



mNEAT

Military Nutrition Environment Assessment Tool

DoD Military Nutrition Environment

Facilitator's Guide



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1. PURPOSE

The strategic goal of the Military Nutrition Environment Working Group (MNEWG) is to gain a better understanding of the current military nutrition-eating environment and assess ways to improve it while providing education to Service members. The purpose of the Military Nutrition Environment Assessment Tool (mNEAT) is to guide the assessment of a military installation's nutrition environment and policies related to promoting and supporting healthy eating. Throughout this document, the term installation refers to all military installations (e.g., bases, posts, camps). An annual completion of the mNEAT helps to facilitate engagement and collaboration with community stakeholders (i.e., food facility managers, health promotion team members) and supports the development of sustainable action plans designed to improve the nutrition environment to support warfighter performance on an installation.

2. REFERENCES

Appendix A lists the references cited in this guide.

3. IMPACT

The mNEAT results assist installation stakeholders in identifying existing nutrition environment conditions and policies within the community to support a performance-based, nutrient-dense eating environment. The mNEAT also identifies and prioritizes ways in which community stakeholders can effectively support healthy eating through policy and environmental changes. The mNEAT is standardized across the Department of Defense (DOD). Each Service may have work groups at the installation level called a Nutrition Environment Work Group (NEWG), a Health Promotion Work Group, or a Physical Health Work Group. The term NEWG will be used within this guide to identify the collective work group at the local level.

The mNEAT promotes a collaborative process, which focuses on the bottom-half of the Health Intervention Pyramid (i.e., Policy, Environmental/Ecological, Health Communication, and Community Collaboration) (Frieden, 2010). Although policy and environmental factors are not the sole determinants of health behavior, sustainable and broad-reaching changes to policies and the environment have the potential to promote healthy eating across populations (Glanz et al., 2005).

4. HISTORY

The m-NEAT was adapted from the Michigan Nutrition Environment Assessment Tool (NEAT) (Michigan Healthy Communities Collaborative, 2011) and the Nutrition Environment Measures Survey (NEMS) from Emory University (Glanz et al., 2007). The m-NEAT is the first tool developed to assess the food environment for the unique structure of military installations. The mNEAT 3.0 incorporates DOD policy, Federal Food Service Guidelines, and assessment-based action plan guidance. The mNEAT process has evolved since the first version in 2011.

5. OVERVIEW OF THE mNEAT WORKSHEETS

The mNEAT covers nine venues (areas) of assessment on an installation and includes a corresponding worksheet for each. The NEWG completes all nine-venue worksheets to provide an accurate assessment of the installation's entire nutrition environment.

Venues of assessment include:

- Defense Commissary Agency (DeCA).
- Dining facility (DFAC), Warrior Restaurants (DFAC), galley, or mess hall.
- Fast food / quick service restaurants.
- Morale Welfare and Recreation (MWR) facilities offering food or beverage service (bowling center, snack bars, golf course coffee shops, movie theaters, Club System restaurants, and fitness centers).
- Exchange and convenience store food bars (AAFES Exchange, NEX, MCX, Express gas stations).
- Community (Installation Work Groups, Community Garden and Farmer's Market).
- Vending / unmanned micro markets.
- Worksite Policies at the installation level.
- Food trucks.

6. mNEAT ASSESSMENT STRATEGY

In the obesity prevention and nutrition domains, many conversations about the environment actually center around what's referred to as the "built" environment, defined as the "human-made space in which people live, work, and recreate on a day-to-day basis" (Roof and Oleru, 2008). Within the built environment are five key elements that are directly related to food or nutrition choice: 1) food policy; 2) food availability; 3) food labeling; 4) choice architecture; and 5) food price. The mNEAT 3.0 focuses on these main constructs:

- Food Policy – Parallel to the Federal Food Service Guidelines.
- Food Availability – Is healthy food available for patrons?
- Behavior Design – Are healthy choices the easy choices?
- Choice Architecture – Presentation, layout, easy access for the customer, and accessibility of healthy food and beverage options.
- Health Messaging and Food Labeling – Promotion and advertisement of healthy food and beverage options.

7. THE mNEAT PROCESS

In the Army, the Commander's Ready and Resiliency Council (CR2C) is an optimal venue for presenting an installation-wide nutritional environment assessment to senior leaders. Coordinate with the Commander's Ready and Resiliency Integrator (CR2I) and discuss the mNEAT process within the Physical Health Work Group (or a similar work group) to start the mNEAT assessment. The Registered Dietitian on the installation is usually the lead for the

mNEAT assessment and during the post-assessment phase (i.e., development and implementation of local plans).

According to Air Force Instruction (AFI) 48-103, “the Health Promotion Work Group shall conduct an annual assessment of the installation nutritional environment using mNEAT, develop an annual healthy food improvement action plan, and brief installation leadership at least annually.”

In the Navy and Marine Corps, the mNEAT is currently conducted only for those installations that submit for the Blue H Award. There is a strong informal collaboration with Marine Corps Community Services (MCCS) Business Operations, MCCS Health Promotion, and Appropriated Funds feeding domains.

To conduct the mNEAT, engage community stakeholders. Look for multi-disciplinary areas of expertise. Broad participation is important for a meaningful assessment and successful planning. This allows for better collaboration during action plan development and implementation. Members of the work group should include, but not be limited to—

- Registered Dietitian, Diet Technician, and/or Hospital Food Service Specialist (68M) or Equivalent;
- Health Promotion Coordinator;
- Commander’s Ready and Resiliency Integrator (CR2I);
- Commander’s Ready and Resiliency Council (CR2C) Representatives;
- Public Health Nurse(s);
- Appropriated Funds;
- DFAC Representative;
- Non-Appropriated Fund (NAF) Representative;
- Exchange Service Representative (AAFES, NEX, MCX);
- Commissary Representative;
- Lodging Representative;
- Wellness/Fitness Center Representative;
- Fitness Center Manager;
- Public Affairs Officer;
- NCO-1st Sergeant representative (Air Force); and
- Enlisted Senior Leadership.

Consider other “health influencers” or other installation stakeholders interested in promoting a healthy nutrition environment. Trained volunteers (e.g., spouses) can also complete mNEAT worksheets as part of the NEWG.

8. REVIEW THE WORKSHEETS AND THE mNEAT

Once the key stakeholders are identified for the NEWG, the leader and stakeholders discuss the assessment and review each applicable worksheet (i.e., Commissary, DFAC, fast food). The

work group's familiarity with the layout of the mNEAT and the questions increase the work group's level of success.

9. IDENTIFY AND DETERMINE THE NUMBER OF FOOD VENUES TO ASSESS

The leader and work group identify all the food locations on your installation. Having a layout or list of all food locations on the installation will help with planning and timeline development. Be sure to categorize the food locations based on the venue category (i.e., MWR, fast food, snack shops). Determine what venues will be assessed based on the size of the installation, the timeline, and/or the resources (personnel available to complete the assessment). See Appendix B for recommendations for sampling strategies.

10. CREATE A COMPLETION TIMELINE

The leader of the NEWG will create a mNEAT completion timeline for team members. Provide training to new team members to become familiar with the assessment process. The team members conducting the mNEAT will call the food venue in advance and coordinate with the manager to review the assessment questions. Communication with managers and obtaining their buy-in of the process is a benefit to the process. The team members will inform the managers the site assessment is NOT a food inspection.

The leader of the NEWG will review the mNEAT instructions prior to beginning the assessment and determine team member assignments. Team members must read and understand worksheets prior to conducting the assessment.

11. COMPLETING THE mNEAT

Team members can print the worksheets in advance to document the findings and should print a worksheet for each location (i.e., one fast-food worksheet for Starbucks®, one fast-food worksheet for Burger King®).

At the different locations, team members should find the manager and identify themselves as a member of the NEWG. The team member will ask the food service manager to walk around the store and help to complete the survey with the team member, if possible. At the end of the survey, make sure to coordinate the findings and potential recommendations with the manager. With the manager's feedback, it is helpful to discuss potential and feasible recommendations for the future.

During the survey, be as accurate as possible. Taking pictures (with manager's consent) of displays, menu boards, posters, serving lines, and so forth, will—

- Help with data recollection;
- Serve as a frame of reference for “before and after” interventions; and
- Help to develop your action plan(s).

12. ASSISTANCE FOR EACH SECTION

12.1 Commissary

Some installations/bases may have more than one commissary. For the purpose of the mNEAT assessment, only one commissary store needs to be surveyed. Thus, select the largest commissary (highest volume of sales). The “K” classification for commissaries will be helpful to determine which commissary to survey. Check with the commissary director for this information.

Overall store classification is based on linear feet of sales space, as follows:

- K1A = <800 sq. ft.
- K1 = 800–1000 sq. ft.
- K2 = 1100–1600 sq. ft.
- K3 = 1600–1800 sq. ft.
- K4 = 1800–2200 sq. ft.
- K5 = >2200 sq. ft.

The DeCA Worksheet uses the Nutrition Guide Program and various other marketing promotions. For more information, visit: <https://commissaries.com/>, <https://commissaries.com/healthy-living/nutrition-guide-program>, and/or <https://commissaries.com/healthy-living/healthy-eats>.

12.2 Dining Facility (DFAC)

The DOD Go for Green® (G4G) is a joint service performance nutrition initiative. The G4G prompts better food and beverage selections with the aim to optimize performance, readiness, and health. For more information, visit: <https://www.hprc-online.org/page/Go-for-Green>. The Marine Corps’ Fueled to Fight® program aligns respectively with the G4G parameters <https://www.fitness.marines.mil/PerformanceNutrition/>. The Dining Facility worksheet is the most in-depth with 39 questions; review entire worksheet prior to contacting DFAC POC.

- Expectation is to spot check a small sample of recipe cards for the meals you visit the DFAC; you do not “inspect” the DFAC for G4G compliance.
- Take a photo of the serving line, or make a note of the recipes displayed and the color codes for the recipes
- Compare to the Armed Forces Recipe Service (AFRS) site (<https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/recipes/>)

12.3 Fast Food (Chain) Restaurant

- For more information see Appendix F or go to: <https://www.shopmyexchange.com/assets/pdfs/Express%20Nutrient%20Standards.pdf>
- Coordinate assessment with venue manager to help answer food policy questions.
- Any member of NEWG can complete this worksheet.
- N/A responses will not affect score.

12.4 Morale Welfare and Recreation (MWR)

MWR food operations may include bowling center snack bars; golf course snack bars; coffee shops; Warrior Zone; single service member snack bars; Club System restaurants; and the fitness centers offering juice bars, light food, and beverages. Review the entire worksheet prior to assessment; familiarize yourself with MWR/NAF Nutrition Criteria. Here are some helpful hints for this section:

- Coordinate assessment with facility manager to help answer food policy questions.
- Any member of NEWG can complete this worksheet.
- Use this worksheet for sit-down (not fast food) restaurants.
- N/A responses will not affect score.

12.5 Express/Grab-n-Go/Snack Shop

- Use the Be Fit Criteria. For more information see Appendix F or go to: <https://www.shopmyexchange.com/assets/pdfs/Express%20Nutrient%20Standards.pdf>
- Be familiar with the Be Fit nutrition criteria for healthier selections.
- Recommend Dietitian or HPC complete this worksheet.
- When possible, schedule the assessment when store managers are available to answer food policy questions.
- Q28, 29, 34, 35: Healthy beverages defined as having <25% of calories from (natural) sugar and no added caloric sugar (e.g., sucrose, high fructose corn syrup).

12.6 Community

- More generalized worksheet. Refer to the worksheet for specifics.
- Q7 (farmer's market) and Q8 (community garden) are "bonus" questions — "no" does not count against score denominator, only adds points.

12.7 Worksite Policy at Key Leadership Levels

Refer to the worksheet for the following specifics:

- The Army Installations typically have a Senior Mission Commander separate from a Garrison Commander. In other Services, this may not apply since the Garrison/Base Commander is the highest-ranking officer. Therefore, questions 1 and 2 are considered N/A and the points are not counted for or against those two questions.
- Examples for Commanders to have a Healthy Worksite policy can be found at: <https://www.milsuite.mil/book/groups/mnewg>.
 - A policy statement - Concrete, implies enforcement. What are the consequences of not following the policy?
 - A philosophy statement - More abstract, general. Set of statements/beliefs to describe Commander's ideas about health, wellness, nutrition environment, and so forth in the worksite.
- Q1 and Q2 will be N/A, unless MAJCOM (Air Force) or NAF HQ on the base.

- Q3 and Q4 are for the Base/Garrison Commander (usually Colonel or Brigadier General).
- Q5 and Q6 are for Medical Group Commander (MDG/CC).

12.8 Vending

Contact the AAFES/NEX/MCX Managers, MWR/FSS/NAF manager, Randolph - Shepard Representative, or the respective Contracting Officer Representatives (COR) responsible for vending operations to help answer the questions. If the ownership of the vending machines on the installation is not known, start with the Vending Tool-kit:

<https://www.milsuite.mil/book/groups/mnewg>. Here are some helpful hints for the Vending level 1 and 2 sections:

- Vending Level 1 (Required):
 - Schedule meeting with vending POC(s) to review questions.
 - Action Plan - works with NEWG to develop annual action plan addressing healthier vending on the installation.
- Vending Level 2 (Optional):
 - Can be used to provide feedback to COR for vending companies.
 - Select vending machines in high volume locations.
 - Scores are for local use only.

13. COLLECT ALL OF THE WORKSHEETS

Collect all of the worksheets from the team members and enter the data into the website. The mNEAT scores will be automatically tallied by the web application. As the responses are entered, the points will automatically tally at the bottom of the spreadsheet. For each site surveyed, a total number of points and a maximum number of possible points are displayed. This provides the percent (%) score for each site and an overall score for the entire section. Note: The overall score is not calculated by averaging the score for each site assessed. It is calculated by using the TOTAL number of points and maximum possible points from each worksheet.

14. REVIEW THE RESULTS

If there is any missing data, coordinate with the team members to collect all the data.

15. MEET WITH THE WORK GROUP TO REVIEW THE RESULTS AND CREATE ACTION PLANS

Review final scores and ranking with the team. Share results with management staff from each of the locations, especially if they are not members of your work group. The facility managers for the survey locations are great resources and should be recruited for your work group, when available. At a minimum, consider inviting the facility managers to attend the action-planning meeting, so they can provide input and direction on items for improvement in the plan.

Collaborate with the stakeholders on identifying and prioritizing areas of focus. Work together with them to develop feasible short-range, mid-range, and long-range goals/objectives. Set realistic suspense dates to tackle the goals/objectives and consider focusing on 1-2 venues at a time. Appendix D shows how to develop and track goals and objectives for each venue. Schedule follow-up meetings and milestones to track progress.

The mNEAT is conducted annually. Ideally, these goals should be completed and/or implemented prior to the next mNEAT. Ensure the goals are specific, measureable, attainable, relevant, and timely (SMART goals).

16. COMMUNICATE FINDINGS AND PROGRESS PLAN TO KEY LEADERS

Report the action plans, accomplishments, and/or any other relevant updates through the CR2C (or equivalent installation-wide meeting) to keep the team well-informed of the evolving nutrition environment on the installation.

17. SUBMIT DATA AND ACTION PLANS

Submit data and the action plans through the mNEAT Web site and to the Service headquarters leader. Army, Navy, Air Force, and Marine leads for mNEAT assistance can be found on the milSuite site: <https://www.milsuite.mil/book/groups/mnewg>.

18. RECOGNITION LEVELS AND COMMUNICATION

Recognition levels are based on the score of the entire installation and on the summary of each focus area. This allows installation to show improvement from year-to-year, “last year we were bronze, and we’ve improved to silver.”

When developing the action plan, think about the big picture, which includes improving the nutrition environment on the installations (through building innovative and collaborative efforts with the installation’s stakeholders) and gaining support of key leaders on the installation.

Using the mNEAT action plan, list the recommended actions and identify the associated mNEAT action item impacts. Then, list those areas and the action needed on the action plan template. There may be more than one action item per survey area. The completed worksheets will be the best source to identify the areas that are currently not meeting the supportive rating. Prioritize the recommended actions as either low or high priority. High priority actions might be areas of great need or small improvements making a big impact. Be sure to include the—

- Venue;
- Area of concern (i.e., food policy, choice architecture);
- Cost, contract change or modification, who has the lead for the contract;
- SMART goals (short-, mid-, and long-term);
- Action steps to meet those goals;
- Advertising/marketing efforts using any or all available channels of communication (Web site, newspaper, flyers, posters, Family Readiness Groups);

- Timeline for completion; and
- Meeting dates with work group.

Some action plans could take months or years to complete, but the result will be progress towards a healthier nutrition environment for the warfighter.

Leadership should be briefed on the results of the assessment and action plan. Once action items have been completed, these accomplishments can be added to the briefing (based on frequency of briefing). If annually, completed action items from previous action sheets should be discussed. This is a great opportunity to identify successes and challenges with implementation of the action items.

Some of these criteria included in the worksheets are well within the installation's control (easier fixes that can be made locally). Others may feel "beyond control" or more complex. Specifically, solutions may be locally based (easier fixes) or corporate based (more complicated or systematic fixes). These differences will become apparent when creating the action plans alongside the installation's partners and stakeholders.

The end-goal is to improve each venue's overall mNEAT score; however, the overall idea includes improving the nutrition environment on the installation (through building innovative and collaborative efforts with installation stakeholders) and gaining the support of key leaders. Just as "Rome wasn't built in a day," neither will a better nutrition environment. Some action plans may be time consuming, but the result will be progress towards a healthier nutrition environment.

19. REASSESS THE NUTRITION ENVIRONMENT ANNUALLY

Completing mNEAT on an annual basis is the best way to track and stay well-informed of changes that have been made to the nutrition environment. In Figure 1, The Work Flow of mNEAT shows the timeline for annual assessment and re-evaluation of the installation food environment. In addition, it allows for routine interface with community stakeholders to keep the momentum going in the right direction. Consider breaking down the mNEAT assessment into quarters to focus on key areas such as the DFAC or vending.

Although every installation is different, similarities among action plans may exist. The milSuite site shares "best practice ideas" along with venue specific initiatives that are currently being pilot tested through various work groups. Visit this site at <https://www.milsuite.mil/book/groups/mnewg>.

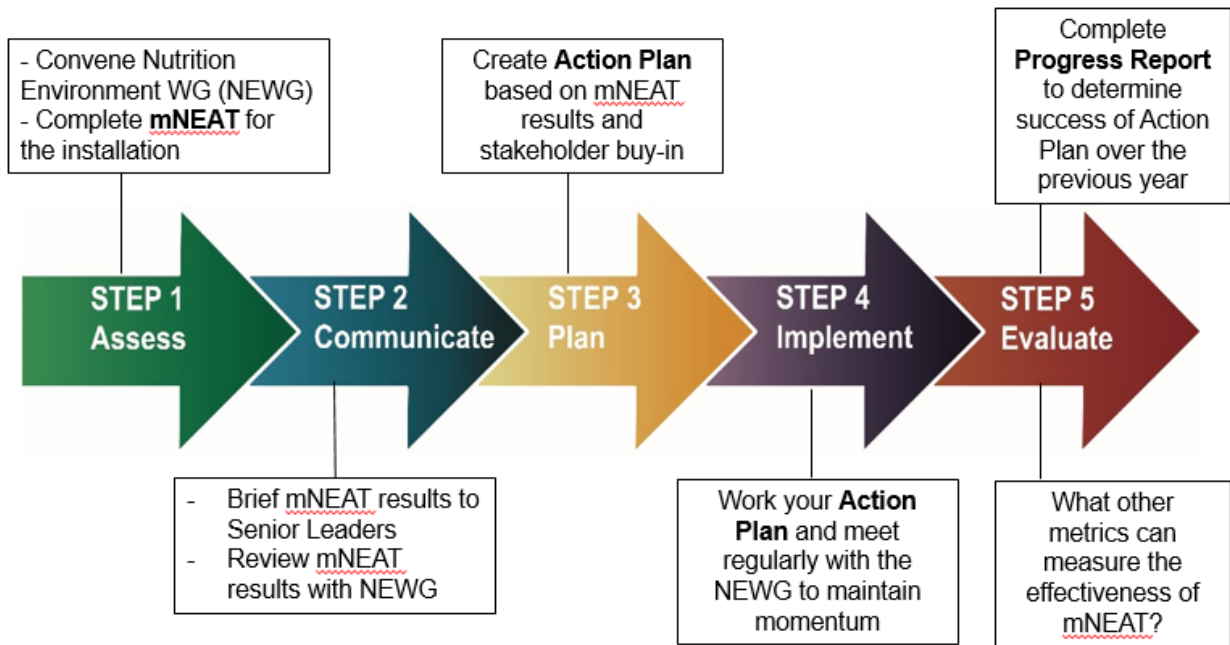


Figure 1. Work Flow for the mNEAT

Appendix A

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Appendix B
Recommended Sampling Strategies

VENUE	RECOMMENDED NUMBER OF VENUES ASSESS:
COMMISSARY	1
DFAC	Depending on size of installation, the best representation of the installation with the maximum of 10 Dining Facilities
FAST FOOD	<ul style="list-style-type: none"> • Goal is a wide representation of the installation • Maximum of 25 different chain restaurants <ul style="list-style-type: none"> ○ If the installation/base has 2 Burger Kings, just assess 1 of them • Minimum of at least 2 different chain restaurants
GRAB-N-GO/EXPRESS	Depending on size of installation, the best representation of the installation with the maximum of 15 Express Stores
MWR	Depending on size of installation, the best representation of the installation with the maximum of 10 MWR Food Facilities
VENDING (OVERALL) SAMPLING OF VENDING	1 for overall, sampling of 4 vending machines (voluntary)
WORKSITE	1
COMMUNITY	1
FOOD TRUCKS	Depending on size of installation, the best representation of the installation with the maximum of 10 Food Trucks

Appendix C

Commander's Ready and Resilient Council Example



Appendix D
Action Planning Sheets

Initial Meeting Date: 1 Oct XX F/U Meeting Date: 15 Oct XX Notes: Mtg. Occurred as scheduled.		VENUE (Name/General Location): <u>DFAC (East Gate)</u> VENUE SCORE: <u>60%</u>			
F/U Meeting Date: 3 Jan XX Notes: Pending as scheduled					
F/U Meeting Date: 5 May XX Notes: Pending as scheduled					
GOAL CLASSIFICATION*	AREA OF CONCERN**	ISSUE	ACTION PLAN/SOLUTION	DUE DATE	CURRENT STATUS UPDATES/NOTES
<input checked="" type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE	Choice Architecture	Self-serve ice cream station near entrance/exit to DFAC.	Move ice cream station to left-hand corner (back of DFAC) near outlet.	10-15-XX	Completed. Self-serve ice cream station moved away from entrance/exit to DFAC.
<input type="radio"/> SHORT-RANGE <input checked="" type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE	Choice Architecture	Salad bar located in back of DFAC, but dessert bar located near entrance/exit to DFAC.	Trade the location of the dessert bar with the salad bar.	2-3-XX	Pending. Efforts underway and on target with due date.
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input checked="" type="radio"/> LONG-RANGE	Food Availability	Too many sweetened fountain beverages vs. non-sweetened or caloric free beverages.	Replace ALL fountain sugar-sweetened beverages with calorie-free or reduced calorie alternatives.	3-3-XX	Pending. Efforts underway and on target with due date.
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE					
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE	EXAMPLE ONLY				
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE	Blank Copy Located on Next Page				
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<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE					

***Goal Classification: Short-Range:** Up to 3 Mos. **Mid-Range:** 3-6 Mos. **Long-Range:** > 6 Mos.
 ****Area of Concern:** Food Policy, Food Availability, and Behavioral Design including: Choice Architecture, Food Labeling/Health Messaging.

NUTRITION ENVIRONMENT IMPROVEMENT PLAN:

Initial Meeting Date: _____ F/U Meeting Date: _____ Notes: _____		VENUE (Name/General Location): _____ VENUE SCORE: _____			
F/U Meeting Date: _____ Notes: _____					
F/U Meeting Date: _____ Notes: _____					
GOAL CLASSIFICATION*	AREA OF CONCERN**		ACTION PLAN/SOLUTION	DUE DATE	CURRENT STATUS UPDATES/NOTES
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE					
<input type="radio"/> SHORT-RANGE <input type="radio"/> MID-RANGE <input type="radio"/> LONG-RANGE					
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VENUE ACTION PLAN TRACKER BY AREA OF CONCERN:

VENUE/LOCATION:		VENUE mNEAT SCORE: _____ DATE OF INITIAL mNEAT ASSESSMENT:	
MEETING DATES:		MEMBERS PRESENT:	
a. b. c. d.		a. b. c. d.	
AREA OF CONCERN:	<input type="checkbox"/> FOOD POLICY <input type="checkbox"/> FOOD AVAILABILITY <input type="checkbox"/> BEHAVIORAL DESIGN	<input type="checkbox"/> CHOICE ARCHITECTURE <input type="checkbox"/> LABELING/HEALTH MESSAGING	
ISSUE:			
ACTION PLAN/GOAL/RESOLUTION:			
STEPS IN ACTION PLAN:			
BY WHOM:			
DUE DATE:			

Appendix E

Go for Green 2.0® (G4G) Toolkit for Quick Wins at Your Dining Facility

<p>Find New Recipes and Sample Menus! For planning and implementation resources visit: https://www.hprc-online.org/nutrition/go-green</p>		
<p>Add more Green-coded options, new menu items, more veggies, more whole-grain sides</p>	<ul style="list-style-type: none"> ● Armed Forces Recipe Service recipe collection (pre-coded with G4G codes) ● Sample menus 	<p>https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/recipes</p>
<p>Make the Green Choice the Easy Choice!</p>		
<p>Move Green-coded items to first in line, front and center, and eye-level</p>	<ul style="list-style-type: none"> ● Strategies ● Visuals 	<p>https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/food-placement</p>
<p>New Serving Station Ideas!</p>		
<p>Update or create a new serving station to add variety and increase offerings</p>	<ul style="list-style-type: none"> ● Salad Bar toolkit ● Beverage Station toolkit ● Specialty Bar toolkits ● Other guidelines cards with: <ul style="list-style-type: none"> ○ Recipes ○ Planograms ○ Equipment ○ Set-up ideas 	<p>https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/menus-and-guidelines</p>
<p>Promote/Market Your New Items!</p>		
<p>Promote and market new menu offerings and Green-coded items</p>	<ul style="list-style-type: none"> ● Sign templates ● Ideas for promoting items 	<p>https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/food-promotion</p>
<p>Find Out What You Should Know About G4G!</p>		
<p>Train DFAC leadership and staff on G4G 2.0</p>	<ul style="list-style-type: none"> ● Online training for DFAC leadership team ● All the resources you need to conduct staff trainings 	<p>https://www.hprc-online.org/nutrition/go-green/g4g-getting-started/training-classes</p>
<p>Ordering materials for G4G!</p>		
<p>Ordering G4G materials for CAC card holders</p>	<ul style="list-style-type: none"> ● Posters ● Food Cards ● Other materials 	<p>https://ephc.amedd.army.mil/HIPECatalog/</p>

Appendix F

Exchange Express Nutrition: BE FIT Standards

Food Category	Standard¹
Entrees	<ul style="list-style-type: none"> • 500 calories or less • ≤ 40% calories from total fat • ≤ 10% calories from saturated fat • ≤ 480 mg sodium for one item • ≤ 600 mg sodium per meal
Grains <i>(rice, bread, pasta)</i>	<ul style="list-style-type: none"> • Whole grain (first ingredient) • ≥ 2 grams of fiber per serving • ≤ 230 mg sodium per serving
Cereal	<ul style="list-style-type: none"> • Whole grain (first ingredient) • ≤ 10 grams sugar per serving • ≥ 3 grams of fiber per serving • ≤ 230 mg sodium per serving
Dairy & Milk Alternatives²	<ul style="list-style-type: none"> • Fat free or 1% milk (both flavored and unflavored) • Fortified soy, almond or rice milk with < 12 g sugar per serving • Fat free or low-fat yogurt* • Fat free or low-fat cottage cheese • Low-fat cheese with ≤ 215mg sodium per serving <p><i>*Yogurt with no added sweeteners or yogurt labeled as reduced or less sugar according to FDA labeling standards</i></p>
Fruits & Vegetables	<ul style="list-style-type: none"> • Fresh whole fruit • Fruit canned in water or 100% juice with no added sugars • 100% juice (fruit/vegetable) with no added sugar • Fresh or frozen vegetables with no added fat, sugar, or sauces • ≤ 230 mg sodium per serving • Canned vegetables ≤ 290 mg sodium or 'No Salt Added' • ≤ 480 mg sodium for mixed dishes containing vegetables
Protein	<ul style="list-style-type: none"> • < 290 mg sodium per serving for canned or frozen tuna, seafood, salmon • < 480 mg sodium per serving for canned meat
Nuts & Seeds^{3,4}	<ul style="list-style-type: none"> • ≤ 140 mg sodium per serving • No added fat (chocolate, oils) or sugar
Snacks⁵	<p>200 calories or less per serving</p> <p>< 40% calories from total fat</p> <ul style="list-style-type: none"> <input type="checkbox"/> ≤ 10% calories from saturated fat <input type="checkbox"/> ≤ 35% calories from sugar (added and naturally occurring) <input type="checkbox"/> ≤ 230 mg sodium per serving
Food Category	Standard¹
Beverages²	<ul style="list-style-type: none"> • ≤ 25 calories per each 8 ounce serving (excludes fruit juice and milk) • ≤ 25% calories from (natural) sugar • No added caloric sugar (sucrose, HFCS, etc.) • 100% juice – fruit and vegetable with no added sugar • Milk and milk alternatives as noted in the Dairy Category • No sports drinks, energy drinks, or soft drinks

Notes:

¹ All items must contain 0 g Trans Fat.

² Flavored milk (low-fat or fat-free) may contain more sugar and/or calories than those recommended. These items are exempt based on research data indicating that children will consume more dairy products than other beverages when flavored options are available. Flavored milk should contain no more than 25 grams sugar per each 8-ounce serving.

³ Nuts and seeds are a natural source of monounsaturated and polyunsaturated fats, which have been shown to be beneficial to health improvement. These items are exempt from the total calories from fat per serving recommendations. However, servings/day should be limited to no more than three. If an item such as trail mix contains added sugar/oil, it will be analyzed under the snack category. Fruit is a beneficial source of natural sugar and calories. Dried fruits without additionally added caloric sweeteners (such as raisins) are excluded from the total calories from sugar.

⁴ If an item such as trail mix contains added sugar/oil, it will be analyzed under the snack category.

⁵ Fruit is a beneficial source of natural sugar and calories. Dried fruits without additionally added caloric sweeteners (such as raisins) are excluded from the total calories from sugar.

Appendix G

FitPick® Workplace

FitPick® is a healthy vending and micro market-labeling program to help vending operators and consumers identify products that meet recognized nutrition guidelines.

New FitPick® Nutrition Standards Per Package (Non-Schools)

	FitPick® (250 calorie)	FitPick® (100 calorie)
CALORIES	250 or less	100 or less
FAT	10g or less	3.5g or less
SATURATED FAT	3g or less	1g or less
TRANS FAT	0g	0g
SUGAR	20g or less	8g or less
SODIUM	230mg or less	230mg or less

Appendix H

Action Plan Ideas

H-1. COMMISSARY

Use mNEAT as an opportunity to promote dialogue and develop action plans to implement health promotion initiatives at the installation.

Build a partnership with the local Commissary Manager to collaborate on the local level to improve the Commissary's mNEAT score. Some of the solutions could be as simple as ensuring the local Commissary has fully implemented the Nutrition Guide Program, and/or finding ways to better support the nutrition criteria outlined in mNEAT.

If issues are found that cannot be resolved on the local level or if there are questions/concerns related to your Commissary's mNEAT score, contact the DeCA RDN for assistance at: (804-734-8000 ext. 48751).

The following are some ideas that can be implemented at the local Commissary:

- Incorporate Commissary Tours (work with installation RD).
- Market the Nutrition Guide Program.
- Cooking demonstrations using Green Thumb Items.
- Increase the number of "candy free" check-out lines.
- Ensure Dietitian Approved Fueling Station is located in a high traffic area.
- Increase the Healthy Grab-n-Go Products - DeCA continues to work to bring in nutrient dense, ready-to-eat foods, deli, and sushi sections (depending on the size of the store).

H-2. DINING FACILITIES (DFAC)

The DOD Go for Green® (G4G) 2.0 is the current guidance for the Air Force and Navy. G4G Army is the current guidance for Army Garrison DFAC. The USMC Fueled to Fight® is the current guidance for the Marines.

G4G 2.0: updated in February 2017, G4G 2.0 implementation plans are currently in progress. The G4G 2.0 is an all-Service performance nutrition initiative that improves the food environment where Service members live and work. The G4G prompts better food and beverage selections through a green, yellow, and red light system to optimize performance, readiness, and health.

Use the website to access training, marketing materials, coding criteria, and other program resources:

- <https://www.hprc-online.org/nutrition/go-green>.
- <https://www.fitness.marines.mil/PerformanceNutrition/>.

Most of the DFAC issues (food policy, food availability, behavioral design, choice architecture, food labeling) can be resolved at the local level with the help of the appropriate installation stakeholders/partners. Some solutions may include:

- Moving healthier stations and/or foods/beverages where they are more visible and accessible while moving less healthy foods/beverages to a less visible/accessible location;
- Properly labeling and/or placing items on the serving lines;
- Work with supply management to procure better food options or ingredients for the DFAC; and/or
- Assisting the DFAC in fully implementing G4G.

Other ways to improve the DFAC section include:

- Facilitate Food Vendor meetings to introduce healthier foods.
- Set up healthier menu item tastings with surveys.
- Implement an “All GREEN” coded day 1x month.
- Adding more plant based entrees.
- Set up culinary training for staff.
- Partner with MWR Gyms to provide meal cardholders healthy boxed breakfast (try 1x week and increase as able).
- For the MTF DFACs, the Overarching Stakeholder is MEDCOM and the Local Partner(s)/Stakeholders are the Chief, Nutrition Care Division, and the Food Vendor.

H-3. FAST FOOD

The rules governing the fast food venues come from the brand corporate headquarters. Coordinate with AAFES, NEX, and MCX for current options and innovations. Separate marketing can highlight brand healthy options.

Healthy Brand Transitions – AAFES, NEX, and MCX continue to review current restaurant offerings, contractual expiration dates, and financial viability and feasibility of healthier brand offerings such as, but not limited to Au Bon Pain™, Freshens Fresh Food Kitchen™, and Muscle Maker Grill™.

Healthier Fare Promotions/Advertisements – AAFES has implemented price breaks on a certain day(s) of the week for healthier menu options at some of their restaurants; they have also instituted “continuous loop” kiosks, advertising healthier fare available at the various restaurants (look in the local food court).

Market restaurants with higher mNEAT scores. Ask the Public Affairs to feature installation restaurants with plenty of healthy options. This may prompt the not-so-healthy restaurant managers to advocate for healthier menu options and healthier product advertising/promoting through Exchange HQ, so that his/her restaurant may also be included on the list of healthier restaurants.

Work with the venue's local partner or manager regarding menu labeling, procuring "continuous loop" kiosks, and so forth. If fast food restaurant mNEAT-score issues cannot be resolved locally or if there are questions/concerns to be discussed with AAFES, contact AAFES HQ for assistance.

H-4. GRAB-N-GO / EXPRESS

Work with the local AAFES partners and managers (e.g., Express Shop or Grab-n-Go Manager) to highlight the healthier items that are available either through product placement, labeling, or other means of advertisement.

Partner with the venue to bring in more healthy items. If Service members and Family members request healthier options, this will increase customer sales.

H-5. NON-APPROPRIATED FUNDS / FMWR VENUES

The MWR has incorporated many "healthy eating initiatives" through recipe and menu expansion and development.

Digital menu boards with nutrition information provide an effective way to advertise the calorie information for menu items as well as promoting healthy items.

Use mNEAT results to work with the MWR manager and/or facility manager to advocate for change, reinforce best practices, or institute some of the above initiatives (e.g., pursue the goal of 25% of the menu being healthy items) to help improve your installation/base's MWR score.

IMCOM (2018) para 4.1a(2) states, "All FMWR food and beverage operations to include those in golf, bowling and other food and beverage locations, including Java Cafés, will have a minimum of 25% healthy menu items."

Aside from 25% of the menu items being healthy, consider other options to improving the nutrition environment on the installation using the MWR facilities as a platform to include:

- Offering bottled water and healthier foods, boxed meals, and snacks and at MWR events for sale (i.e., road races).
- Partnering to bring in healthy Grab-n-Go Breakfast Options to the Installation's Gym and/or Recreation Centers.

H-6. VENDING

Due to contractual agreements with vendors, changing vending may take a little longer for action planning. Build a partnership with the vendors to negotiate positive change within the confines of the contract.

Traditional vending contracts through AAFES, FMWR, and Randolph-Sheppard offer a mix of food and beverage options along with dedicated healthy vending. In many cases, a different vendor supplies the dedicated healthy vending. Besides working with the vendor and/or vending stakeholder to improve mNEAT score, consider the following ways to use vending as a platform for improving the nutrition environment:

- Highlight healthier vending machines within the installation footprint for best practices and marketing.
- Work to have healthier vending/100% healthy vending machines implemented at the Medical Treatment Facilities, barracks, in-processing center, and other high traffic locations.

Installing more healthy vending machines on an installation requires a partnership with the local AAFES manager, an installation stakeholder, and AAFES Headquarters. Contact Mr. Terry McKeny at AAFES Headquarters for assistance and/or guidance at MckenYT@aafes.com. Healthy vending machine locations should have sufficient foot traffic and electricity. The local AAFES manager can coordinate with local vendors in the area to determine which companies support “healthy vending.”

H-7. WORKSITE POLICY AT KEY LEADERSHIP LEVELS

Leadership matters. The NEWG leaders can request key leaders to adapt a healthy worksite policy for their organization. Because most adults spend the majority of their waking hours at work, an environment that promotes good nutrition and adequate physical activity through work-based policies, programs, facilities, and/or education can help employees become healthier. Leaders that support a healthy nutrition environment can improve employees: 1) productivity, 2) performance, 3) morale, and 4) overall engagement with the organization. Work towards establishing a worksite policy for celebratory food items at holiday parties, ceremonies, family days, and so forth to incorporate healthier foods. Examples of healthy worksite policies can be found at the milSuite site: <https://www.milsuite.mil/book/groups/mnewg>.

Review the worksite guidelines from the U.S. Centers for Disease Control and Prevention at: https://www.cdc.gov/pcd/issues/2015/14_0410.htm.

H-8. COMMUNITY

- Air Force Policy AFI 48-103: The Health Promotion Work Group shall conduct an annual assessment of the installation nutritional environment using mNEAT, develop an annual healthy food improvement action plan, and brief installation leadership at least annually. Installation Health Promotion Staff Member/Team will—

- Coordinate an annual assessment of the installation nutritional and physical activity environment through the installation Health Promotion Work Group.
- Identify opportunities to improve healthy eating options.
- Implement and evaluate interventions to promote the availability, marketing, purchasing and consuming of healthy foods, in partnership with installation food service establishments.

The Navy and Marine mNEAT is currently optional, but commands earn points if completed when submitting for the Navy Surgeon General's Blue H Health Promotion and Wellness Award.

For the Army mNEAT, AR 600-63, *Army Health Promotion* describes the mNEAT. The mNEAT will be utilized to measure the accessibility to healthy food options for Army installations and prioritize changes to improve healthy eating. It is currently optional with the recommendation for an annual assessment.

Working with the community to bring in locally sourced food from installation Farmer's Markets, Community Gardens, or a Community Supported Agriculture supports the surrounding community and the installation. In addition, marketing this concept to members of the installation is vital to inform the community about the availability and importance of locally sourced foods. The following sites have more information for farmer's markets:

- <https://www.med.navy.mil/sites/nmcphc/Documents/program-and-policy-support/farmers-market-june-2014.pdf>
- [http://download.militaryonesource.mil/12038/MOS/HBI/USDA%20Farmers%20Market\(5_FINAL%20PROOF\).pdf](http://download.militaryonesource.mil/12038/MOS/HBI/USDA%20Farmers%20Market(5_FINAL%20PROOF).pdf)

Promote community initiatives, such as Performance Triad (P3) and other healthy nutrition campaigns with social media messages. P3 promotes the synergy of sleep, activity, and nutrition.

H-9. FOOD TRUCKS

Currently, there are no specific policies for food trucks, but working with the vendor to provide signage or healthy food options is a good place to start.

Appendix I

Web site Resources

Commissary (DeCA): Uses the Nutrition Guide Program and various other marketing promotions to identify “healthy living” options. <https://commissaries.com/healthy-living>.

Dining Facility (DFAC): DOD Go for Green® (G4G) is a joint service performance-nutrition initiative that improves the food environment where Service Members live and work. The G4G prompts better food and beverage selections with the aim to optimize performance, readiness, and health.

<https://www.hprc-online.org/page/Go-for-Green>.

Fast Food (Chain): <https://www.shopmyexchange.com/be-fit>;
<https://www.mynavyexchange.com/nex/enterprise-info/food-services>.

Express/Grab-n-Go/Snack/Express Stores: Be Fit Standards:
<https://www.shopmyexchange.com/assets/pdfs/Express%20Nutrient%20Standards.pdf>.

Morale Welfare and Recreation (MWR): Bowling alleys (The Strike Zone), coffee shops (Java Café), golf course, Warrior Zone, Club System restaurants
<https://www.armymwr.com/installation>;
<https://www.armymwr.com/programs-and-services/resources/healthy-army-communities/healthy-eating>.

Worksite: Recommendations for healthy worksite policies:
<https://www.milsuite.mil/book/groups/mnewg>.

Vending: Uses Fit Pick® Criteria. For more information:
<http://www.fitpick.org/nwc/fitpick-workplace/>.