

# HEALTHY PUBLIC FOOD PROCUREMENT AND SERVICE POLICIES

Healthy public food procurement and service (PFPS) policies set healthy nutrition standards for food and beverages served and sold in public settings where people live, work, learn, and play. Foods served in these settings are often high in sodium, saturated fats, sugar, and calories with little nutritional value. Unhealthy diets increase the risk for non-communicable diseases like heart attack and stroke, and lead to 8 million deaths globally each year. These public settings often provide food to a large portion of a country's population, presenting an important opportunity to enable healthy diets and improve public health by making healthier foods more available.

## What is a healthy public food procurement and service policy?

A policy adopted by government that establishes healthy nutrition standards for the service and sale of food in public settings and food purchased or subsidized by the government to promote healthy diets.

### FOOD

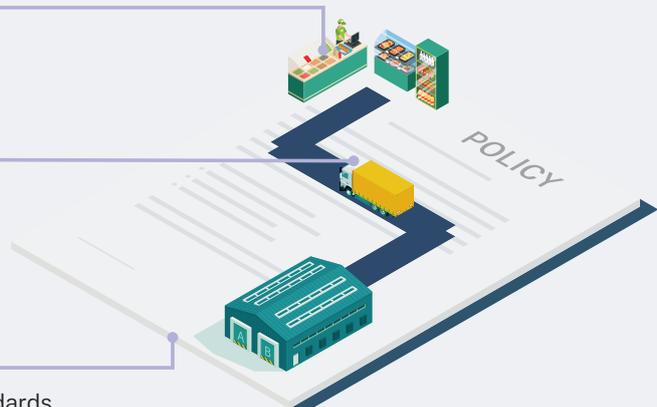
Any foods, beverages, ingredients, meals or snacks covered by the policy

### PROCUREMENT AND SERVICE

Entire process of purchase, subsidy, provision, distribution, preparation, service and sale

### POLICY

Policies, strategies, directives, legislation, rules, standards or guidelines – mandatory as well as voluntary, and with or without enforcement mechanisms





## Healthy public food procurement and service policies can have a large reach

### SETTINGS

Public schools, universities, daycare and childcare facilities, hospitals and health centers, government workplaces, public parks, military bases, prisons

### FOOD SERVICE VENUES

Cafeterias, canteens, restaurants, cafes, snack shops, vending machines

### PROGRAMS

School meal programs, food pantries, social service programs, homeless shelters, emergency relief programs

### EVENTS & MEETINGS

Sports events, government sponsored meetings and conferences



A key purpose of the policy is to define nutrition standards for food to be encouraged, limited or prohibited as part of healthy public food procurement and service. Healthy nutrition standards should follow the five core principles of a healthy diet, as established in the [WHO Action Framework for developing and implementing public food procurement and service policies](#).

## 5 CORE PRINCIPLES OF HEALTHY DIETS



### LIMIT

intake of free sugars



### LIMIT

sodium consumption and ensure that salt is iodized



### SHIFT

fat consumption away from saturated fats to unsaturated fats, and eliminate industrially produced trans fats



### INCREASE

consumption of nuts, pulses, whole grains, fruits and vegetables

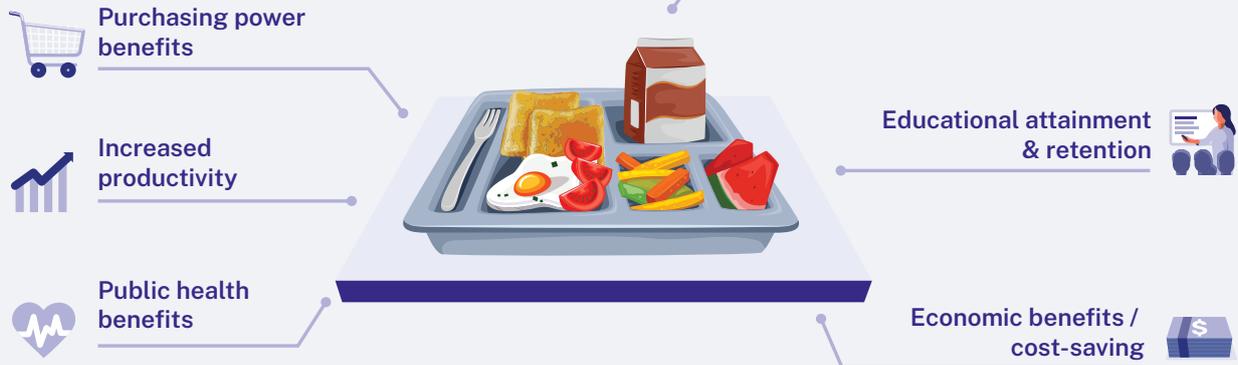


### ENSURE

availability of free, safe drinking water



# 6 BENEFITS OF HEALTHY PUBLIC FOOD PROCUREMENT AND SERVICE



## Increased purchasing power

Bulk procurement from government food purchasing can boost availability of healthy, affordable and culturally acceptable foods.

## Increased productivity

There are more jobs opportunities for local farmers and food producers when governments incentivize local food procurement.

## Public health benefits

Healthy PFPS can be a “double duty action” that can improve health by contributing to lower rates of NCDs through lowering salt and trans fat consumption and reduce malnutrition.

## An opportunity to lead by example

Governments can encourage industry and the private sector to adopt healthy food choices by making healthy and nutritious food the standard in government-sponsored facilities.

## Educational attainment and retention

Healthy PFPS policies can lower rates of absenteeism and can positively influence cognitive function, productivity and academic performance when schools provide free, healthy food options for students.

## Financial and cost-saving benefits

Healthy PFPS reduces health care expenditures and can stimulate the local agricultural economy by encouraging governments to choose healthy options from local producers.



## Additional resources on healthy public food procurement and service policies:

- [WHO Action Framework](#) for developing and implementing public food procurement and service policies for a healthy diet
- [Resolve to Save Lives' Healthy Public Food Procurement Resource Guide](#)
- [WHO Healthy Diet Fact Sheet](#)
- [WHO's Sustainable Healthy Diets Guiding Principles](#)
- [Tools for the Assessment of the Public Food Procurement and Policy Landscape](#)
- [Healthy Food Procurement Policies and Their Impact \(journal article\)](#)
- [A global systematic review of national nutrition standards with salt-related criteria for publicly-funded institution](#)
- WHO regional nutrient profile models: [AFRO](#), [EMRO](#), [EURO](#), [PAHO](#), [SEARO](#) & [WPRO](#)