

# Resources for Developing and Implementing Policies for Healthy Food Procurement

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## KEY RESOURCES

- Niebylski ML, Lu T, et al. [Healthy food procurement policies and their impact](#).  
Int J Environ Res Public Health. 2014;11(3):2608-27.  
Systematic review of evidence base for healthy food procurement policies.
- [Nutrition guidelines and standards for school meals. A report from 33 low and middle-income countries](#). (2019)  
Food and Agriculture Organization of the United Nations  
Results of global survey on school meals; report identifies key aspects to consider when developing or updating school meal program standards.
- [NOURISHING Framework](#)  
World Cancer Research Fund International  
Database of implemented policies to promote healthy diets and reduce obesity. Use Section O (Offer healthy food and set standards in public institutions and other specific settings) to search for examples.

### [Eating Well in Government Venues](#)

*ChangeLab Solutions*

Model policies that policymakers can use to improve food service guidelines; includes vending machines, concession stands, cafeterias, and food provided at meetings and events.

- [INFORMAS Public Sector Policies and Actions – The Healthy Food Environment Policy Index \(Food-EPI\)](#)

The policy index measures the extent of implementation of health food environment policies by governments compared to international best practice.

- L'Abbe M, Schermel A, et al. [Monitoring foods and beverages provided and sold in public sector settings](#).  
Obesity Reviews. 2013;14 (Suppl. 1):96–107.

Step-wise framework for monitoring, includes:

- 1) previous monitoring activities of school food programs,
- and 2) survey questions for initial assessment.

### GENERAL NUTRITION GUIDANCE

- [WHO Nutrient requirements and dietary guidelines website](#)

*World Health Organization*

Site includes links to WHO nutrition documents, including Healthy Diet factsheet and guidance on sugars, fats, and sodium.

- [WHO 5 keys to a healthy diet](#)

*World Health Organization*

Describes five key elements of a healthy diet.

- [Food-based Dietary Guidelines](#)

*Food and Agriculture Organization of the United Nations*

Database of food-based dietary guidelines for over 100 countries and regions.

- [Sustainable Healthy Diets - Guiding Principles](#) (2019)

*Food and Agriculture Organization of the United Nations and World Health Organization*

Guidance on what constitutes sustainable healthy diets.

- [Strengthening sector policies for better food security and nutrition results: Public food procurement](#) (2018)

*Food and Agriculture Organization of the United Nations and the European Union*

Part of a series to help policy makers address national food security and nutrition issues; guidance is focused on developing initiatives that support food purchases from small farms.

### SCHOOLS

- [School policy framework: implementation of the WHO global strategy on diet, physical activity and health](#) (2008)

*World Health Organization*

Guide for policy makers at national and sub-national level to promote healthy eating and physical activity in schools settings.

- [WHO Nutrition-Friendly Schools Initiative](#)

*World Health Organization*

Website describes the Initiative, which creates a framework for addressing the double burden of student ill-health and aims to improve coordination among agencies.

- [Nutrition guidelines and standards for school meals. A report from 33 low and middle-income countries](#) (2019)

*Food and Agriculture Organization of the United Nations*

Results of global survey on school meals; report identifies key aspects to consider when developing or updating school meal program standards.

- [Report of the Commission on Ending Childhood Obesity. Implementation plan: executive summary](#) (2017)

*World Health Organization*

Includes standards (page 18) for food standards for healthy school environments for children and adolescents.

- [Set of Recommendations on the Marketing of Food and Non-Alcoholic Beverages to Children](#) (2010)

*World Health Organization*

Describes recommendations for marketing food to children, a complementary action to include in food procurement standards.

- [Home Grown School Feeding Initiative](#)

*World Food Programme*

Website describes Initiative, which links school feeding programs with local smallholder farms to provide food for schoolchildren.

*Specific school examples in Regional section below (pages X-X).*

### EVALUATION

- [Global Strategy on Diet, Physical Activity and Health: A Framework to Monitor and Evaluate Implementation](#)

*World Health Organization*

Describes how to measure the implementation of the [WHO Global Strategy on Diet, Physical Activity, and Health](#) at the country level and proposes a framework and indicators (Logic model, page 5).

- [INFORMAS Public Sector Policies and Actions – The Healthy Food Environment Policy Index \(Food-EPI\)](#)

*INFORMAS*

The policy index measures the extent of implementation of health food environment policies by governments compared to

international best practice. Scientific article describes in detail: [L'Abbe M, Schermel A, Minaker L, Kelly B, Lee A, Vandevijvere S, Twohig P, Sarquera S, Friel S, Hawkes C, et al. Monitoring foods and beverages provided and sold in public sector settings](#). Obesity Reviews. 2013;14(Suppl. 1):96–107.

- [L'Abbe M, Schermel A, Minaker L, Kelly B, Lee A, Vandevijvere S, Twohig P, Sarquera S, Friel S, Hawkes C, et al. Monitoring foods and beverages provided and sold in public sector settings](#). Obesity Reviews. 2013;14(Suppl. 1):96–107.  
Step-wise framework for monitoring, includes: 1) previous monitoring activities of school food programs, and 2) survey questions for initial assessment.

*Specific evaluation examples in Regional section below (pages X-X).*

## NUTRITION POLICY DATABASES

- [Global database on the Implementation of Nutrition Action \(GINA\)](#)  
*World Health Organization*  
Searchable database of nutrition programs, country adaptations and lessons learnt.
- [NOURISHING Framework](#)  
*World Cancer Research Fund International*  
Searchable database of implemented policies to promote healthy diets and reduce obesity. Use Section O (Offer healthy food and set standards in public institutions and other specific settings) to search for public food procurement examples.

## IMPLEMENTATION GUIDANCE AND EXAMPLE POLICIES: BY REGION, COUNTRY, AND CITY

*The example policies included in this section do not reflect a comprehensive list of policies globally. Resolve to Save Lives is tracking food procurement policies closely. To share a city, region, or country example policy email [nide@resolvetosavelives.org](mailto:nide@resolvetosavelives.org).*

### SUB-SAHARAN AFRICA

- [Seychelles National School Nutrition Policy](#) (2008)  
*Ministry of Health and Social Development and Ministry of Education*  
Describes the Seychelles' efforts to utilize schools as sites for improving the nutritional well-being of all school children. Includes an evaluation tool for schools (page 32).
- [Scaling-up purchase from Africans for Africa](#) (2014)  
*Food and Agriculture Organization of the United Nations*  
Multi-stakeholder initiative by the FAO, World Food Programme, Brazil and the UK, and the governments of each pilot country: Ethiopia, Malawi, Mozambique, Niger and Senegal, to procure food from small farms for schools.
- [Home Grown School Feeding Menu Planner](#)  
*Imperial College London's Partnership for Child Development*  
Online school meal planner to create nutritionally balanced and market costed school meals using WHO nutritional allowances; use Guest Login.

### ASIA

- [WHO Nutrient Profile Model for South-East Asia Region](#) (2017)  
*World Health Organization Regional Office for South-East Asia*  
Nutrient thresholds used to implement the set of recommendations on the marketing of foods and non-alcoholic beverages to children.
- [WHO Nutrient Profile Model for the Western Pacific Region](#) (2016)  
*World Health Organization Regional office for the Western Pacific*  
Nutrient thresholds used to implement the set of recommendations on the marketing of foods and non-alcoholic beverages to children.

### SINGAPORE

- [Whole-of-Government \(WOG\) Healthy Beverage Policy](#)  
*Singapore Government Health Promotion Board*  
Singapore government whole-of-government policy introduced in April 2017; the site provides links to the Whole-of-Government (WOG) Healthier Catering Policy and WOG Drinks Policy.
- [Healthy Meals in School Programme](#)  
*Singapore Government Health Promotion Board*  
Describes program criteria and support available for schools.

## MALAYSIA

- [Guide for Health School Canteen Management](#)

*World Health Organization Global Nutrition Policy Review 2016-2017*

Standards for foods and beverages served and sold in Malaysian schools. News article on implementation of nutrition standards: Rajaendram R. [Ensuring children chomp on healthy treats](#). The Star Malaysia. 2018 Jan 21. Education.

## SOUTH KOREA

- [South Korea Special Act on the Safety Management of Children's Dietary Life](#)

*Government of the Republic of Korea*

Describes nutrition standards for schools. Scientific article on implementation of nutrition standards: Lee SK, Park HK, et al. [Nutritional standards for energy-dense low-nutrient density foods for children in Korea](#). Asia Pac J Clin Nutr 2014;23(1):27-33.

## PHILIPPINES

- [Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices](#)

*Republic of the Philippines, Department of Education*

Describes the policy and guidelines on healthy food and beverage choices in schools and in Department of Education offices.

## AUSTRALIA, NEW ZEALAND AND PACIFIC ISLANDS

### AUSTRALIA

- [National Healthy School Canteens Guidelines](#)

*Australian Government, Department of Health*

Website describes guidelines and resources to help canteen managers across Australia offer healthier food and drink options.

- [National Healthy Schools Canteen Evaluation Toolkit](#) (2010)

*Australian Government, Department of Health*

Toolkit includes logic model, research framework, and focus group questions to guide process evaluation and short-term impact evaluation.

- [Healthy Food and Drink Choices](#)

*Australian Capital Territory (ACT) Government*

Standards for food and drinks available to staff, volunteers, and visitors for ACT Health premises; links to Healthy Food and Drink Choices and Vending Machine Management Policies.

- [ACT Public School Food and Drink Policy](#)

*Australian Capital Territory (ACT) Government*

Describes nutrition standards for schools, including links to legislation.

- [Healthy School Canteen](#)

*New South Wales Department of Education*

Includes resources to support transitioning to healthier school canteens for school leaders, canteen managers, parents, and communities.

- [Healthy Food and Drink in NSW Health Facilities for Staff and Visitors Framework](#) (2017)

*New South Wales Government Health*

Best practice guidelines for health facilities to use for cafes/cafeterias, vending machines, convenience stores/newsagents, retail premises, and catering.

- [HealthyChoices website](#)

*State of Victoria, Department of Health and Human Services*

Guidelines to help workplaces, hospitals and health services, parks, and sporting centers provide healthy foods and drinks.

- [Healthy Canteen Kit](#)

*Victoria State Government, Department of Education and Training*

Resources to assist schools develop healthy canteens. The website includes links to the policy, getting started, evaluating changes, food planners, educational materials.

## LATIN AMERICA AND THE CARIBBEAN

- [Pan American Health Organization Nutrient Profile Model](#)

*Pan American Health Organization and World Health Organization Regional Office for the Americas*

Nutrient thresholds designed for multiple applications, including regulation of marketing, front-of-package labelling, and fiscal policies related to food and beverages.

- [Plan of Action for the Prevention of Obesity in Children and Adolescents](#) (2014)  
*Pan American Health Organization and World Health Organization*  
Five year plan to address obesity, which includes discussion of nutrient thresholds, improving the school environment, and promotion of healthy eating.
- [Smart School Meals: Nutrition Sensitive National Programmes in Latin America and the Caribbean A Review of 16 Countries](#) (2017)  
*World Food Programme and the Latin American Network for School Meals*  
Study of school meals programs in 16 countries, identifying six areas where there are opportunities for improvement. Logic model on page 23.
- [Strengthening School Feeding Programmes](#) (2019)  
*Food and Agriculture Organization of the United Nations and World Food Programme*  
Describes joint work to support school feeding programs in Latin America and the Caribbean. [Available in Spanish.](#)

## BRAZIL

- [Learning from Sustainable School Feeding in Brazil](#)  
*Food and Agriculture Organization of the United Nations, Regional Office for Latin America and the Caribbean*  
Describes school feeding programs in Brazil. Scientific article on school nutrition programs: Sidaner E, Balaban D, et al. [The Brazilian school feeding programme: an example of an integrated programme in support of food and nutrition security](#). *Pub Health Nutr.* 2013;16(6):989-94.

## ECUADOR

- [Pilas con Vitaminas website](#)  
*Quito Ministry of Health*  
Initiative to improve the healthfulness of food sold at school canteens, consistent with national policy; includes marketing and branding materials; website in Spanish.

## URUGUAY

- Acosta I. [Uruguayan Schools Slowly Say Goodbye to Junk Food](#). *Tierramerica*. 2012 Oct 10.  
Describes the bill passed by the Chamber of Deputies to prohibit the promotion and advertising of junk food on school premises. [Law 19.140: "Proteccion de la Salud de la Poblacion Infantil y Adolescente a Traves de la Promocion de Habititos Alimenticios Saludables."](#) (2014)
- [Online training for food handlers](#)  
*Uruguay Ministry of Public Health*  
Training materials, in Spanish, for food handlers to implement school nutrition standards in Uruguay.

## MIDDLE EAST AND NORTH AFRICA

- [Nutrient profile model for the marketing of food and non-alcoholic beverages to children in the WHO Eastern Mediterranean Region](#)  
*World Health Organization Regional Office for the Eastern Mediterranean*  
Nutrient thresholds for the marketing of food and non-alcoholic beverages to children.

## ISRAEL

- Skop Y. [Israel Bans Sugary Drinks, Snacks from School Cafeterias](#). *Haaretz*; 2019 Apr 5.  
Describes standards to limit sugar, salt, and fat in Israel's schools and kindergartens.

## EUROPE

- [WHO Regional Office for Europe Nutrient Profile Model](#)  
*World Health Organization Regional Office for Europe*  
Describes regional nutrient profile model for use and adaptation when developing policies to restrict food marketing to children.
- [Public Procurement of Food for Health: Technical report on the school setting](#) (2017)  
*Joint Publication of the Maltese Presidency and the European Union*  
Support for translating national school food standards into food procurement specifications. Includes contract evaluation guidance, scoring grid, and logic model.
- [Food and Nutrition Policy for Schools: A Tool for the Development of School Nutrition Programmes in the European Region](#) (2006)  
*World Health Organization Regional Office for Europe*  
Recommendations on how schools can best promote health through offering education and practice of good nutrition.

## UNITED KINGDOM

- **Sustainable procurement: the Official Government Buying Standards (GBS) for food and catering services**  
*United Kingdom Department for Environment, Food and Rural Affairs*  
Mandatory product specifications for government agencies; also see: **A Plan for Public Procurement: Food & Catering Balanced scorecard** (nutrition criteria, page 17).
- **School food standards: resources for schools** (2013)  
*United Kingdom Department of Education*  
School food standards, with guidance for administrators, a poster example, and a healthy eating checklist.
- **School Food Plan What Works Well website**  
*United Kingdom Department of Education*  
Resources for schools to implement healthier food guidance, including a link to the What Works Well RecipeHub.
- **What Works Well RecipeHub website**  
*United Kingdom Department of Education*  
Collection of over 100 recipes that meet the UK's **Government Buying Standards** and are suitable for children.
- **Healthier and more sustainable catering: Nutrition principles** website  
*Public Health England*  
Resources include a description of nutrition principles of healthier catering and a toolkit for serving older people in residential care.
- **Audits and Inspections Toolkit** (2011)  
*School Food Trust*  
Checklist for schools and catering providers to demonstrate compliance with school food standards.
- **Eating well for under-5s in child care Practical and nutritional guidelines**  
*The Caroline Walker Trust*  
Guide on nutrient-based standards and menu plans for children under 5, with implementation guidance.
- **The Hospital Food Standards Panel's report on standards for food and drink in NHS hospitals** (2014)  
*Independent group established by the United Kingdom (UK) Department of Health and led by chairman of Age UK*  
Report on existing hospital food standards, with recommendations on monitoring and further action.

## UNITED STATES AND CANADA

### CANADA

- **Sodium Reduction in Health-Care Facilities: B.C.'s Experience** (2016)  
*British Columbia (B.C.) Ministry of Health*  
Describes reducing sodium in food service operations in health care facilities owned and operated by B.C. health authorities and lessons learned.

### UNITED STATES

- **Food Service Guidelines for Federal Facilities** (2017)  
*US Department of Health and Human Services*  
Standards for food, nutrition, facility efficiency, environmental support, community development, food safety and behavioral design for use in food service concession and vending operations.
- **CDC Healthy Foodservice Guidelines website**  
*US Centers for Disease Prevention and Control*  
Guide to implementing the US **Food Service Guidelines**, including cafeterias, concession stands, snack bars, and vending machines; includes link to Smart Food Choices (Assessment Tool, page 30).
- **CDC Healthy Food Environments website**  
*US Centers for Disease Prevention and Control*  
Resources to support implementation and evaluation of nutrition standards in childcare site, schools, hospitals and workplaces.
- **CDC Sodium Reduction Tools and Training for Health Professionals website**

- **Food Service Guidelines Collaborative website**

*Food Service Guidelines Collaborative*

Resources that support implementation of the US federal nutrition standards in public places.

- **Eating Well in Government Venues website**

*ChangeLab Solutions*

Model policies for policymakers. Website links to resources on creating healthy food service on government property and an infographic on buying food for health and equity.

- **CSPI Healthier Food Choices for Public Places website**

*Center for the Science in the Public Interest*

Resources for improving food and beverage options for vending machines, cafeterias, concession stands, meetings, and events; includes messaging tips, model policies, and implementation resources.

- **HealthyState Act (2012)**

*Center for the Science in the Public Interest*

Model bill to expand healthy choices for government employees and in government institutions.

- **The Food Trust School website**

*The Food Trust*

Summarizes organizations work with schools, including link to the Healthy Schools Toolkit (2008) , implementing, and evaluating a nutrition policy in a school or school district.

- **Kaiser Permanente Healthy Picks website**

*Kaiser Permanente, Healthy Picks Committee*

Describes healthy food guidelines and implementation resources for hospital food venues, including patient menus, cafeterias, coffee carts, kiosks, vending and gift shops.

- **Food Service Guidelines Resources website**

*Association of State Public Health Nutritionists*

Links to U.S. city and state initiatives, including for worksites, cafeterias, vending, meetings, hospitals, faith-based organizations, and community organizations. Includes resources to train vendors.

- **Healthy Workplace Food & Beverage Toolkit website**

*American Heart Association*

Includes links to vending machine data collection tools and checklist for meetings and catered meals.

## UNITED STATES – CITIES AND COUNTIES

- **New York City**

- **New York City Food Standards website**

*New York City Department of Health and Mental Hygiene*

Describes comprehensive standards that apply to all food purchased and served by city agencies, including specific standards and implementation guides, along with communications materials.

- **Philadelphia**

- **City of Philadelphia Nutrition Standards website**

*Philadelphia Department of Health*

Includes links to the city's Executive Order, nutrition standards, and implementation resources, such as a menu planning toolkit.

- **Los Angeles County**

- **SNAP Ed Toolkit - Healthy Nutrition Guidelines for LA County website**

*County of Los Angeles Public Health, Division of Chronic Disease & Injury Prevention*

Resources to support implementation of healthy food guidelines for county agencies, including evaluation tools, model policies, a vending case study, and guidance for hospitals.

## SCIENTIFIC LITERATURE

### RESEARCH ON EFFECTIVENESS OF PUBLIC PROCUREMENT

- Niebylski ML, Lu T, Campbell NR, Arcand J, Schermel A, Hua D, Yeates KE, Tobe SW, Twohig PA, L'Abbé MR, Liu PP.

**Healthy food procurement policies and their impact.** Int J Environ Res Public Health. 2014;11(3):2608-27.

Systematic review of evidence base for healthy food procurement policies.



- genannt Bonsmann SS, Caldeira S, Gauci C, Calleja A, Furtado A. [Public procurement as a policy tool to promote healthier food environments and choices](#). Pub Health Pan. 2017;3(4):537-820.  
Proposes that the public procurement of food can incentivize food reformulation; urges consideration of economic, social, and environmental aspects of procurement. Includes examples of EU procurement directives.
- de Schutter O. [The Power of Procurement, Public Purchasing in the Service of Realizing the Right to Food](#) Briefing Note 08. 2014;8:1-28.  
Provides an argument for: sourcing preferentially from small-scale food producers, guaranteeing fair wages and prices along the food supply chain, nutrition standards, sourcing locally whenever possible and expecting suppliers to produce food sustainably, increasing participation and accountability in the food system.
- Raine KD, Kayla A, Lee D, Ferdinands AR, Beaulieu D, Buhler S, Campbell N, Cook B, L'Abbé M, Lederer A, et al. [Healthy food procurement and nutrition standards in public facilities: evidence synthesis and consensus policy recommendations](#). Health Promot Chronic Dis Prev Can. 2018;38(1):6-17.  
Synthesis of evidence and consensus conference to inform further policy action on healthy food procurement.
- Ashe LM, Sonnino R. [At the crossroads: new paradigms of food security, public health nutrition and school food](#). Pub Health Nut. 2012;16(6):1020-1027.  
Describes the emerging dynamics of the new food insecurity crisis and its implications for public health nutritionists; suggests the adoption of a systemic approach and uses school food systems as an example.
- Barberio AM, Sumar N, Trieu K, Lorenzetti DL, Tarasuk V, Webster J, Campbell NRC, McLaren L. [Population-level interventions in government jurisdictions for dietary sodium reduction: a Cochrane Review](#). Int J Epidemiol. 2017;46(5):1551-1405.  
Describes the impact of population-level dietary sodium reduction restrictions and concludes they have the potential to reduce dietary salt intake.
- Herforth A, Arimond M, Alvarez-Sanchez C, Coates J, Christianson K, Muehlhoff E. [A Global Review of Food-Based Dietary Guidelines](#). Adv Nutr. 2019;10(4):590-605.  
Review of current food-based dietary guidelines (FBDG), assessing the similarities and differences in key elements across countries.

## RESEARCH ON NATIONAL AND CITY FOOD PROCUREMENT POLICIES

- Gase LN, Kuo T, Dunet D, Fielding, JE. [Estimating the Potential Health Impact and Costs of Implementing a Local Policy for Food Procurement to Reduce the Consumption of Sodium in the County of Los Angeles](#). Am Jour Pub Health. 2011;101(8 Suppl):1501-1507.  
Uses health impact assessment methods to simulate levels of reduction in the sodium content of food served by Los Angeles County. Analysis predicts that adults would consume, on average, 233 fewer milligrams of sodium each day, if specific food procurement sodium strategies were implemented and models impact on blood pressure, cases of uncontrolled hypertension, and decrease in health costs.
- Lederer A, Curtis CJ, Silver LD, Angell SY. [Toward a Healthier City Nutrition Standards for New York City Government](#). Am Jour Prev Med. 2014; 46(4):423-428.  
Describes the development and implementation of required nutrition standards across all New York City agencies that purchase, prepare and/or serve food.
- Reeve E, Thow AM, Bell C, Engelhardt K, Gamolo-Naliponguit EC, Go JJ, Sacks G. [Implementation lessons for school food policies and marketing restrictions in the Philippines: a qualitative policy analysis](#). Glob Health. 2018;14(8):1-14.  
Description of challenges/barriers to consider when implementing procurement policies, particularly within a school setting.
- Robles B, Wood M, Kimmons J, Kuo T. [Comparison of Nutrition Standards and Other Recommended Procurement Practices for Improving Institutional Food Offerings in Los Angeles County, 2010–2012](#). Adv Nutr. 2013;4(2):191-202.  
Reviews and compares nutrition standards and other best practices implemented recently in a large school district, in a large county government, and across 10 municipalities in Los Angeles County. Includes a framework for creating healthier food environments and steps to adopting and implementing nutrition standards.
- Sidaner E, Balaban D, et al. [The Brazilian school feeding programme: an example of an integrated programme in support of food and nutrition security](#). Pub Health Nutr. 2013;16(6):989-94.  
Describes the successes and challenges of the Brazil school feeding program from 2003-2011, finding that local food production, school meals, and nutrition education can be linked and result in improved access to healthier foods.

## RESEARCH ON SCHOOL FOOD PROCUREMENT POLICIES

- Belot M, James J. [Healthy school meals and educational outcomes](#). Jour Health Econ. 2011;30(3):489-504.  
Provides evidence on the effects of diet on educational outcomes, using a campaign lead in the UK in 2004, which introduced changes



in the meals offered in schools – shifting from low-budget processed meals toward healthier options. Educational outcomes improved significantly in English and Science, and authorized absences, which are most likely linked to illness and health, fell by 14%.

- Driessen CE, Cameron AJ, Thornton LE, Lai SK, Barnett LM. [Effect of changes to the school food environment on eating behaviours and/or body weight in children: a systematic review](#). *Obes Rev*. 2014;15(12):968-982.

Reviews the evidence for the effect of isolated food environment interventions on both eating behaviors (including food purchasing) and/or body weight (all examples from US/UK). Seventeen of 18 papers reported a positive outcome on either BMI (or change in BMI) or the healthfulness of food sold or consumed.

- Gregoric M, Pograjc L, Pavlovec A, Simčič M, Gabrijelčič BM. [School nutrition guidelines: overview of the implementation and evaluation](#). *Public Health Nutr*. 2015;18(9):1582-92.

Describes three methods of evaluating the implementation of dietary guidelines in schools: (i) a cross-sectional survey, (ii) an indicator-based evaluation of menu quality; and (iii) a five day weighted food record of school lunches (output evaluation). The multi-level evaluation suggests that some differences in implementation are attributed to school characteristics; system changes may improve implementation.

- Micha R, Karageorgou D, Bakogianni I, Trichia E, Whitsel LP, Story M, Peñalvo JL, Mozaffarian D. [Effectiveness of school food environment policies on children's dietary behaviors: A systematic review and meta-analysis](#). *PLoS One*. 2018;13(3):e0194555.

Systematic review includes 12 studies evaluating school meal standards implemented in the US, Canada, or UK, which were found to: increase fruit intake, reduce total fat, saturated fat, and sodium (but not total calories), and decrease BMI (although other adiposity measures evaluated were unchanged).

- Nelson M. [The School Food Trust: transforming school lunches in England. Nutrition Bulletin](#). 2011;36:381-389.

Reports evidence of the improvements in provision, choice and consumption of food in schools following the introduction of legislation and a national programme of work to change catering practices and the attitudes of pupils, parents and others to healthier food provision in schools. It also provides objective evidence of the impact of healthier food on children's learning behaviour in the classroom, and overall costs and benefits.

*The Food Procurement Resource Guide will be updated at least twice a year.  
To submit suggestions for additions and updates, email [nide@resolvetosavelives.org](mailto:nide@resolvetosavelives.org)*