



# 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?

Smarter Cafeterias make the healthy choice the easy choice by using special marketing, pricing, and placement strategies. These gentle 'nudges' naturally lead customers to make healthier decisions.



For more information visit us at <https://5210.psu.edu> or email at [5210@psu.edu](mailto:5210@psu.edu).



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5210 Healthy Children is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).

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