

#1: Improve the availability and access of affordable healthier foods, including F+V and water in local retail venues in underserved areas.

Key Activities Recommended for Action Plan Development:

1. Assess the food environment using community food assessment instruments to determine adequacy of healthy food accessibility, availability, and affordability and then develop a report that states the public health need; demonstrates the relationship between health, income, and access at the community level; and provides recommendations for improving the community food environment.
2. Urge store owners (with an emphasis on SNAP/WIC stores) to foster a healthier food environment.
3. Initiate a marketing campaign to communicate healthy food access in a community by promoting/branding stores that have healthy foods.

#2 Ensure access to and promote healthful foods, including fruits and vegetables and water, while limiting access to sugar-sweetened beverages, in worksite settings (foodservice, cafeteria, vending machines, meetings, conferences, and events)

Key Activities Recommended for Action Plan Development:

1. Develop sample nutritional guidelines that employers can voluntarily adopt for use in workplace cafeterias or vending machines. The policy could include nutrition criteria, pricing strategies, percentages of healthy foods recommended in vending machines, and promotion strategies.
2. Train worksites on procurement of healthier foods, such as fruits and vegetables, which are sold in worksite vending machines and cafeterias.
3. Develop and disseminate a list of locally available vending suppliers who carry healthier vending items. The list can also note items meeting the criteria for a healthy vending program and also vendors' willingness to replace traditional vending machines with refrigerated vending machines to include items such as yogurt, fresh fruits, and healthier sandwiches.
4. Create point of sale icons, including nutrition labels, to identify healthier options in workplace cafeterias and vending machines.
5. Implement and promote farmers' markets and on-site gardens at worksites.

#3: Ensure that policies at childcare facilities and schools (PK-12) promote healthier foods and beverages, with an emphasis on F+V and water.

Key Activities Recommended for Action Plan Development:

1. *Encourage* schools and childcare facilities to conduct self-assessments and develop action plans aimed at improvements that they can make in their policies, practices, and/or environments
2. Identify, track, evaluate and promote partnerships with-business, government, and other community organizations to support policy changes that may require additional funds or more cost effective strategies.
3. Encourage child care providers and schools to provide information to parents and staff on the nutrition and feeding policies and practices, including a policy about foods brought from home.
4. Review, evaluate and communicate child care regulations to ensure that regulations reflect healthier food and beverage standards that are consistent with the 2010 Dietary Guidelines for Americans.

#4: Expand curriculum-based strategies and activities that support nutrition standards (including an emphasis on F+V and healthy beverages/water) in childcare facilities and schools (PK-12).

Key Activities Recommended for Action Plan Development:

1. Identify, modify and provide training on a curriculum that is integrated with nutrition standards in schools. (NOTE: curriculum should incorporate environmental change concepts that promote healthier foods.)
2. Engage parents in the nutrition curriculum taught so that they can reinforce healthy eating practices at home.
3. Identify experts (e.g., school food service staff, chefs, culinary instructors, local farmers, dietitians, Master Gardeners, community garden groups, and University Cooperative Extension Service, RDs) who can work with students and/or staff on experiential classes.
4. Identify resources to support gardens – local farmers, professionals to encourage links between schools and child care, community garden programs, and local businesses.

#5: Ensure that children in schools and childcare facilities have affordable, appealing healthy choices in foods and beverages offered outside of the child nutrition program.

Key Activities Recommended for Action Plan Development:

1. Revise and promote strong nutrition standards for competitive foods, including fundraising, a la carte, and food from home, such as those recommended by IOM and HUSSC.
2. Provide training, technical assistance and support to guide the development and maintenance of a healthy food and beverage environment in schools.
3. Revise existing food and beverage contracts so that affordable, healthier food and beverage options are available to students (include work with decision makers to create food and beverage policies that support the contracts).
4. Adopt youth-appropriate marketing techniques to promote healthful choices (e.g. point-of-decision prompts, signage, etc).