria vendor.

Points to keep in mind:

- Be consistent. One of the worst things to do is send mixed messages. If you label some food items, label them all. Make sure items are placed in the correct place with the correct nutrition claim.
- Educate cafeteria staff. The cafeteria staff may not know which items are the healthier choices; however they will be the first people employees ask. Make sure your front line staff is well informed!
- Promote your changes! Employees may not realize anything has changed. They may be in the habit of eating the same thing or never even use the cafeteria. Let them know about the healthier items and how they can find them.
- Be creative. Come up with your own ways to promote healthy eating in your cafeteria!

Visit www.eatwellworkwell.org for more information!

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