

Smarter Workplace Cafeterias

Smarter Workplace Cafeterias:

- Provides multiple choices of **vegetables, fruits, whole grains, lean protein, and low fat or fat free dairy.**
- Provide fruit in multiple locations. Fruit is displayed in fruit bowls or baskets, not stainless steel pans.
- Offers only healthy items such as fruit, veggie sticks, or water by the check out.
- Offers a **quick-moving 'healthy express'** checkout line for customers not buying chips or desserts.
- Keeps unhealthy a la carte items (such as chips and desserts) away from the main flow of traffic.
- Places the salad bar (if available) in the main line of traffic.
- Offers **healthy items as the default** (brown rice vs. white rice; whole grain bread vs. white bread).
- Makes water the most visible and plentiful beverage available. **Provides and promotes free, cold tap water.**
- Prices unhealthy items (such as soda and ice cream) higher than healthy items (such as water and fruit).
- **Prices are made available** at the point of decision.
- Only advertises healthy food, (i.e. no soda or dessert advertising).
- Offers the healthiest food at the beginning of the serving line.
- Use **descriptive naming** for healthy food items such as 'immune boosting sautéed spinach'.



DO YOU HAVE A SMARTER CAFETERIA?

Want to find out if your cafeteria is 'smarter'? Check out the scorecard here!
<https://mainehealth.org/about/healthy-communities/prevention-and-wellness/healthy-hospital-food>