### Behavioral Design Standards for Food Service Guidelines for Federal Facilities

#### Partnering Organization:
- Kemamaceqtaq CDC Grant
- Food Service Guidelines for Federal Facilities Inventory Framework

#### Promote Healthy Portion Sizes by Optimizing the Size of Plates, Bowls, Glasses, Other Dishware, and Servingware. Possible Methods Include:
- Using tongs and serving spoons that match appropriate serving sizes in all serving lines including self-serve.
- Providing a food service line that features only healthier option.

#### Use Product Innovations and Defaults to Encourage Healthier Choices Possible Methods Include:
- Offering smaller portion size options (e.g., half sandwiches, half-size entrées, smaller beverage containers).
- Check serving spoons.
- Making healthier items default options throughout the menu (e.g., serving fruit instead of chips or salad instead of fries).
- Offering healthier items in an easily accessible grab and go form.
- Bundling and attractively naming healthier options (e.g., Fit and Fresh Special).

#### Use price incentives and marketing strategies to highlight healthier food and beverage items. Possible methods include:
- Bundling and attractively naming healthier options (e.g., Fit and Fresh Special).
- Promoting healthier items through sales or pricing specials.
- Offering healthier food and beverages at a lower price than less healthy items.

#### Use Information, Displays, Decorations, and Signage to Highlight Healthier Choices. Possible Methods Include:
- Featuring meals that include only healthier offerings.
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#### Placement and Layout

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<thead>
<tr>
<th>Implementation Level</th>
<th>Org/Agency Current Policy/Practice</th>
<th>Proposed Policy/Practice</th>
<th>Implementation Level</th>
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<tbody>
<tr>
<td>Innovative</td>
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- Creating flow paths that emphasize healthier choices (i.e., placing healthier choices in prime selling locations).
- Placing healthier foods and beverages at eye level or just below eye level, next to the cash register, at the front of cold and hot entree sections, or within.

#### Organizational Policy

- Offering space in cafeteria for employees “lunch and learn” sessions.
- Featuring pricing and promotions and incentives for healthier foods and beverages in an employee wellness newsletter.

- Supporting worksite wellness programs or other employee organizations to promote healthier options. Possible methods include:
  - Featuring pricing and promotions and incentives for healthier foods and beverages in an employee wellness newsletter.