KEY RESOURCES

Implementation Guidance and Example Policies: Global

- General Nutrition Guidance
- Schools
- Evaluation
- Nutrition Policy Databases

Implementation Guidance and Example Policies: By Region, Country, and City

- Sub-Saharan Africa

Scientific Literature

- Research on Effectiveness of Public Procurement
- Research on National and City Food Procurement Policies
- Research on School Food Procurement Policies

KEY RESOURCES


- Nutrition guidelines and standards for school meals. A report from 33 low and middle-income countries. (2019) Food and Agriculture Organization of the United Nations. Results of global survey on school meals; report identifies key aspects to consider when developing or updating school meal program standards.

- NOURISHING Framework World Cancer Research Fund International. Database of implemented policies to promote healthy diets and reduce obesity. Use Section O (Offer healthy food and set standards in public institutions and other specific settings) to search for examples.

- Eating Well in Government Venues ChangeLab Solutions. Model policies that policymakers can use to improve food service guidelines; includes policies for vending machines, concession stands, cafeterias, and food provided at meetings and events.

- INFORMAS Public Sector Policies and Actions – The Healthy Food Environment Policy Index (Food-EPI). The policy index measures the extent of implementation of health food environment policies by governments compared to international best practice.

  1) previous monitoring activities of school food programs, and
  2) survey questions for initial assessment.
IMPLEMENTATION GUIDANCE AND EXAMPLE POLICIES: GLOBAL

GENERAL NUTRITION GUIDANCE

- **WHO Nutrient requirements and dietary guidelines website**
  World Health Organization
  Site includes links to WHO nutrition documents, including Healthy Diet factsheet and guidance on sugars, fats, and sodium.

- **WHO 5 keys to a healthy diet**
  World Health Organization
  Describes five key elements of a healthy diet.

- **Food-based Dietary Guidelines**
  Food and Agriculture Organization of the United Nations
  Database of food-based dietary guidelines for over 100 countries and regions.

- **Sustainable Healthy Diets - Guiding Principles (2019)**
  Food and Agriculture Organization of the United Nations and World Health Organization
  Guidance on what constitutes sustainable healthy diets.

- **Strengthening sector policies for better food security and nutrition results: Public food procurement (2018)**
  Food and Agriculture Organization of the United Nations and the European Union
  Part of a series to help policy makers address national food security and nutrition issues; guidance is focused on developing initiatives that support food purchases from small farms.

SCHOOLS

- **School policy framework: implementation of the WHO global strategy on diet, physical activity and health (2008)**
  World Health Organization
  Guide for policy makers at national and sub-national level to promote healthy eating and physical activity in school settings.

- **WHO Nutrition-Friendly Schools Initiative**
  World Health Organization
  Website describes the Initiative, which creates a framework for addressing the double burden of student ill-health and aims to improve coordination among agencies.

- **Nutrition guidelines and standards for school meals. A report from 33 low and middle-income countries (2019)**
  Food and Agriculture Organization of the United Nations
  Results of global survey on school meals; report identifies key aspects to consider when developing or updating school meal program standards.

  World Health Organization
  Summary of recommended actions for policymakers to reduce childhood obesity, including standards for healthy school environments (page 18).
• **Set of Recommendations on the Marketing of Food and Non-Alcoholic Beverages to Children** *(2010)*  
  *World Health Organization*  
  Describes recommendations for marketing food to children, a complementary action to include in food procurement standards.

• **Home Grown School Feeding Initiative**  
  *World Food Programme*  
  The Initiative links school feeding programs with local smallholder farms to provide food for schoolchildren.  
  *Specific school examples in Regional section below (pages 4-10).*

**EVALUATION**

• **Global Strategy on Diet, Physical Activity and Health: A Framework to Monitor and Evaluate Implementation**  
  *World Health Organization*  
  Describes how to measure the implementation of the *WHO Global Strategy on Diet, Physical Activity, and Health* at the country level and proposes a framework and indicators (Logic model, page 5).

• **INFORMAS Public Sector Policies and Actions – The Healthy Food Environment Policy Index (Food-EPI)**  
  *INFORMAS*  
  The policy index measures the extent of implementation of healthy food environment policies by governments compared to international best practice and includes a module on Food Provision.

  **Additional Resource:**  
    An introduction to the food provision module of INFORMAS. Step-wise framework for monitoring, includes: 1) previous monitoring activities of school food programs, and 2) survey questions for initial assessment.

  *Evaluation examples can be found in the Regional section below (pages 4-10).*

**NUTRITION POLICY DATABASES**

• **Global database on the Implementation of Nutrition Action (GINA)**  
  *World Health Organization*  
  Searchable database of nutrition programs, country adaptations and lessons learnt.

• **NOURISHING Framework**  
  *World Cancer Research Fund International*  
  Searchable database of implemented policies to promote healthy diets and reduce obesity. Use Section O (Offer healthy food and set standards in public institutions and other specific settings) to search for public food procurement examples.
IMPLEMENTATION GUIDANCE AND EXAMPLE POLICIES:
BY REGION, COUNTRY, AND CITY

The example policies included in this section do not reflect a comprehensive list of policies globally. Resolve to Save Lives is tracking food procurement policies closely. To share a city, region, or country example policy email nide@resolvetosavelives.org.

SUB-SAHARAN AFRICA

- **Seychelles National School Nutrition Policy (2008)**
  Ministry of Health and Social Development and Ministry of Education
  Describes the Seychelles’ efforts to utilize schools as sites for improving the nutritional well-being of all school children. Includes an evaluation tool for schools (page 32).

- **Scaling-up purchase from Africans for Africa (2014)**
  Food and Agriculture Organization of the United Nations
  Multi-stakeholder initiative by the FAO, World Food Programme, Brazil and the UK, and the governments of each pilot country - Ethiopia, Malawi, Mozambique, Niger, and Senegal - to procure food from small farms for schools.

- **Home Grown School Feeding Menu Planner**
  Imperial College London’s Partnership for Child Development
  Online school meal planner to create nutritionally balanced and market costed school meals using WHO nutritional allowances; use Guest Login.

ASIA

- **WHO Nutrient Profile Model for South-East Asia Region (2017)**
  World Health Organization Regional Office for South-East Asia
  Nutrient thresholds used to implement the set of recommendations on the marketing of foods and non-alcoholic beverages to children.

- **WHO Nutrient Profile Model for the Western Pacific Region (2016)**
  World Health Organization Regional office for the Western Pacific
  Nutrient thresholds used to implement the set of recommendations on the marketing of foods and non-alcoholic beverages to children.

SINGAPORE

- **Whole-of-Government (WOG) Healthy Food and Beverage Policy**
  Singapore Government Health Promotion Board
  Singapore government whole-of-government policy introduced in April 2017; the site provides links to the Whole-of-Government (WOG) Healthier Catering Policy and WOG Drinks Policy.

- **Healthy Meals in School Programme**
  Singapore Government Health Promotion Board
  Describes program criteria and support available for schools, including an implementation toolkit, lists of compliant suppliers and beverages, and healthy recipes.
MALAYSIA

- **Guide for Healthy School Canteen Management**

SOUTH KOREA

- **South Korea Special Act on the Safety Management of Children’s Dietary Life**
  Government of the Republic of Korea

PHILIPPINES

- **Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices**
  Republic of the Philippines, Department of Education
  Describes the policy and guidelines on healthy food and beverage choices in schools and in Department of Education offices.

AUSTRALIA, NEW ZEALAND AND PACIFIC ISLANDS

AUSTRALIA

- **National Healthy School Canteens Guidelines**
  Australian Government, Department of Health
  Website describes guidelines and resources to help canteen managers across Australia offer healthier food and drink options.

- **National Healthy Schools Canteen Evaluation Toolkit (2010)**
  Australian Government, Department of Health
  Toolkit includes logic model, research framework, and focus group questions to guide process evaluation and short-term impact evaluation.

- **Healthy Food and Drink Choices**
  Australian Capital Territory (ACT) Government
  Standards for food and drinks available to staff, volunteers, and visitors for ACT Health premises; links to Healthy Food and Drink Choices and Vending Machine Management Policies.

- **ACT Public School Food and Drink Policy**
  Australian Capital Territory (ACT) Government
  Describes nutrition standards for schools, including links to legislation.

- **Healthy School Canteen**
  New South Wales Department of Education
  Includes resources to support transitioning to healthier school canteens for school leaders, canteen managers, parents, and communities.
• Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework (2017)
  New South Wales Government Health
  Best practice guidelines for health facilities to use for cafes/cafeterias, vending machines, convenience stores/ newsagents, retail premises, and catering.

• Healthy Choices website
  State of Victoria, Department of Health and Human Services
  Guidelines to help workplaces, hospitals and health services, parks, and sporting centers provide healthy foods and drinks.

• Healthy Canteen Kit
  Victoria State Government, Department of Education and Training
  Resources to assist schools develop healthy canteens. The website includes links to the policy, evaluating changes, food planners, and educational materials.

LATIN AMERICA AND THE CARIBBEAN
• Pan American Health Organization Nutrient Profile Model (2016)
  Pan American Health Organization
  Nutrient thresholds designed for multiple applications, including regulation of marketing, front-of-package labelling, and fiscal policies related to food and beverages.

• Plan of Action for the Prevention of Obesity in Children and Adolescents (2014)
  Pan American Health Organization and World Health Organization
  Five-year plan to address obesity, which includes discussion of nutrient thresholds, improving the school environment, and promotion of healthy eating.

• Smart School Meals: Nutrition Sensitive National Programmes in Latin America and the Caribbean A Review of 16 Countries (2017)
  World Food Programme and the Latin American Network for School Meals
  Study of school meals programs in 16 countries, identifying six areas where there are opportunities for improvement. Logic model on page 23.

• Strengthening School Feeding Programmes (2019)
  Food and Agriculture Organization of the United Nations and World Food Programme
  Describes joint work to support school feeding programs in Latin America and the Caribbean. Available in Spanish.

BRAZIL
• Learning from Sustainable School Feeding in Brazil
  Food and Agriculture Organization of the United Nations, Regional Office for Latin America and the Caribbean

ECUADOR
• Pilas con Vitaminas (campaign to support healthier school canteens)
  Quito Ministry of Health
  Initiative to improve the healthfulness of food sold at school canteens, consistent with national policy; includes marketing and branding materials; website in Spanish.
**EL SALVADOR**

- **Guía Para Tiendas y Cafetines Escolares** (Guide for school stores and cafeterias)
  El Salvador Ministry of Education
  Guide for administrators of school stores and cafeterias to implement the criteria laid out in the national policy for schools. View the technical standards and implementation guide. Documents in Spanish. Read a summary of the policy on GINA (English/Spanish).

**URUGUAY**

  Describes the bill passed by the Chamber of Deputies to prohibit the promotion and advertising of junk food on school premises. **Law 19.140: “Proteccion de la Salud de la Poblacion Infantil y Adolescente a Traves de la Promocion de Habitos Alimenticios Saludables.”** (2014)

- **Implementation Guide for School Food Standards in Uruguay**
  Uruguay Ministry of Public Health
  Implementation guide for implementing school nutrition standards. Training materials for food handlers are also available. (Documents in Spanish)

**MIDDLE EAST AND NORTH AFRICA**

- Nutrient profile model for the marketing of food and non-alcoholic beverages to children in the WHO Eastern Mediterranean Region (2017)
  World Health Organization Regional Office for the Eastern Mediterranean
  Nutrient thresholds for the marketing of food and non-alcoholic beverages to children.

**ISRAEL**

- Skop Y. Israel Bans Sugary Drinks, Snacks from School Cafeterias. Haaretz; 2019 Apr 5. Describes standards to limit sugar, salt, and fat in Israel’s schools and kindergartens.

**EUROPE**

- WHO Regional Office for Europe Nutrient Profile Model (2015)
  World Health Organization Regional Office for Europe
  Describes regional nutrient profile model for use and adaptation when developing policies to restrict food marketing to children.

- Public Procurement of Food for Health: Technical report on the school setting (2017)
  Joint Publication of the Maltese Presidency and the European Union
  Support for translating national school food standards into food procurement specifications. Includes contract evaluation guidance, scoring grid, and logic model.

  World Health Organization Regional Office for Europe
  Recommendations on how schools can best promote health through offering education and practice of good nutrition.

**UNITED KINGDOM**

- Sustainable procurement: the Official Government Buying Standards (GBS) for food and catering services
  United Kingdom Department for Environment, Food and Rural Affairs
  Mandatory product specifications for government agencies; also see: A Plan for Public Procurement: Food & Catering Balanced scorecard (nutrition criteria, page 17).
• **School food standards: resources for schools**  
  *United Kingdom Department of Education*  
  School food standards, with guidance for administrators, a poster example, and a healthy eating checklist.

• **School Food Plan What Works Well website**  
  *United Kingdom Department of Education*  
  Resources for schools to implement healthier food guidance, including a link to the [What Works Well RecipeHub](#), a collection of over 100 recipes that meet the UK’s [Government Buying Standards](#) and are suitable for children.

• **Healthier and more sustainable catering website**  
  *Public Health England*  
  Resources include a description of nutrition principles of healthier catering and a toolkit for serving older people in residential care.

• **Audits and Inspections Toolkit** *(2011)*  
  *School Food Trust*  
  Checklist for schools and catering providers to demonstrate compliance with school food standards.

• **Eating well for under-5s in child care: Practical and nutritional guidelines**  
  *The Caroline Walker Trust*  
  Guide on nutrient-based standards and menu plans for children under 5, with implementation guidance.

• **The Hospital Food Standards Panel’s report on standards for food and drink in NHS hospitals** *(2014)*  
  *Independent group established by the United Kingdom (UK) Department of Health and led by chairman of Age UK*  
  Report on existing hospital food standards, with recommendations on monitoring and further action.

**CANADA AND UNITED STATES**

• **Pan American Health Organization Nutrient Profile Model** *(2016)*  
  *Pan American Health Organization and World Health Organization Regional Office for the Americas*  
  Nutrient thresholds designed for multiple applications, including regulation of marketing, front-of-package labelling, and fiscal policies related to food and beverages.

• **Plan of Action for the Prevention of Obesity in Children and Adolescents** *(2014)*  
  *Pan American Health Organization and World Health Organization*  
  Five-year plan to address obesity, which includes discussion of nutrient thresholds, improving the school environment, and promotion of healthy eating.

**CANADA**

• **Sodium Reduction in Health-Care Facilities: B.C.’s Experience** *(2016)*  
  *British Columbia (B.C.) Ministry of Health*  
  Describes reducing sodium in food service operations in health care facilities owned and operated by B.C. health authorities and lessons learned.

**UNITED STATES**

• **Food Service Guidelines for Federal Facilities** *(2017)*  
  *US Department of Health and Human Services*  
  Standards for food, nutrition, facility efficiency, environmental support, community development, food safety and behavioral design for use in food service concession and vending operations.
- **CDC Healthy Food Service Guidelines website**  
  US Centers for Disease Prevention and Control  
  Guide to implementing the US Food Service Guidelines, including cafeterias, concession stands, snack bars, and vending machines; includes link to Smart Food Choices (Assessment Tool, page 30).

- **CDC Healthy Food Environments website**  
  US Centers for Disease Prevention and Control  
  Resources to support implementation and evaluation of nutrition standards in childcare site, schools, hospitals and workplaces.

- **CDC Sodium Reduction Tools and Training for Health Professionals website**  
  US Centers for Disease Prevention and Control  
  Includes links to implementation and training guidance for implementing sodium reduction in food service settings.

- **Food Service Guidelines Collaborative website**  
  Food Service Guidelines Collaborative  
  Resources that support implementation of the US federal nutrition standards in public places.

- **Eating Well in Government Venues website**  
  ChangeLab Solutions  
  Model policies for policymakers. Website links to resources on creating healthy food service on government property and an infographic on buying food for health and equity.

- **Healthier Food Choices for Public Places website**  
  Center for the Science in the Public Interest  
  Resources for improving food and beverage options for vending machines, cafeterias, concession stands, meetings, and events; includes messaging tips, model policies, and implementation resources.

- **Healthy State Act (2012)**  
  Center for the Science in the Public Interest  
  Model bill to expand healthy choices for government employees and in government institutions.

- **Healthy School Toolkit (2008)**  
  The Food Trust  
  Describes how healthier changes were successfully made in a group of Philadelphia schools and includes specific nutrition standards.

- **Kaiser Permanente Healthy Picks website**  
  Kaiser Permanente, Healthy Picks Committee  
  Describes healthy food guidelines and implementation resources for hospital food venues, including patient menus, cafeterias, coffee carts, kiosks, vending and gift shops.

- **Food Service Guidelines Resources website**  
  Association of State Public Health Nutritionists  
  Links to U.S. city and state initiatives, including for worksites, cafeterias, vending, meetings, hospitals, faith-based organizations, and community organizations. Includes resources to train vendors.

- **Healthy Workplace Food & Beverage Toolkit website**  
  American Heart Association  
  Includes links to vending machine data collection tools and checklist for meetings and catered meals.
UNITED STATES – CITIES AND COUNTIES

New York City

- New York City Food Standards website
  New York City Department of Health and Mental Hygiene
  Describes comprehensive standards that apply to all food purchased and served by city agencies, including specific standards and implementation guides, along with communications materials.

Philadelphia

- City of Philadelphia Nutrition Standards website
  Philadelphia Department of Health
  Includes links to the city’s Executive Order, nutrition standards, and implementation resources, such as a menu planning toolkit.

Los Angeles County

- SNAP Ed Toolkit - Healthy Nutrition Guidelines for LA County website
  County of Los Angeles Public Health, Division of Chronic Disease & Injury Prevention
  Resources to support implementation of healthy food guidelines for county agencies, including evaluation tools, model policies, a vending case study, and guidance for hospitals.

SCIENTIFIC LITERATURE

RESEARCH ON EFFECTIVENESS OF PUBLIC PROCUREMENT

  Systematic review of evidence base for healthy food procurement policies.

  Proposes that the public procurement of food can incentivize food reformulation; urges consideration of economic, social, and environmental aspects of procurement. Includes examples of EU procurement directives.

  Provides an argument for: sourcing preferentially from small-scale food producers, guaranteeing fair wages and prices along the food supply chain, nutrition standards, sourcing locally whenever possible and expecting suppliers to produce food sustainably, increasing participation and accountability in the food system.

  Synthesis of evidence and consensus conference to inform further policy action on healthy food procurement.

  Describes the emerging dynamics of the new food insecurity crisis and its implications for public health nutritionists; suggests the adoption of a systemic approach and uses school food systems as an example.


  Describes the impact of population-level dietary sodium reduction interventions and concludes that multicomponent initiatives taking a structural approach (such as public procurement policies), have the potential to reduce dietary salt intake.


  Review of current food-based dietary guidelines (FBDG), assessing the similarities and differences in key elements across countries.

RESOURCES FOR NATIONAL AND CITY FOOD PROCUREMENT POLICIES


  Uses health impact assessment methods to simulate levels of reduction in the sodium content of food served by Los Angeles County. Analysis predicts that adults would consume, on average, 233 fewer milligrams of sodium each day, if specific food procurement sodium strategies were implemented and models impact on blood pressure, cases of uncontrolled hypertension, and decrease in health costs.


  Describes the development and implementation of required nutrition standards across all New York City agencies that purchase, prepare and/or serve food.


  Description of challenges/barriers to consider when implementing procurement policies, particularly within a school setting.


  Reviews and compares nutrition standards and other best practices implemented recently in a large school district, in a large county government, and across 10 municipalities in Los Angeles County. Includes a framework for creating healthier food environments and steps to adopting and implementing nutrition standards.


  Describes an evaluation by a local health department conducted with the goal to help institutional foodservice operators grow their business while also improving the nutritional quality of foods served and sold.

Describes the successes and challenges of the Brazil school feeding program from 2003-2011, finding that local food production, school meals, and nutrition education can be linked and result in improved access to healthier foods.

**RESEARCH ON SCHOOL FOOD PROCUREMENT POLICIES**


Provides evidence on the effects of diet on educational outcomes, using a campaign lead in the UK in 2004, which introduced changes in the meals offered in schools – shifting from low-budget processed meals toward healthier options. Educational outcomes improved significantly in English and Science, and authorized absences, which are most likely linked to illness and health, fell by 14%.


Reviews the evidence for the effect of isolated food environment interventions on both eating behaviors (including food purchasing) and/or body weight (all examples from US/UK). Seventeen of 18 papers reported a positive outcome on either BMI (or change in BMI) or the healthfulness of food sold or consumed.


Describes three methods of evaluating the implementation of dietary guidelines in schools: (i) a cross-sectional survey, (ii) an indicator-based evaluation of menu quality; and (iii) a five day weighted food record of school lunches (output evaluation). The multi-level evaluation suggests that some differences in implementation are attributed to school characteristics; system changes may improve implementation.


Systematic review includes 12 studies evaluating school meal standards implemented in the US, Canada, or UK, which were found to: increase fruit intake, reduce total fat, saturated fat, and sodium (but not total calories), and decrease BMI (although other adiposity measures evaluated were unchanged).


Reports evidence of the improvements in provision, choice and consumption of food in schools following the introduction of legislation and a national programme of work to change catering practices and the attitudes of pupils, parents and others to healthier food provision in schools. It also provides objective evidence of the impact of healthier food on children’s learning behaviour in the classroom, and overall costs and benefits.

*The Food Procurement Resource Guide will be updated at least once a year.*

*To submit suggestions for additions and updates, email nide@resolvetosavelives.org*