

Healthy Eating Action Plan (as of 12.30.10)

Strategy #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).

Team Leader: DHHS Nutrition and Activity for Health (NAFH) Program

Committee Members: Nebraska Worksite Wellness Toolkit workgroup (NAFH staff: Brian Coyle, Holly Dingman, Bruce Rowe, Ericka Welsh; WorkWell: Lisa Henning; Panhandle Council: Jessica Davies)

Target: *Will need to consult Worksite Wellness Survey for baseline and target (2010/11 Worksite Wellness Survey results will be available Spring 2011)*

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
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.	DHHS NAFH Worksite Wellness Associations: WorkWell, WELCOM , Panhandle Council, Scotts Bluff County Worksite Wellness Coalition Local health depts. State and local chambers of commerce	Nebraska Worksite Wellness Toolkit Sample policies and best practice examples (e.g. California Fit Business Kit; Environmental Nutrition and Activity Community Tool- ENACT)	July 2011	Written guidelines developed (Y/N) % worksites that have adopted nutritional guidelines (from 2013/14 Worksite Wellness Survey)	TBD

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Train worksites on procurement of healthier foods, such as fruits and vegetables, which are sold in worksite vending machines and cafeterias	<p>Worksite Wellness Associations: WorkWell, WELCOM , Panhandle Council, Scotts Bluff County Worksite Wellness Coalition</p> <p>Local health depts.</p> <p>Partner with DHHS Cardiovascular Health Program (sodium reduction)</p>	<p>Nebraska Worksite Wellness Toolkit</p> <p>Sample contract language</p>	January 2012	<p># worksites trained</p> <p>% worksites that offer healthier vending items and cafeteria options (from 2013/14 Worksite Wellness Survey)</p>	TBD
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 includes items such as yogurt, fresh fruits, and healthier sandwiches.	<p>Worksite Wellness Associations: WorkWell, WELCOM , Panhandle Council, Scotts Bluff County Worksite Wellness Coalition</p> <p>Local health depts.</p> <p>Food distributors (e.g. Pegler Sysco – CashWa – Lincoln Poultry, etc.)</p> <p>Vending associations</p>	Nebraska Worksite Wellness Toolkit	<p>Develop: July 2011</p> <p>Disseminate: January 2012</p>	<p>List developed and disseminated (Y/N)</p> <p>% of worksites that offer healthier vending items (from 2013/14 Worksite Wellness Survey)</p>	TBD

Priority Activities	Potential Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Create point of sale icons, including nutrition labels, to identify healthier options in workplace cafeterias and vending machines.	DHHS NAFH Worksite Wellness Associations: WorkWell, WELCOM , Panhandle Council, Scotts Bluff County Worksite Wellness Coalition Local health depts.	Nebraska Worksite Wellness Toolkit Consult existing resources: NEMS-V, UVA Medical Center Healthy Vending Selections Project, Snackwise) Graphic designers	Develop: July 2011 Disseminate: January 2012	Point of sale icon resource created (Y/N) % worksites that offer healthier vending items and cafeteria options (from 2013/14 Worksite Wellness Survey)	TBD
Implement and promote farmers' markets and on-site gardens at worksites.	DHHS NAFH Worksite Wellness Associations: WorkWell, WELCOM , Panhandle Council, Scotts Bluff County Worksite Wellness Coalition Local health depts. Large Employers – hospitals, government agencies, dense commercial districts Dept. of Ag. / UNL's Ag Dept.	Nebraska Worksite Wellness Toolkit How-to guide based on real-world examples (e.g. CDC Garden Market Toolkit, Kaiser P. Toolkit, DHHS Garden Market, Alegent Health Markets)	May 2012	How-to-guide created (Y/N) # worksite farmers' markets / on-site gardens across state	TBD

