

# Healthy Eating in Worksites: Food Service Guidelines

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# Overview

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  - Where can FSGs be Implemented?
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  - Facility Efficiency, Environmental Support, Community Development Standards
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# Food Service Guidelines in Worksites

Implementing Standards to Improve the Eating Environment

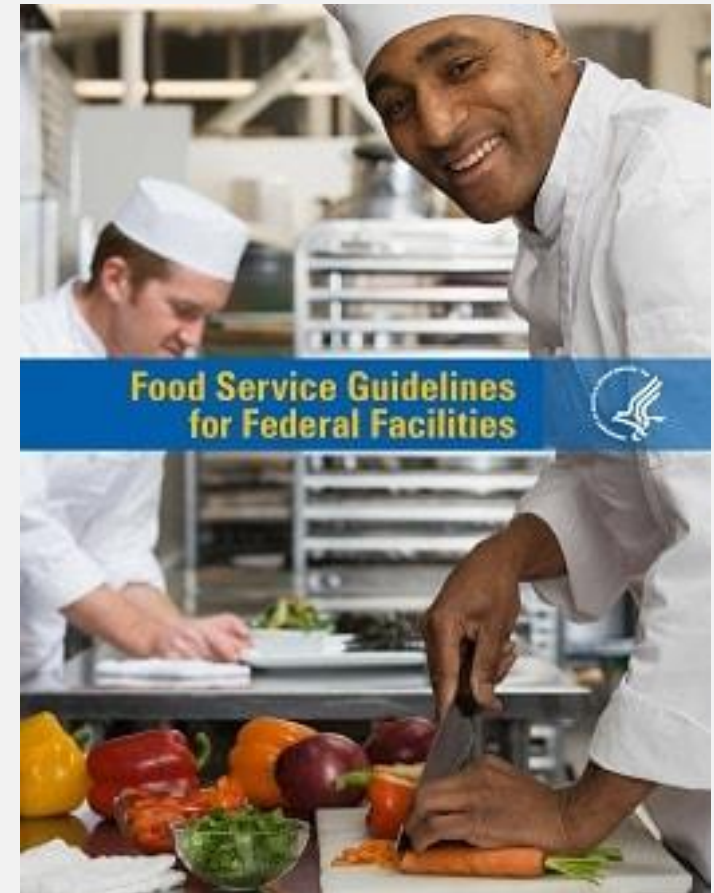


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# The Food Service Guidelines (FSGs)

- An adaptable, voluntary set of best practices designed to:
  - Increase the number of healthy, safe, and local food and beverage options available.
  - Improve facility efficiency and environmentally conscious practices.
- Two levels of implementation:
  - **Standard** – widely achievable, expected
  - **Innovative** – exceptional, encouraged
- FSG implementation can be *phased into* food service operations *over time*.



*The Food Service Guidelines for Federal Facilities, first released in 2011.*

# Where can FSGs be Implemented?

In settings where foods are sold or served:

Federal, state, and  
local government  
facilities

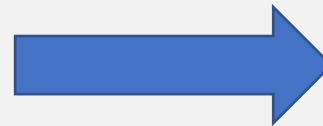
Hospitals and  
healthcare  
facilities

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

# An Example FSG Vending Policy

**Purpose:** Increase consumer choice by expanding access to healthier snack and drink options for hospital staff and persons served.

**Scope:** This policy requires that food and beverage selections, sold and dispensed in vending machines at any hospital-operated space or facility, meet specified nutrition standards.

**Desired Outcome:** Vending machines will maintain 70% healthy options, reflecting real world markets. This will help support choice and learning in hopes to instill healthier habits.

# The 4 Domains of FSG Standards



Nutrition and Food Standards



Behavioral Design Standards



Facility Efficiency, Environmental Support, Community Development Standards



Food Safety Standards

# Nutrition and Food Standards

For Prepared Foods, Packaged Snacks, and Beverages



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## Prepared Foods Criteria

(e.g., Cafes/Cafeterias, Snack Carts/Bars, Concession Stands, etc.)

<b>Food Standards</b>	<ul style="list-style-type: none"><li>• Daily, offer variety (3 or more) of seasonal fruit/vegetable options.</li><li>• Daily, offer half of grains as whole grain-rich options, various low-fat dairy options, and non-fried protein options.*</li><li>• Offer plant proteins three times per week.*</li><li>• Offer seafood at least two times per week.</li><li>• Limit deep-fried entrée options.</li></ul>
<b>Nutrient Standards</b>	<ul style="list-style-type: none"><li>• Daily, offer 25% of dessert options <math>\leq</math> 200 calories.</li><li>• Daily, offer meals <math>\leq</math> 800 mg sodium, entrees <math>\leq</math> 600 mg sodium, and sides <math>\leq</math> 230 mg sodium.</li><li>• Exclude items with partially hydrogenated oils.</li></ul>
<b>Labeling Standards</b>	<ul style="list-style-type: none"><li>• Provide calorie and nutrition information of standard menu items as required by the Food and Drug Administration (FDA).</li></ul>

*\* Innovative implementation criteria are also available for these prepared food standards.*

## Packaged Snacks Criteria

(e.g., Grab-and-Go, Vending Machines, Micro Markets, Sundry Shops)

<b>Food Standards</b>	<ul style="list-style-type: none"><li>• 75% of foods must:<ul style="list-style-type: none"><li>• Have a first ingredient must be fruit, vegetable, dairy, protein.</li><li>• Include whole-grain rich grain products.</li><li>• Include combination foods with at least ¼ cup of fruit and/or vegetable.</li></ul></li></ul>
<b>Nutrient Standards</b>	<ul style="list-style-type: none"><li>• Limit calories, sodium, saturated fat, and sugar to appropriate quantities and/or percentages.</li></ul>
<b>Labeling Standards</b>	<ul style="list-style-type: none"><li>• All snack foods sold in vending machines are consistent with FDA's Vending Machine Final Rule: Food Labeling</li></ul>

## Beverages Criteria (Any Venue)

<b>Water</b>	<ul style="list-style-type: none"><li>• Provide free access to chilled, potable water.</li></ul>
<b>Milk/Milk Alternatives</b>	<ul style="list-style-type: none"><li>• Offer milk and fortified soy beverages.</li><li>• Offer low-fat beverages with no added sugars.</li></ul>
<b>Juice</b>	<ul style="list-style-type: none"><li>• Offer 100% juice with no added sugars.</li></ul>
<b>Nutrient Standards</b>	<ul style="list-style-type: none"><li>• 50% or more of available beverages contain <math>\leq</math> 40 calories per 8 fl. oz.*</li></ul>

*\* An innovative implementation criterion is also available for this nutrient standard.*

# Behavioral Design Standards

An Overview of the Six Behavioral Design Categories



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1. Placement and Layout

2. Product Innovations and Defaults

3. Pricing and Promotion

4. Tableware

5. Information

6. Organizational Policy

*\* All behavioral design categories are considered innovative implementation criteria.*

## 1. Placement and Layout

- Per the example vending policy, the top third of the vending machine must contain items meeting the “healthy” criteria so that they are visible at eye level.

## 2. Product Innovations and Defaults

## 3. Pricing and Promotion

- Per the example policy, vendors must provide quarterly feedback on pricing and sales of all items and an analysis of the most and least popular items.

## 4. Tableware

## 5. Information

## 6. Organizational Policy

*\* All behavioral design categories are considered innovative implementation criteria.*

# Facility Efficiency, Environmental Support, Community Development Standards

Purchasing Criteria

Food Service Management/Consumer Engagement Criteria

Waste Diversion Criteria



<b>Purchasing Criteria*</b>	<b>Food Service Management &amp; Consumer Engagement Criteria*</b>	<b>Waste Diversion Criteria*</b>
<ul style="list-style-type: none"> <li>• Accurate forecasting/ordering.</li> <li>• Compostable or biobased single-service items.</li> <li>• Bulk-serve condiments.</li> <li>• Recyclable/compostable/biobased packaging.</li> <li>• Environmentally preferable cleaning products.</li> <li>• Locally sourced or certified organic foods and beverages (25% or more).</li> <li>• Responsibly sourced seafood options (if applicable).</li> </ul>	<ul style="list-style-type: none"> <li>• Promote/incentivize reusable beverage containers.</li> <li>• Use cleaning practices/equipment that conserve water/energy.</li> <li>• Use integrated/green pest management practices.</li> <li>• Label food products as locally sourced or certified organic (when applicable).</li> <li>• Purchase ENERGY STAR certified vending machines (as needed).</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in waste diversion programs (e.g., back-of-house and front-of-house operations).</li> <li>• Monitor relationship between waste and food procurement.</li> <li>• Develop goals for waste reduction and report benchmarks annually.</li> <li>• Repurpose excess food for future meal preparation.</li> <li>• Train staff on methods for reducing food waste.</li> </ul>

*\* Innovative implementation criteria not listed but are also available for each of these criteria.*



# Food Safety Standards

An Overview of Food Safety Criteria



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# Food Safety Criteria

## Standard implementation criteria:

- Follow the standards from the most currently published [\*Food Code\*](#).
- Have at least one management/supervisory employee who is a Certified Food Protection Manager present during all hours of operation.

## Innovative implementation criteria:

- Establish a written food safety plan that achieves active managerial control of foodborne illness risk factors.
- Do not serve raw/undercooked animal products even upon customer request.
- Develop and implement written policies pertaining to:
  - Sanitation and temperature control programs for Ready-to-Eat Products.
  - Sick employees (i.e., symptoms associated with foodborne illness).
  - Food Handler (food safety) training for employees.

# Next Steps and Resources

- Share and promote DSHS, ERS and BCBSTX resources:
  - [Work Well Texas Healthy Eating](#)
  - Webinars
  - Weight management programs
  - Well onTarget™
  - Care Management

**Real  
Appeal**



**wondr**™

FORMERLY  
NATURALLY SLIM

# Thank you!

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