



Policies and Procedures

Policy Title: Healthy Food Environment			
Department Responsible: System Wide Wellness	Policy Code: OP-SWW-2016-151	Effective Date: April 29, 2016	Next Review/Revision Date: April, 2019
Title of Person Responsible: Senior Vice President, Health Services	Approval Council: Enterprise Leadership Team		Date Approved by Council: January 20, 2016

PURPOSE:

As Cone Health aims to be a national leader in wellness and prevention, Cone Health, along with our partners, Prevention Partners-Healthy Together NC have committed to creating an environment which will promote healthier workforces and healthier populations. The purpose of this policy is to serve as the guiding principle for all food service operation decisions which ensure a healthy food environment.

POLICY: HEALTHY FOOD ENVIRONMENT

OVERALL GOAL: Healthy Food Environment is the Norm, not the Exception.

A healthy food environment is the norm for all eateries and vending on Cone Health campuses and at all company-sponsored events by following five key principles that make it easy and affordable to select healthy choices while dining at or with Cone Health:

- (1) 75% of food and beverage options at on-site food venues meet healthy criteria.**
75% of food and beverages offered through Cone Health food venues such as on-site eateries, cafeterias, and vending shall meet “healthy” criteria.
- (2) 60% of food and beverage options at company-sponsored events meet healthy criteria.**
60% of food and beverages purchased by Cone Health and offered at company-sponsored events to any audience shall meet “healthy” criteria. This includes events such as a staff lunch, employee picnic, community fund raising event, open house, awards reception, board meeting and others.
- (3) Use pricing to leverage healthy options.**
Utilize pricing differentials to encourage a healthy food environment. Pricing should favor “healthy” food and beverage options.
- (4) List calories and serving size information on all foods and beverages.**
100% of all foods and beverages sold at Cone Health food venues (eateries and vending) or offered at company-sponsored events shall contain visible calorie labeling per serving and serving size.
- (5) Implement Traffic Light System on all foods and beverages.**

Use traffic light system in all Cone Health food venues (eateries and vending).

Spirit of Healthy. Although the minimum criteria for “healthy” is based only on calorie and portion size, the overall goal is to limit the amount of fat, trans fat, dietary cholesterol, sugars and sodium – all ingredients known to increase risks for chronic disease - and promote foods with health-promoting properties, such as dietary fiber. To meet the spirit of this policy, there should be an effort to make available 24 hours/7 days a week, foods with health-promoting properties: fruits, vegetables, whole wheat food products, lean meats and fish, low-fat vegetarian dishes, nuts and other “good fats” in appropriate portion sizes and use health-promoting preparation techniques, minimizing and eventually eliminating less-healthy cooking methods such as frying. The impression in eateries, vending and company-sponsored events should be that healthy food and beverages predominate. We also want to increase access to and support opportunities for local fresh fruits and vegetables (this includes on-site produce markets and farmers markets). **In the spirit of Caring for Our Patients, Caring for Each Other, and Caring for Communities, we will strive to follow the above key principles.**

DEFINITIONS:

Definitions to Support the Policy

The following provides definitions or clarification to support the key principles of the healthy food environment policy.

Calorie Labeling. Must provide visible calorie labeling and serving size on the product or at the point of purchase/serving line for 100% of items to allow consumers to make informed choices. Examples include:

- Manufacturer’s package label
- Stickers affixed to the package/box
- Signage in front/on the serving line via poster, table tents
- Signage affixed to the cooler/case/vending machine

Exemption to 100% labeling approved for chef specials – i.e. special recipe not planned. However if it becomes a repeat menu item, calorie labeling is required.

Company-Sponsored Event. Any food purchased by Cone Health for events such as meetings, training/in-services, celebrations, open houses/ribbon cuttings, board meetings, fund-raising events, marketing and promotional events, etc. for any audience such as employees, visitors, doctors, medical practices, vendors, board, etc. This applies to any department or individual ordering in which any Cone Health entity is paying all or part of the bill. The vendor of the catered food may be internal or external to the organization. Exemptions include food provided by staff or leader from personal funds such as pot lucks and personally funded fund-raisers. Also exempt are events in which guests dine-in at a restaurant and order directly from a menu or buffet; however, efforts should be made to host such events at establishments that offer healthy choices.

Cone Health. Any of the hospitals, ambulatory facilities, subsidiaries, physician practices, or other entities that are owned or leased by Cone Health including but not limited to hospitals, ambulatory facilities, subsidiaries, physician practices, outpatient services, and foundations. Managed entities may opt to participate.

Food Venues. Any eatery or vending on a Cone Health campus including cafeterias, coffee shops, vending machines, etc. This includes auxiliary run operations and vendors allowed/contracted to come on-site to sell food. Exemptions from the policy include current or future joint ventures, gift shops and hospitality carts that may sell pre-packaged candies/snacks unless they serve as an eatery with food

prepared on-site or catered in for resale. Food trucks will also be exempt but limited to no more than 2 monthly visits/campus.

“Healthy” Definition. For the purposes of the healthy food environment policy, “healthy” is defined as Per serving calorie as outlined below:

- a) **Plates <600 calories**
Contain at least 1 serving from each: protein, starch, vegetable or fruit
- b) **Entrée <550 calories**
Center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch
- c) **Side item <225 calories**
Rice, potatoes, bread/rolls, fruits, vegetables
- d) **Soup (8oz) <225 calories**
- e) **Desserts and Snacks <200 calories**
- f) **Beverages (8oz)**
 - Plain or flavored water, sport drinks, diet sodas, juice drinks **<50 calories per 8oz**
 - Milks and coffee drinks **<100 calories per 8oz**
 - 100% juice **no limit on calories; 12oz max**

% Healthy. The % healthy is to be applied per location:

- **Eateries** – per location of each eatery; does not have to apply to each station within the eatery.
- **Vending** – per vending area, for example if only one machine in that area, 75% of the slots in the machine must have healthy items. If a vending area with multiple machines, one may opt to meet criteria in each machine or achieve 75% of the combined slots across the suite of machines.
- **Catering/Company Events** – the 60% healthy options at company-sponsored events is to be applied to the collective offerings of food and the collective offerings of beverages at each event. This applies to the total number of items on the menu served at the event, not on the volume of each item available to be served. For example, if 10 food items are served, 6 or more must meet the healthy definition. If only 2 items are served, both must meet the definition.

Price Leverage. Apply price differential of up to a maximum of 25% to influence the purchasing behaviors of consumers towards healthy choices. Special promotions, meal deals/combos and other discounts should leverage healthy choices.

Serving Size. Serving lines, plated and packaged foods should include proper serving-sized portions. If prepackaged items include more than one serving, labeling should clearly state serving size. If self-service, the serving size must be demonstrated via a plated example or signage describing or illustrating the proper serving size. This does not restrict the consumer from taking more than the appropriate serving, yet allows them to make an informed choice.

Traffic Light Guide. Implement traffic light guide/system on the product or at the point of purchase/serving line for 100% of items to allow consumers to make informed choices. (Green means “Healthy Choice” – eat these every day; Yellow means “OK Choice” – may not want to eat at every meal; Red means “Less Healthy Choice” – may not want to eat every day). Examples include:

- Colored containers or utensils for serving the food
- Signage in front/on the serving line via poster, table tents

- Glass clings affixed to the cooler/case/vending machines

REFERENCE DOCUMENTS/LINKS:

Prevention Partners- Best Practices, Healthy Food Policy

www.forprevention.org

PREVIOUS REVISION/REVIEW DATES:

<i>Date</i>	<i>Reviewed</i>	<i>Revised</i>	<i>Notes</i>
April 29, 2016			Original effective date.