Below you will find a list of recommendations to improve your grade. These recommendations are prioritized based on the strength of the scientific evidence behind them.

### Strongly Recommended Action Steps:
- Use nutrition criteria to define and identify healthy items.

### Important Practices:
- Offer programs to support practicing good nutrition and/or a healthy weight (may be on or off-site).
- Require that all vendors provide healthy options.
- Use an icon, symbol, or picture to identify healthy foods and/or beverages.
- Educate your food service staff about healthy food preparation, recipes, and portion control.
- Label food and beverages with nutrition information at the point of selection. When labeling with calories, use and advertise a reference of 2,000 daily calories.
- Regularly evaluate your healthy food policy and its impact.

### Promising Practices:
- Work with staff and caterers to ensure that healthy food and beverages are available at all catered meetings and events.
- Communicate to employees about your health insurance benefits.
- Negotiate contracts with all vendors, caterers or suppliers so that they make nutrition information available.

### General Recommendations:
- Put a plan in place to regularly review your healthy food policy.
- Provide opportunities for staff to purchase locally-grown food products.

If you have any questions about this report or the assessment, please call Prevention Partners at 919-969-7022.

Submitted By: Mary Gallagher
Email Address: superapple54@msn.com
Phone: (920) 457-9348