Healthier Food Choices for Public Places:
Food and Nutrition Guidelines for Government, Worksites, Hospitals & Organizations

As the prevalence of obesity, diabetes, and other nutrition-related diseases reach dangerous highs, state and local governments are taking steps to address nutrition in their communities and workplaces. Establishing nutrition standards for foods purchased with government funds and served on government property is emerging as a promising approach.

State and local government nutrition standards can positively affect the eating habits of people working for or visiting government agencies, can help shape social norms, and can influence the practices and formulations of food companies.

State or local policies could address food sold or provided through:

- government cafeterias
- vending machines
- conferences and government events
- parks and recreation facilities
- highway rest stops
- childcare facilities
- correctional facilities
- public hospitals
- public colleges and universities
- senior centers
- homeless shelters

Did you know? In 2008, nearly 17 million Americans were employed by state and local governments. Improving the food offerings at state and local government work places could significantly improve the diets of those employees. To learn how many people your state or local government employs, visit the U.S. Census website.*

Examples of state and local policies:
For more examples, visit http://bit.ly/UmpqU4

Los Angeles
Any vending machines within county facilities must be stocked with 100% healthier food and beverage options, consistent with the State of California’s Nutrition Guidelines.

Massachusetts
Through Executive Order, all state agencies that purchase or serve food must comply with nutrition guidelines established by the Department of Public Health. The guidelines aim to guarantee that “persons served by such agencies are offered a broad choice of healthy, balanced meals and snacks.”

Healthy Hospital Food Initiative
The Partnership for a Healthier America teamed up with 155 hospitals to implement nutrition standards for patient meals and cafeteria offerings, healthy food at checkouts, and better nutrition labeling.

New York City
Food purchased and sold by city government agencies, including childcare centers, nursing homes, and correctional facilities, must meet city nutrition standards.

Austin/Travis County, TX
All vending machine items within Health and Human Services facilities must meet nutrition standards.

For more information, contact the Center for Science in the Public Interest at 202-777-8351 or kbishop@cspinet.org