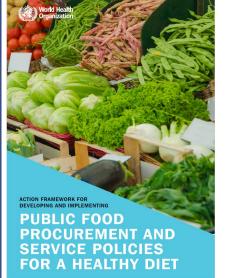


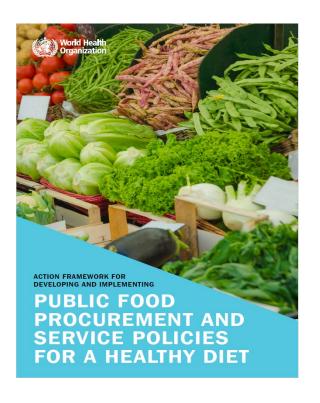




# REGIONAL WEBINAR ON ACTION FRAMEWORK FOR PUBLIC FOOD PROCUREMENT AND SERVICE POLICIES FOR A HEALTHY DIET







#### Introduction

Hana Bekele WHO AFRO



## **Healthy Diets**

#### **Core Principles**

1.	Limit the intake of free sugars				
2.	Shift fat consumption away from saturated fats to unsaturated fats, and eliminate industrially produced trans fats.				
3	Limit sodium consumption and ensure that salt is iodized				
4	Increase consumption of whole grains, vegetables, fruits, nuts and pulses.				
5 .	Ensure the availability of free, safe drinking water				

SDG 2: End all forms of malnutrition

SDG 3: Promote healthy lives and well-beings

Can be **contextualized** for different settings

#### **Countries committed**

to taking action to promote healthy diets & eliminate malnutrition in all its form

ICN 2 in FoA - establish food or nutrient-based standards to make healthy diets and safe drinking water



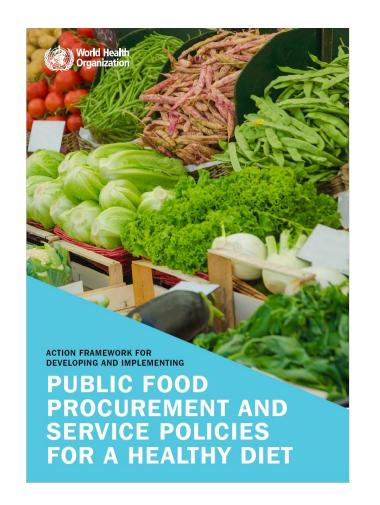
## The Purpose Focus and Relevance of \*PFP&S

Purpose: To support countries aiming to develop, revise, implement, assess compliance with, and evaluate the effectiveness of, a healthy public food procurement and service policy

**Focus:** To promote healthy diets, with the attention on, sustainable diets, food safety, and adequate nutrient intake to prevent all forms of malnutrition

Relevance: serve as a reference when developing a new PFP&S\* Policy, strengthening existing policy or introducing food into general nonfood procurement policies

Target population: government policy makers or program managers working on PFPSP, at national or a subnational level - regional, provincial and city levels.







- With government funds, served/sold in any public setting
- Any foods, beverages, ingredients, meals or snacks covered by the policy
- Entire process of purchase, subsidy, provision, distribution, service and sale

## Healthy public food procurement and service policy

- Limit the intake of free sugars
- Shift fat consumption away from saturated fats to unsaturated fats and eliminate industrially produced trans fats
- · Limit sodium consumption and ensure salt is iodized
- Increase consumption of whole grains, vegetables, fruits, nuts and pulses
- Ensure the availability of free, safe drinking water

 Policies, strategies, directives, legislation, rules, standards or guidelines; mandatory as well as voluntary



### Benefits of healthy PFP&S:

- 1. Public health benefits
- 2. Economic benefits
- 3. Increased productivity and educational attainment
- 4. Boosting availability of healthy, affordable, culturally acceptable food that is sustainably produced through local agriculture
- 5. Equity benefits
- 6. Large reach



## The guiding principles for the PFP&S

Evidence: based on available evidence, aligned with guidance on healthy diets

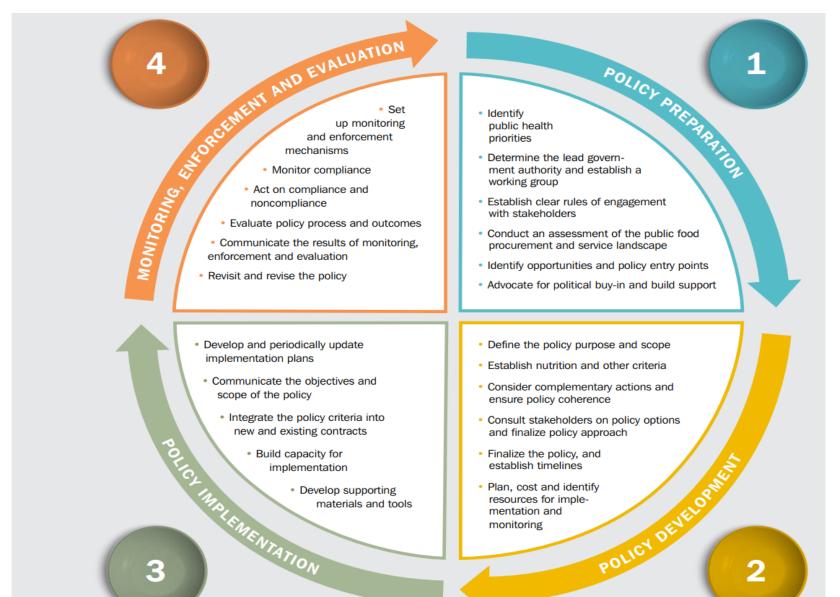
Human Rights- Based Approach: Availability of adequate and quality foods to fulfil nutrients needs

Safeguarding of public interest: commitments for policy coherence to create enabling environment

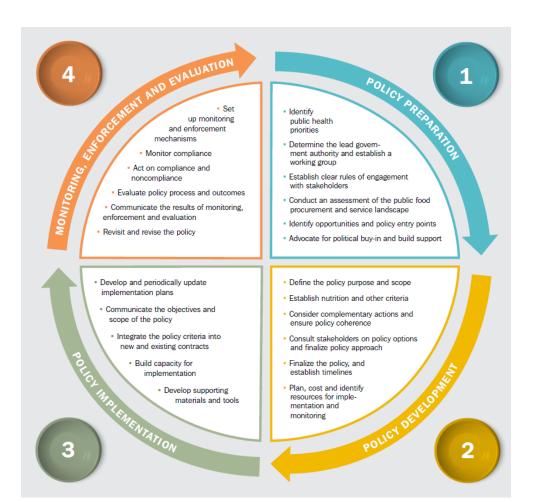
Health in policies: Synergy of sectors policies to avoid harmful health impacts

Safe, healthy and sustainable diets: refers to guiding principles for sustainable healthy diets

## Making public food procurement and service healthier What are the key steps to follow?







# Preparing for and developing a healthy public food procurement and service policy

sections 1 and 2 of the WHO Action framework



#### Luz De Regil

Multisectoral Actions in Food Systems

Department of Nutrition and Food Safety, WHO HQ



## 1. Policy preparation

- Identify public health priorities
  - How will healthier food help achieve national goals?
- Determine the lead government authority and establish a working group
  - Who will lead the process and whom to involve?
- Establish clear rules of engagement with stakeholders
  - How to prevent and manage potential conflict of interest?
- Conduct an assessment of the public food procurement and service landscape Where, what and how is food purchased, served and sold? What policies exist?
- Identify opportunities and policy entry points
  - Are there opportunities to strengthen or expand policies in place or under development?
- Advocate for political buy-in and build support
  - What advocacy activities are needed to get support from different audiences?







## Conduct an assessment of the public food procurement and service landscape

- Identify public health priorities

  Determine the lead government authority and establish a working group

  Establish clear rules of engagement with stakeholders

  Conduct an assessment of the public food procurement and service landscape

  Identify opportunities and policy entry points

  Advocate for political buy-in and build support
- Exploring where, what and how food is purchased, served and sold:
  - settings, venues, programmes and events where food is served or sold
  - population groups (e.g. school children)
  - types of food are purchased, served and sold (e.g. snacks, meals)
  - mechanisms used for food purchase, service and sales (e.g. suppliers, caterers and vendors)

Annex 2.2. Example findings from a food procuremen

- existing policies (e.g. regulations, directives, agreements, sponsorship agreements)
- The Action framework includes tools templates for a comprehensive assessment

Which government or sold?     Within ear food is see should be son for ear      What are the topolicies for put	varientatis and kendrike activities or institutions proteins bod and in which public settings in bod served and the potentiment office and setting, identify all venues and programmes where and and the conditions are considered to overline the conditions the today conditions are considered to overline the overlines was determined to the condition of the conditions are and the conditions are considered to compile the informa- ing reportation goods, the figure and their operations of bod, the mechanisms and
food is se should be son for ea 2. What are the s policies for put	ned and/or sold. Consider also whether food is sold around public settings that included in the policy. Prepare a table or spreadsheet to compile the informa- sey reference (see example in Annex 2.2).
policies for put	riget population groups, the types and volume of food, the mechanism and
	fic food procurement and service within these venues and programmes?
	enue and programme, identify:
	he target population in each setting
	he types of food purchased, served and/or sold, and their approximate vol- zres (e.g. meats or anacks, prepared on-site or off-site);
- 1	he procurement and service mechanism used
	<ul> <li>whether decentralized to individual settings or venues, or centralized (managed by government) or a mix</li> </ul>
	<ul> <li>methods of food preparation used in.g. which vendors and caterers are used, contracted cateres/vendor, informal private vendor; and</li> </ul>
	colicies and services that govern food procurement or service in this venue or setting.
	od 2, enter the responses into the tool provided in Annex 2.2. An example is provided of procurement and service activities in one government institution.
If food is purch tion information	assed or donated, does it have nutrition labels or available nutri- s?
	f. is there access to meal plans and nutrition analysis of meals, menus, or eal plans developed by nutritionists?
5. What is the cu	rent food procurement and service system?
involved in	e contractual terms currently in place with cateriers, suppliers or other vendors i public food procurement and service, including when contracts are up for nd whether they can be renegotiated to include new criteria.
	ether healthier food options (e.g. low-sodium packaged food, whole grains, ts) can be supplied.
Public food prec	snement and service policy environment
	legislation or guidelines exist that govern public food procurement and service?
<ul> <li>Identify ou</li> </ul>	ment policies that govern public food procurement and service.
	trition or other criteria related to food procurement and service stipulated ting policies.
	ANTHORS FOR DEVILOPING IND INSTANCENCING PURILS FROM PROGRAMMENT AND SERVICE VALUES FOR A MEASURE DIST.

<ul> <li>Note how often these are revised and if any revisions are planned.</li> </ul>
<ol> <li>What other nutrition and diet related policies exist that could support healthier public food procurement and sension?</li> </ol>
<ul> <li>Identify national policies and strategies that set nutrition or diet-related goals that could be incorporated into the healthy food procurement and senice policy purpose.</li> </ul>
<ul> <li>Identify other relevant nutrition goals set by the government and determine whether these address all the major prevailing nutrition challenges (e.g., undersutrition, det-re- lated NCDs).</li> </ul>
<ol> <li>Which government bodies have the authority on public food procurement and service and what are the processes?</li> </ol>
<ul> <li>Identity institutions with authority to set the scope and criteria for public food procurement and senice, other involved institutions, the processes used and approach needed.</li> </ul>
<ul> <li>Identify whether there are food service points or retail settings within government set- tings that the government does not have authority over.</li> </ul>
Capacities
9. What capacities exist for developing, implementing and monitoring healthy food procurement and senioe?
<ul> <li>Identify the existing human resources within the institutions working on public food pro- curement and service, and whether they have the competencies and capacity to imple- ment nutrition criteria, plan menus and develop recipes.</li> </ul>
<ul> <li>Identify the existing human resources for monitoring compilance with food procurement and service policies.</li> </ul>
<ul> <li>Identify what other capacities exist that could support healthy public food procurement and service (e.g. nutritionists, dietifians).</li> </ul>
Meeitoring
10. Is there a current mechanism in place for monitoring compliance with public food procure- ment and service policies?
<ul> <li>Identify the settings and venues currently monitored, and how often monitoring takes place.</li> </ul>
<ul> <li>Determine what is monitored in terms of the types and nutritional content of food purchased, served and sold.</li> </ul>
<ul> <li>Assess the ability to assess nutritional composition of meals and snades served or sold (e.g. content of nutrition label, access to nutrition software, access to qualified staff with time available to analyse meal coreposition).</li> </ul>
<ul> <li>Identify opportunities for monitoring in the targeted settings (e.g., simultaneously with monitoring of safe drinking water).</li> </ul>

and service assessment								
Ministry of Education								
Settings	Venues and programmes	Target population	Types of foods	Volume	Procurement mechanism	Food procurement and service policy	Nutrition criteria	Comments/ considerations
Schools	School meal programme	All school children (150 000 students)	Meals using fresh and minimally processed ingredients	All school children daily, 30 million meals per year	Concerned government institution purchases or serves school meal. Food donations in some regions. Prepared in school canteen kitchens by staff employed by ministry of education using recipe book for school meals.	School meal standards (1996), recipe book for school meals (2002)	Minimum portion standard of meal, guidance on composition of meal (should contain protein food)  Water should be served with meal	Could be used to note issues, gaps and opportunities
Schools	Vending machines	School children	Packaged snacks, beverages	100 000 beverages and snacks per year	Provided by contracted food companies in public setting	School meal standards (1996)	Snacks in vending machines should not be excessively salty	
Schools	Around schools	School children	Packaged snacks, beverages	Estimated same as from vending machines	Provided by informal vendors, food hawkers	None		
Department offices at national and district level	Canteens	Employees (50)	Meals, beverages, snacks	10 000 meals, 5000 beverages and 2000 snacks per year	Provided by contracted caterers or food companies in public setting	Rules for issuing contracts with food suppliers and caterers	None (only financial considerations)	



## Identify opportunities and policy entry points



• strengthening an existing policy that defines rules for public food purchasing, service or sales

E.g. ensuring existing food service and sales policies focused on food safety and/or undernutrition also promotes healthy diets, for example by banning the placement of salt shakers on tables

 using an existing related policy as a foundation for introducing a healthy public food procurement and service policy

E.g. expanding the school health policy to include rules for school meals and hawkers outside the school premises

- aligning a healthy public food procurement and service policy with another policy development process
  - E.g. using FBDGs or nutrient profile models of marketing restrictions or front-of-pack nutrition labelling to define what food can be served or sold in public settings

## 2. Policy development

- Define the policy purpose and scope
  - What immediate and long-term outcomes? Which settings, venues and types of food to be covered?
- Establish nutrition and other criteria
  - How to define nutrition criteria for healthy diets, and other criteria for safe, sustainable, local food?
- Consider complementary actions and ensure policy coherence
  - What other policy measures (e.g. nutrition labelling, marketing restrictions) are needed for coherence?
- Consult stakeholders on policy options and finalize policy approach
  - How to ensure stakeholders are given opportunity to comment through transparent consultations?
- Finalize the policy, and establish timelines
  - When will it come into effect? What monitoring and enforcement mechanism will be used or established?
- Plan, cost and identify resources for implementation and monitoring
  - What resources will be required for implementation, monitoring, enforcement and evaluation?







## Establish nutrition criteria

- These criteria define food to be **encouraged**, **limited or prohibited**
- Specific and measurable criteria helps implementation and M&E





#### **Nutrient-based criteria**

National or regional dietary recommendations WHO Regional Nutrient Profile Models WHO Healthy Diet factsheet



National or regional FBDGs WHO 5 keys to a healthy diet

#### Other nutrition-related criteria

Targeting the preparation or service of food Cooking methods, portion sizes, placement of food or menu labelling

#### **Examples**

- Snacks served in all city agencies may not contain more than 230 mg sodium per serving (Philadelphia, USA)
- School canteens may not sell pickled items (Malaysia)
- Caterers must include whole grains in all staple options for all government-organized functions and events (Singapore)
- Salt containers that are visible to students and whose purpose is to add it to prepared foods shall not be allowed inside schools (Uruguay)





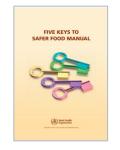


## Establish other criteria

- Other criteria can be combined with the nutrition criteria
  - E.g.
  - Ensure food safety
  - Promote sustainable food systems, e.g. criteria for:
    - packaging
    - food waste reduction
    - season and diversity
    - climate friendly
    - organic
  - Boost local agriculture and economy
  - Use fortified foods







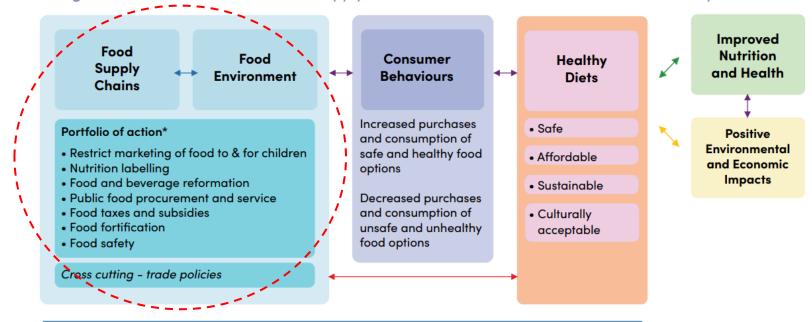




## Consider complementary actions and ensure policy coherence

 Healthy public food procurement and service is only one aspect of healthier food systems

Figure 1: Portfolio of action for food supply chains and food environments to deliver healthy diets.



Other Impact Pathways for Food Systems Transformation for Health (4)







<sup>\*</sup>This portfolio of action can help transform food supply chains and food environments to deliver healthy diets that are safe, affordable, sustainable and culturally acceptable, resulting in improved nutrition and health outcomes and with positive impacts on the environment and economies. Such action should be part of broader food systems transformation for health (4).













Direção Nacional da Saúde

#### WEBINAR REGIONAL SOBRE O QUADRO DE AÇÃO PARA AS COMPRAS PÚBLICAS DE ALIMENTOS E POLÍTICAS DE SERVIÇO PARA UMA DIETA SAUDÁVEL

Organizadores: Escritório Regional da OMS, AUC, PAM UNICEF

Data: 3 de novembro de 2022

Experiência de Cabo Verde

Dr. Henrique Fernandes Nutricionista – Diretor do Programa Nacional de Alimentação e Saúde Escolar

### Questão 1.

Como foram desenvolvidos os critérios nutricionais para a Política Nacional de Alimentação e Nutrição Escolar?

### Questão 1.

• Em Cabo Verde a Politica Nacional de Alimentação e Nutrição Escolar é operacionalizada através do Programa Nacional de Alimentação e Saúde Escolar (PNASE) e dos instrumentos legais a ele associados: Lei nº89/VIII/2015 - Alimentação e Saúde Escolar e o Decreto-lei nº 11/2016 - Regulamenta o Regime Jurídico de Alimentação e Saúde Escolar.

• Os critérios nutricionais do PNASE foram definidos a partir dos parâmetros e indicadores de saúde e nutrição dos beneficiários direto (crianças e adolescentes do ensino pré-escola, básico e secundário) e indireto (famílias e comunidade educativa) e sobre as quais espera-se o impacto favorável das atividades do Programa.

#### Questão 1.

• Citação de alguns indicadores de PNASE, transcritos do Decreto-lei nº 11/2016 — Regulamenta o Regime Jurídico de Alimentação e Saúde Escolar.

Domínio de intervenção: Saúde e Nutrição					
Impacto	Indicadores				
<ul> <li>Contribuir para a redução dos índices de excesso de peso e dos fatores de risco das DCNT;</li> <li>Contribuir para adoção de hábitos alimentares saudáveis</li> </ul>	<ul> <li>Nº de diagnósticos de acompanhamento do estado nutricional e de saúde dos alunos;</li> <li>Taxa de carência em micronutrientes (anemia, carência em lodo, avitaminose A etc.);</li> <li>Taxa da prevalência do sobrepeso nas crianças em idade escolar;</li> <li>Taxa da prevalência da obesidade nas crianças em idade escolar;</li> <li>Taxa do consumo de frutas e legumes das crianças em idade escolar.</li> </ul>				

Outros domínio de indicadores de resultados do PNASE: **Educação**; **Redução do Pobreza e reforço da proteção e coesão social**; e **Desenvolvimento do setor agroalimentar**.

## Development of a Package of Foodbased Policies in Ghana

Presented by: Ms. Mary Mpereh, SUN Technical Focal Point, Food Systems Co-Convener and HD4HL Project Team member













## **Background & motivations**

 Globally, unhealthy diets are responsible for millions of deaths and lost years of good health annually.

 Urgent action is needed to stop the growing consumption of foods and beverages that lead to unhealthy diets.

 Of greatest concern are excess consumption of sodium and salt, sugars and fats, particularly trans-fatty acids (trans fats); and low consumption of whole grains, pulses, vegetables and fruits.

## **Background & motivations**



 Ghana is experiencing a nutrition transition with some evidence of transitioning dietary habits related to urban demographic change

 As a consequence obesity and diet-related NCDs are rapidly increasing and have been designated by the MOH as an important public health problem.

11/22/2022 AIIIOS Laai, FIID

Presentation 1: How Ghana built momentum around PFP and other food-based policies

## Worked with local academics to generate evidence and address longstanding challenges

- Data poverty addressed via research
- Policy inertia addressed using advocacy
- Policy coherence landscaping analysis & bundling policies for impact
- Academia generated evidence, curated the evidence, and availed it to Ghanaian researchers, policy makers, and civil society



## STATE OF FOOD **ENVIRONMENTS IN THE GREATER ACCRA REGION**

An assessment and recommendations

**MEALS4NCDs** project

















## A broad range of stakeholders engaged



Law Makers, Member Parliamentary Select C'ttee on Health & Leader of CAPHA



Gov't policy makers, regulators, MDAs, Law makers, UN agencies (UNICEF, WHO), CSOs, Consumer Protection Associations, Researchers (local & international)



- PRODUCED POLICY BRIEFS:
- Comprehensive policy that regulates unhealthy food and beverage advertising across all media platforms
- Improving the Nutritional Quality of Sold and Provided Foods in Ghanaian Schools: Priority Recommendations for Policymakers and Key Stakeholders



#### POST-MEETING REPORT

30TH SEPTEMBER, 2021

#### **CONVENERS**

The meeting was convened by the Ministry of Health (MOH), the Measurement, Evaluation, Accountability and Leadership Support for NCDs prevention (MEALS4NCDs) Project, and the Coalition of Actors for Public Health Advocacy (CAPHA).

#### PLACE AND DATE OF MEETING

The meeting was held virtually on Zoom on the 30th of September, 2021.

#### MEETING PARTICIPANTS

A total of 62 stakeholders were present at the meeting. The stakeholders included relevant government sectors - Ministries, Departments, and Agencies (MDAs), Civil Society Organizations (CSOs), Ghana's Development Partners including United Nations Organisations, as well as local academics and international subject experts











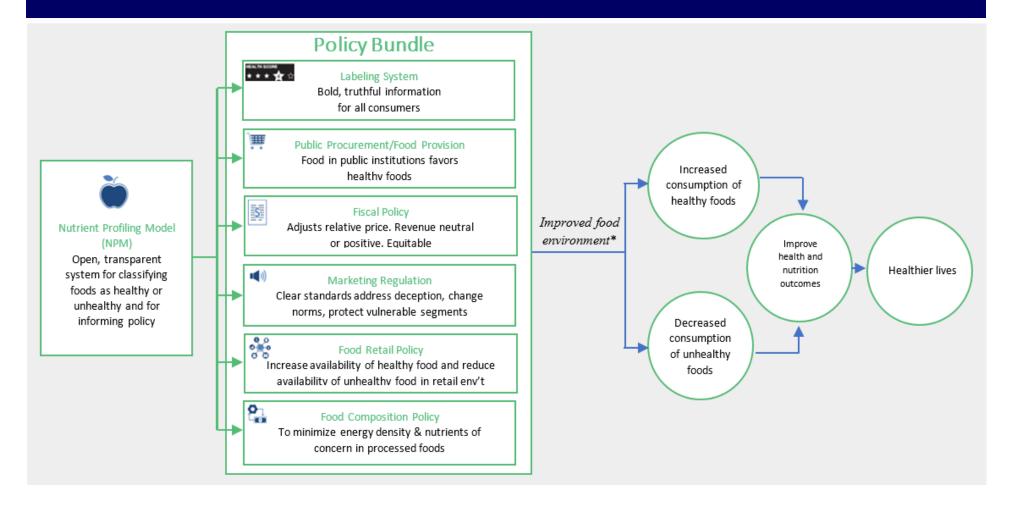




## The Healthier Diets 4 Healthy Lives (HD4HL) Project:

- Aims to develop and validate a fit-for-local-purpose NPM that facilitates implementation of food-based policies
  - Marketing policies (restrictions of marketing of unhealthy foods) to reduce the impact of promotion of unhealthy foods particularly to children
  - Food labelling policies (FOPL)- enable consumers make informed choices regarding the healthiness of their foods
  - **Fiscal policies** (imposition of taxes on unhealthy foods and subsidies on healthy foods)
  - Public food procurement & service policies require that all foods and beverages served or sold in public settings contribute to the promotion of healthy diets

### Developing evidence & action toward a double-duty foodbased policy bundle to assure healthier diets in Ghana.















## The Process

#### Landscaping and contextual analyses

- Stakeholder mapping and desk-review of policies
- Formation of policy package M3Ts & engagement of stakeholders to prioritize policies
- Conduct Landscaping (Political Economy Analysis, Corporate Political Activity analysis, Legal Feasibility Analysis, Rapid Reviews)

#### **Food Composition & NPM**

Constitution of a Nutrient Profiling Model
 M3T

- WP 2
- Capability strengthening of M3T
- Compilation of food data base
- Deliberation on requirements for the NPM (develop, adopt, adapt?)
- Development/adoption of NPM

#### Development of the food-based policy bundle

- Constitution of Ghana's policy formulation team
- Review and uptake of findings/recommendations from WP1
- Formulation of policy options and recommendations
- Consultation with relevant actors
- Development of food-based policy bundle
- Policy package implementation

#### Advocacy, Scholar Activism

- Mobilization, training /capability
   strengthening of CSO coalition members
- Sensitize the public about the value of the food-based policy bundle
- Advocate to decision makers to develop equitable and gender-fair food-based policies



WP 3

### Landscaping and contextual analysis

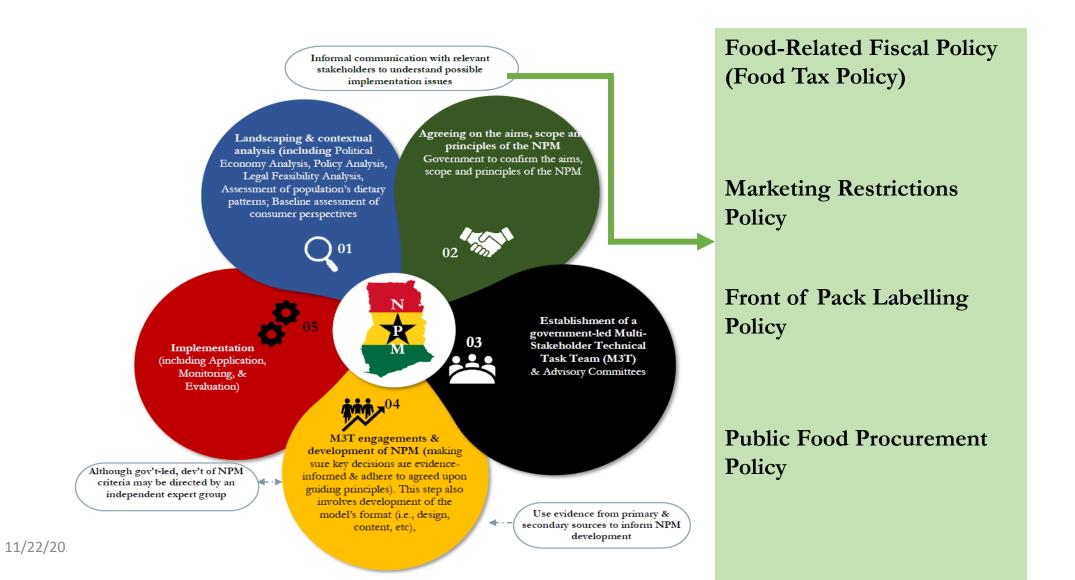
#### [A] Rapid/systematic reviews

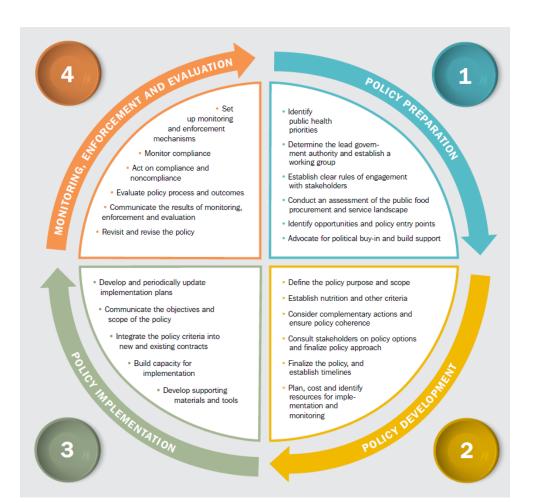
- Identifying potentially relevant nutrient profiling models for consideration by the Ghana NPM sub-committee
- Implementation of FOPL in SSA countries: recommendations for Ghanaian policymakers (processes, best practices, challenges)
- Implementation of marketing regulations in SSA countries: recommendations for Ghanaian policymakers (processes, best practices, challenges)
- Implementation of public food procumbent policies in SSA countries: recommendations for Ghanaian policymakers (processes, best practices, challenges, gaps)

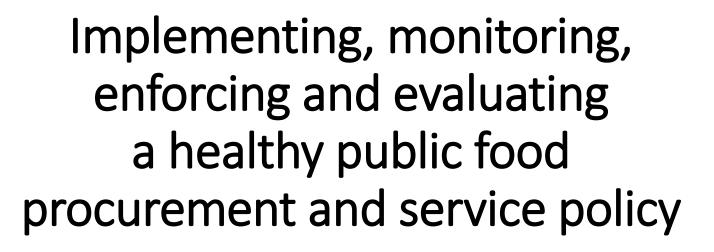
#### [B] Policy analysis, political economy analysis

#### [C] Economic Analysis:

## Developed a "Framework for the development, implementation, monitoring & evaluation of the Ghana NPM"







sections 3 and 4 of the WHO Action framework

#### Kaia Engesveen

**Multisectoral Actions in Food Systems** 

Department of Nutrition and Food Safety, WHO HQ





## 3. Policy implementation

- Communicate the objectives an tegrate the policy criteria into materials and tools
- Develop and periodically update implementation plans What activities to be undertaken when and by whom? How to overcome bottlenecks?



- Communicate the objectives and scope of the policy What communication strategies will be used to reach different audiences about the policy?
- Integrate the policy criteria into new and existing contracts
  - Which contracts need to be established or amended?



- Build capacity for implementation What training and technical assistance are needed for staff and other actors involved in implementation?

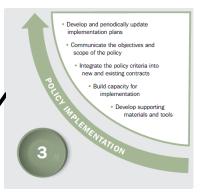


- Develop supporting materials and tools What guides, recipe books, food catalogues, training materials, administrative aids etc. are needed?





## Communicate the objectives and scope of the policy



**19**.

EXAMPLES OF COMMUNICATION STRATEGIES TO DIFFERENT AUDIENCES ABOUT THE PUBLIC FOOD PROCUREMENT AND SERVICE POLICY

#### Communication strategies for policy target groups

- Newsletters or brochures to parents of schoolchildren
- Meetings with beneficiaries, end users and consumers to provide information, answer questions and address concerns
- Posters in hospital kiosk and cafeteria areas
- Activity materials for schoolchildren on healthy diet principles and incorporating healthy diet principles into the curriculum
- · Media announcements on plans to offer healthier food at public sporting events

#### Communication strategies for the public

- · Announcements on government websites
- Official press releases and coordinated news articles in local media about the policy, and its rationale and anticipated health impact
- Mass media and social media campaigns

#### Communication strategies for government staff

- Announcements to all staff via emails or newsletters
- Information briefing meetings for all staff on the policy, and its rationale and implications
- Display of the policy's nutrition criteria in the public settings or venues where they apply

#### Communication strategies for food chain actors

- · Announcements through emails or letters to affected food chain actors
- Meetings with their representatives or interest groups to answer their questions

- Communicate to
  - Target populations to secure their buy-in
    - E.g. cafeteria customers, employees using the canteen, schoolchildren enrolled in a school lunch programme and their parents
  - The public to raise awareness of the policy and of healthy eating
  - Government staff about new tasks and the policy rationale to be able to respond to questions arising from the public
  - Food suppliers, caterers and vendors to inform of policy rationale and requirements





### Build capacity for implementation

 The Action framework provides examples of training and technical assistance relevant to different staff and actors involved in implementation

21. EXAMPLES OF TRAINING AND TECHNICAL
ASSISTANCE TO STAFF AND ACTORS INVOLVED IN IMPLEMENTING THE POLICY

### For programme managers and supervisors

- Provide training on all aspects of the policy and what is expected from all implementing entities.
- Support reviews of policies in public settings and venues, to ensure coherence with existing policies or measures, such as marketing, pricing or labelling policies.

#### For nutritionists

- Provide in-depth training on the policy's rationale, including how the nutrition criteria can be operationalized when designing menus relevant to different settings and contexts.
- · Build their capacity to train caterers and kitchen staff.

### For food procurement officers

- Support reviews of purchase orders and inventories, and advise on alignment with nutrition criteria.
- Provide product lists and supplier lists that meet the nutrition criteria.
- Provide training on healthy diets, reading of nutrition labels and identification of healthier alternatives that meet the nutrition criteria.

### For food inspectors

 Provide training on use of monitoring tools and methods, and how to record and report monitoring results (see section 4 for more details).

### For suppliers and food producers

- Support the review of food product lists and identify products that meet the nutrition criteria.
- Provide training on healthy diets and identification of healthier alternatives that meet the nutrition criteria.

#### For caterers and cooks

- Provide training on healthy diets, reading of nutrition labels and identification of healthier alternatives that meet the nutrition criteria.
- Support reviews of recipes and menu plans, and aid in revising them or developing new ones that meet the nutrition criteria.
- Support reviews of food service venues to ensure that what is being served complies with the nutrition criteria.
- Provide training to kitchen staff on healthy food preparation.

### For vendors

- Support review of food product lists for items that do and do not meet the nutrition criteria.
- Support reviews of sales areas to ensure that what is being sold complies with the nutrition criteria.



Develop and periodically update implementation plans

Communicate the objectives and scope of the policy

Integrate the policy criteria into new and existing contracts

Build capacity for

materials and tools



## Develop supporting materials and tools

Develop and periodically update implementation plans Communicate the objectives and scope of the policy Integrate the policy criteria into new and existing contracts Build capacity for materials and tools

 It also provides examples of supporting materials and tools to aid the implementation

### BOX **EXAMPLES OF MATERIALS FOR SUPPORTING** IMPLEMENTATION

Supporting materials for government staff that provide the rationale for why the policy is needed, its expected impact and how it should be implemented - for example, frequently asked questions, and case studies from other countries or settings that already have healthy public food procurement and service policies.

Implementation guides that describe the policy in a user-friendly format with specific tips for implementing the criteria and descriptive pictures or photos.

- Recipe books and sample menus based on healthier adaptations of popular and traditional recipes, which can help settings that prepare meals, snacks and side dishes to meet the criteria.
- Visual guides for food service and sales venues that show layouts for product placement for vending machines or checkout counters.
- Food catalogues with lists of food products that meet the nutrition criteria.

Training materials to support training and technical assistance - for example, course materials for training of caterers, training videos for school canteen staff, and checklists for supervisors. Consider opportunities for integrating training related to the healthy public food procurement and service policy into existing training programmes.

Administrative aids that can be used as templates or models for standardizing the healthy food procurement process - for example, model request for proposals, standard language to be used in contracts, checklists for procurement processes, quality standards for public food service, or certification schemes.

Monitoring tools such as checklists for on-site inspection - these can be revised or expanded, taking into account the lessons learned from implementation to add and integrate new nutrition criteria into existing inspections, as required (see section 4: "Monitor compliance" for further detail).



## 4. Monitoring, enforcement and evaluation



- Set up monitoring and enforcement mechanisms What new or expanded procedures and platforms are needed?



- Monitor compliance Where, what and how to monitor to ensure policy compliance?
- Act on compliance and noncompliance
  - Which sanctions and rewards will be employed?



- Evaluate policy process and outcomes
   What are the challenges, barriers, successes and enablers; and the short, medium and long term effects?
- Communicate the results of monitoring, enforcement and evaluation
  - How can reports of compliance, sanctions or rewards, and evaluations be shared to foster learning?
- Revisit and revise the policy
  - When and how to revisit the policy to close loopholes and make updates?





## Set up a mechanism and monitor compliance

- What mechanisms exist for monitoring and how can these be expanded to monitor a healthy PFP&S policy?
  - E.g. Inspectors sampling drinking-water quality may assess compliance with nutrition criteria at the same time, if given right training, appropriate time, and ToRs adjusted.
- What, where and how to monitor and report violations?
  - E.g. At what stage in the food procurement and service chain will the monitoring take place, what nutrition criteria will be checked, which monitoring tools are needed, where will violations be reported







## Evaluate policy process and outcomes

 The Action framework suggests examples of process and outcome indicators for monitoring and evaluating, and suggested data sources

Set up monitoring and enforcement mechanisms     Monitor compliance     Act on compliance and noncompliance     Evaluate policy process and outcomes     Communicate the results of monitoring, enforcement and evaluation     Revisit and revise the policy
Revisit and revise the policy

TABLE 1 EYAMDI	E INDICATORS	AND POTENTIAL	DATA SOURCES	FOR POLICY EVALUATION
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Element	Example of indicator	Potential data source				
PROCESS INDICATORS						
Communication	<ul> <li>% of settings disseminating messages about the policy to all staff and relevant consumers, children, parents and workers</li> <li>% of staff, teachers, visitors and parents who are aware of the existence of the policy</li> <li>% of staff, teachers, visitors and parents who know the content of the policy</li> </ul>	<ul> <li>Interviews and documentation at school level</li> <li>Staff survey</li> </ul>				
Training	% of settings holding training for food service staff in the first year     Perceived ability to comply with the nutrition criteria, including barriers to, and facilitators of, implementation     Changes in knowledge, attitudes and practices among government institution and setting staff, and suppliers, caterers and vendors     Number of resources or training sessions provided to public setting capteen staff.	Audit reports     Annual compliance assessment reports     Qualitative interviews or surveys				

	OUTCOME INDICATORS	
Reach	<ul> <li>% of schools in a district adopting the policy</li> <li>% of government office canteens complying with the policy</li> <li>% of government food services complying with the policy</li> <li>Number of individuals benefiting from the policy</li> </ul>	Audit reports     Government demographic reports     Records of meals served
Food purchase, service or sale	Number of contracts with suppliers, vendors and caterers amended  Changes to the types of food purchased, served or sold (e.g. availability of fruits and vegetables in kiosks, so that food that promotes healthy diets becomes the "default" choice in school and workplace canteens, kiosks and vending machines)  Changes to menus  Changes to nutrient content of food served or sold (e.g. % decrease in sodium content of meals)  Changes to portion sizes of served meals  Changes to the food service area	Contract review Purchase records of products or point-of-purchase surveys Menu or recipe reviews Studies of canteens Compliance reports Cost of food products



### Resources

Healthy public food procurement and service:







## Thank you!

School food and nutrition











Healthy, safe and sustainable food















WHO Regional Nutrient Profile Models

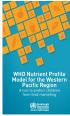
















"Governments can purchase more nutritious options for healthy diets in schools, hospitals and other public places."



### Questão 2.

Como os critérios nutricionais são utilizados para monitorizar as políticas de alimentação escolar?

Os critérios/indicadores de nutrição e saúde têm sido utilizados de forma direto e indireto nos estudos e pesquisas intersectoriais no domínio da saúde e nutrição que envolve crianças e adolescentes (Ex: IPAC, 2009, Campanha Nacional de Visitas e Saúde Escolar — 2013; IDRF; IDSR 2018, IPPI-DDCI, 2021 e outros).

## A nível do PNASE, a monitorização centra-se, essencialmente, no seguimento das atividades a seguir indicadas:

- Cumprimento das orientações da ementa (mensalmente);
- Aquisição e utilização de produtos locais frescos (legumes e pescado);
- Avaliação da aceitabilidade das refeições da parte dos beneficiários (trimestralmente);
- Avaliação do PNASE da parte dos beneficiários e profissionais da escola (anualmente);

## A nível do PNASE, a monitorização centra-se, essencialmente, no seguimento das atividades a seguir indicadas (cont.):

- Inventariação e gestão dos utensílios e equipamentos (anualmente);
- Desparasitação nas escolas e jardins de infância (anualmente)\*;
- Suplementação de ferro nas escolas (1x ao ano durante 3 meses)\*;
- Elaboração e implementação de documentos orientadores para toda a comunidade educativa sobre a promoção de uma alimentação saudável;
- Capacitação das cozinheiras em higiene e manipulação dos alimentos;
- Visita de terreno aos estabelecimentos de ensino (escolas e jardins de infância) (trimestralmente);
- Aplicação do modelo de perfil nutricional na alimentação oferecida no ambiente escolar (escolas piloto);

<sup>\*</sup>alunos dos 6 aos 12 anos e em parceria com o MS/PNN.

### ALGUMAS IMAGENS DE ATIVIDADES DE SAUDE ESCOLAR — EPS

















## Obrigado pela atenção!



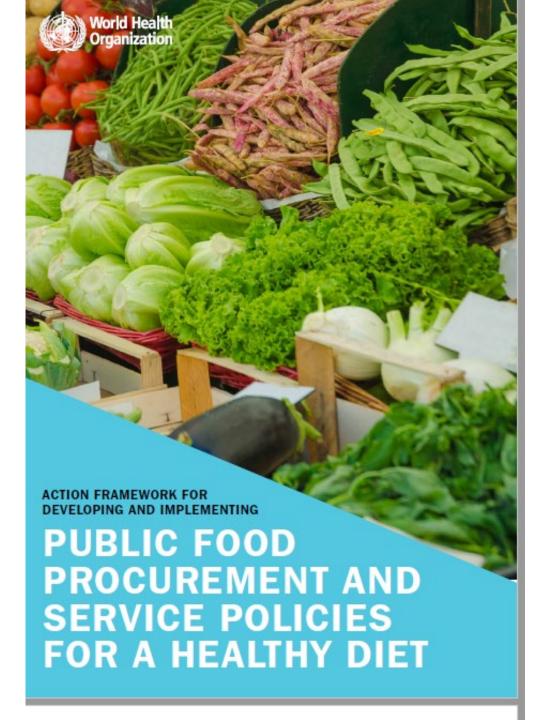




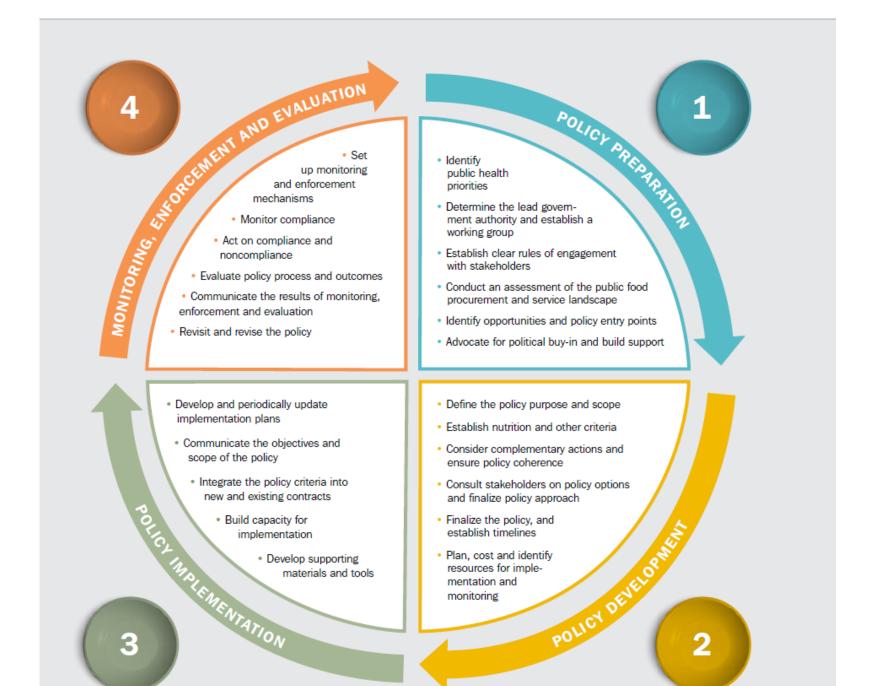
### Dr. Henrique Fernandes

Nutricionista – Diretor do Programa Nacional de Alimentação e Saúde Escolar Email: Henrique.fernandes@ficase.gov.cv Presentation 2: Plans for roll-out to schools or other settings, development of monitoring framework

Policy #4: Public Food Procurement and Services Policy



### FIGURE. POLICY CYCLE FOR PUBLIC FOOD PROCUREMENT AND SERVICE POLICIES



# Policy preparation

This section outlines the following key steps to take when preparing to develop or revise a healthy public food procurement and service policy.

- Identify public health priorities.
- Determine the lead government authority and establish a working group.
- Establish clear rules of engagement with stakeholders.
- Conduct an assessment of the public food procurement and service landscape.
- Identify opportunities and policy entry points.
- Advocate for political buy-in and build support.

## 2 Policy development

This section outlines key steps to take when drafting (or revising) and formalizing a healthy public food procurement and service policy. Depending on the country context and policy approach, the policy will include sections outlining purpose and scope; aims and objectives; principles; nutrition and other criteria; and implementation framework, with responsibilities, timeline, monitoring and enforcement. There is no one-size-fits-all approach for the policy structure or the policy development process; however, the following general steps may be considered.

- Define the policy purpose and scope.
- Establish nutrition and other criteria.
- Consider complementary actions and ensure policy coherence.
- Consult stakeholders on policy options and finalize policy approach.
- Finalize the policy, and establish timelines.
- Plan, cost and identify resources for implementation and monitoring.

## Policy implementation

Once the healthy public food procurement and service policy is adopted, a number of steps are needed to ensure policy implementation. An implementation plan can incorporate the following steps.

- Develop and periodically update implementation plans.
- Communicate the objectives and scope of the policy.
- Integrate the policy criteria into new and existing contracts.
- Build capacity for implementation.
- Develop supporting materials and tools.

# Monitoring, enforcement and evaluation

This section guides the process of monitoring and enforcement of the policy, as well as policy evaluation, and proposes the following six steps.

- Set up monitoring and enforcement mechanisms.
- Monitor compliance.
- Act on compliance and noncompliance.
- Evaluate policy process and outcomes.
- Communicate the results of monitoring, enforcement and evaluation.
- Revisit and revise the policy.

# THANKYOU











