

# HEALTHY WORKPLACE FOOD

## Become Familiar with the New York City Food Standards

The Food Standards are evidence-based nutrition guidelines created to decrease the risk of diet-related chronic disease by improving the food environment. There are standards for:

- ⋮ Cafeterias
- ⋮ Beverage Vending Machines
- ⋮ Food Vending Machines
- ⋮ Meetings and Events

## Assess Your Workplace Food Environment

Use the standards that apply to your workplace. Identify which set of standards to address first and identify a leader to spearhead this effort.

Assess how your current food environment compares to the standards and where there are opportunities for improvement. It may be helpful to distinguish between short-term and long-term goals, and tackle what's most feasible first.

## Assemble Your Food Environment Team

Different people may need to be involved in order to implement these changes in your workplace. Distribute these materials to relevant staff, such as those in:

- ⋮ Foodservice: chefs, managers, vendors, caterers
- ⋮ Operations: purchasing managers, vending contract managers
- ⋮ Wellness: wellness directors, medical officers, occupational health staff, dietitians

## Communicate Your Work

Educating employees about healthy eating is an important part of promoting wellness and achieving a healthy food environment. To do this, utilize internal media outlets such as newsletters and emails, and post signage in the cafeteria and at vending machines. You might also consider cooking demonstrations, taste tests, wellness fairs, or other special events that promote healthy food choices.



For more information, please contact: [bccdp@health.state.ny.us](mailto:bccdp@health.state.ny.us)