



# Tri-service m-NEAT Training

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Military Nutrition Environment Assessment Tool

The views expressed in this presentation are those of the authors and do not necessarily reflect the official policy or position of the Department of Defense, or the U. S. Government.”



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# Objectives:

1. Describe how to access the m-NEAT
2. List the three phases of m-NEAT implementation
3. Describe how to use the m-NEAT results



# Agenda:

- **What is the m-NEAT?**
- **Where do we find the assessment tools?**
- **How do we get started?**
- **How do we complete the m-NEAT scoring tool?**
- **How do we use the m-NEAT results?**



# What is the m-NEAT?

- Joint-service tool
- Designed to assist stakeholders in assessing the food environment
- m-NEAT surveys multiple venues to assess:
  - availability, pricing and promotion of healthy foods
  - policies and marketing of healthy eating

*A supportive environment will enhance healthy eating practices, prevent weight gain to meet mission requirements and deliver a fit and healthy force.*



# Benefits:

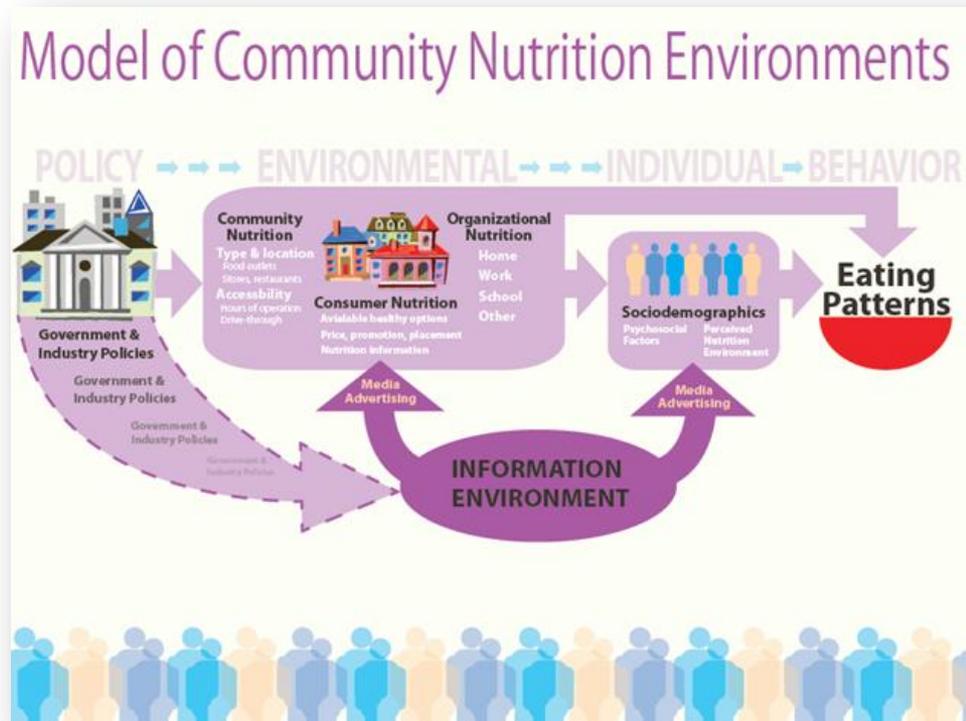
- Engages community members and stakeholders
- Creates a community nutrition coalition to continually address issues on an on-going basis
- Gathers information about the community in relation to the food environment
- Supports the development of a strategic plan to address and monitor community assets and areas for improvement



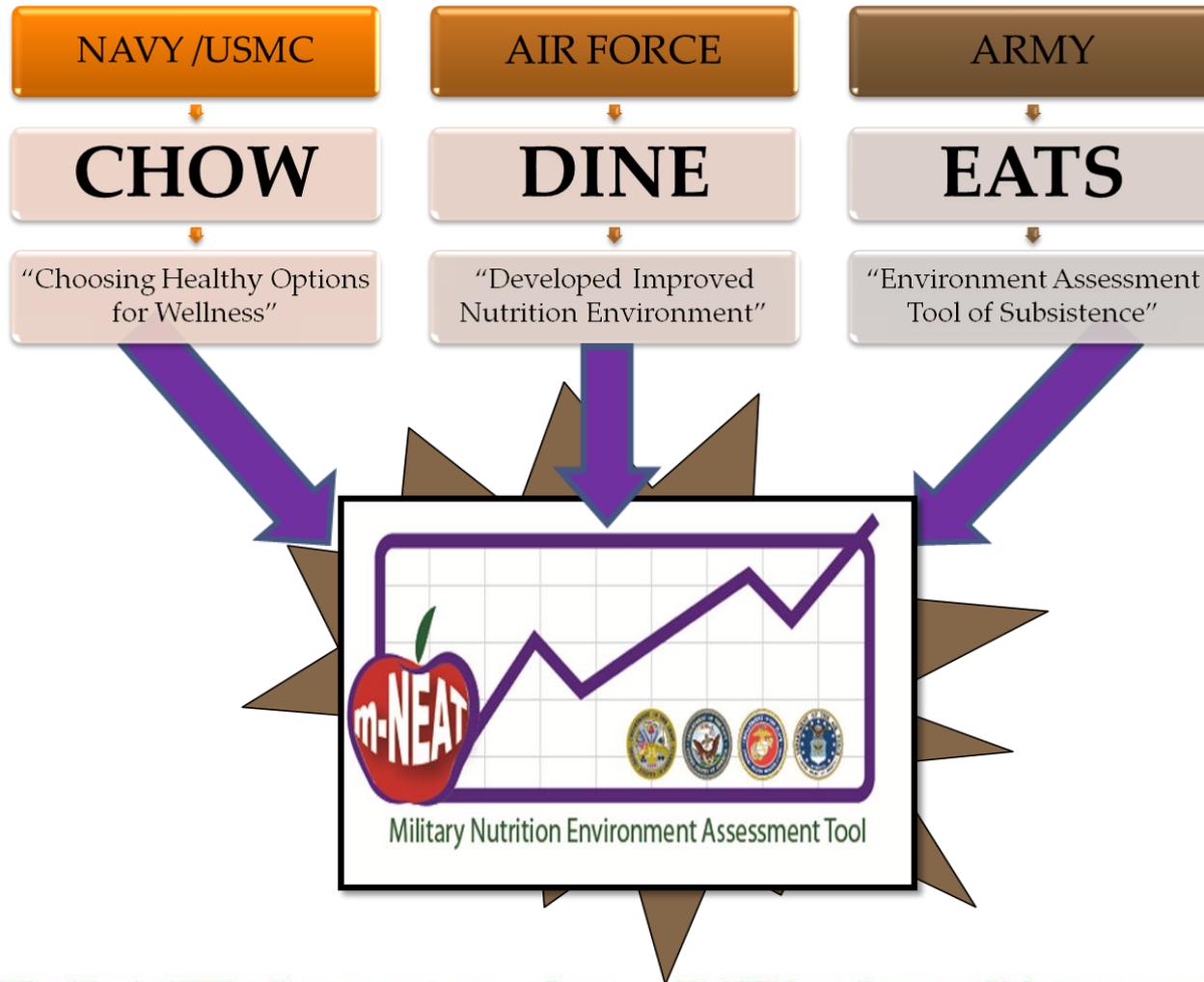
# What is a Healthy Food Environment?

*“An environment where access to healthy food options is promoted and supported in the classroom, in the workplace, and in the community”*

*~Michigan Department of Community Health~*



# History of the m-NEAT



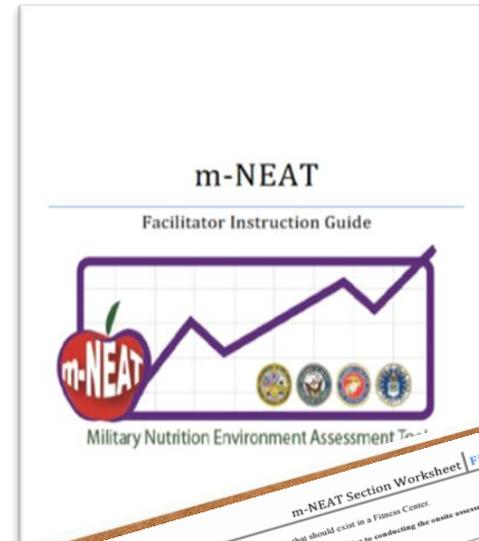
# m-NEAT Criteria:

- **Criteria are based on nationally recognized or DoD Nutrition and Menu Standards**
- **Assessment areas include:**
  - **Fitness Centers**
  - **Community Programs**
  - **Dining Facility (Training and Permanent Party)**
  - **Restaurant (Fast-Food and Sit-Down)**
  - **Snack Shop (Billeting/Lodging)**
  - **Stores (Convenience and Commissary)**
  - **Vending (Refrigerated and Non-Refrigerated)**
  - **Worksite Environment**



# m-NEAT Support Materials?

- Facilitator Instruction Guide
- Section Worksheets
- EXCEL Scoring Tool
  - Web-based tool under development
  - Local Action Plan
- Toolkits
  - Convenience Store
  - Snack Shop
  - Vending



The criteria in this section of the m-NEAT refer to the conditions that should exist in a Fitness Center.

1) Communicate your intent with the MWR, Sports and Fitness Director. Prior to conducting the onsite assessment, notify the Fitness Manager of who you are and the intent of your visit. Phone: \_\_\_\_\_

Sports and Fitness Director: \_\_\_\_\_ Location: \_\_\_\_\_

2) Determine the number and location of existing fitness centers on your installation. Most installations only have one fitness center; however, if your installation has more than two, select the largest facility with highest volume of traffic that has a food center and/or beverage vending machine. Phone: \_\_\_\_\_

Date of visit:	Site 1:	Site 2:	Location:	Phone:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

3) Familiarize yourself with each criterion/component prior to your site visit.

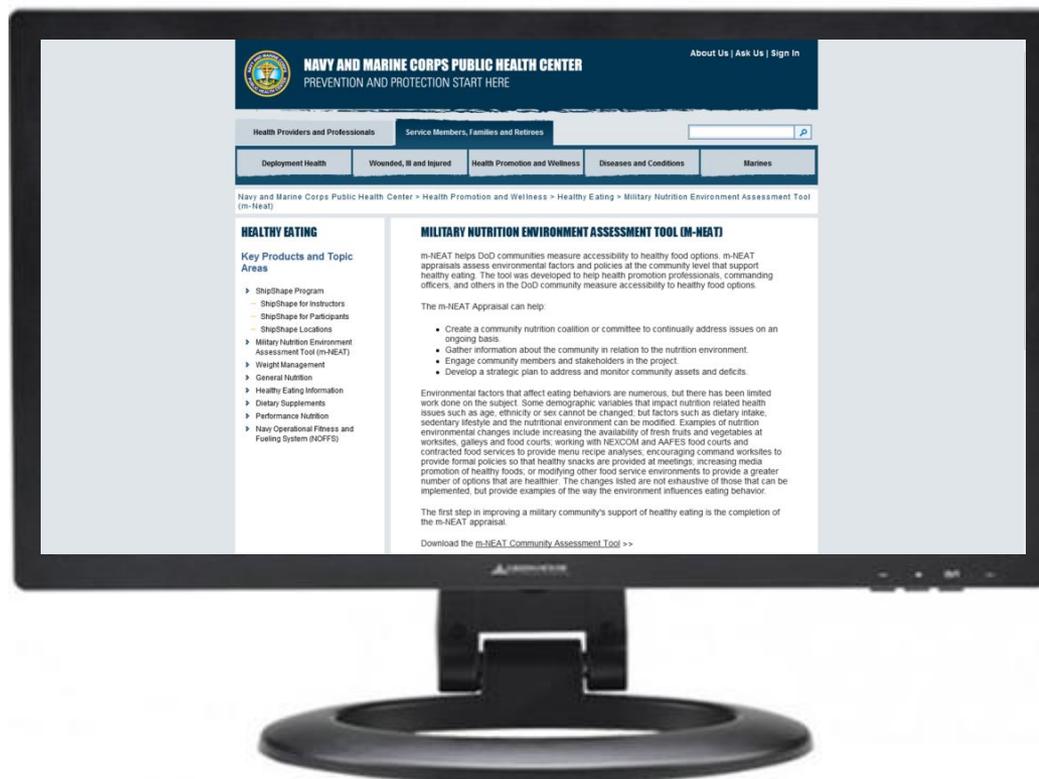
Nutrition Awareness	Site 1		Site 2		NOTES
	yes	no	yes	no	
1 Does the fitness center have relevant and up-to-date nutrition educational material available?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What type of material is available?	<input type="checkbox"/> posters <input type="checkbox"/> brochures <input type="checkbox"/> flyers <input type="checkbox"/> signs <input type="checkbox"/> other	<input type="checkbox"/>	<input type="checkbox"/> posters <input type="checkbox"/> brochures <input type="checkbox"/> flyers <input type="checkbox"/> signs <input type="checkbox"/> other	<input type="checkbox"/>	

Fig. 1  
6 September 2013

# Where Can I find the m-NEAT?

## Navy and Marine Corps Public Health Center:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/healthy-eating/Pages/m-neat.aspx>



# Getting Started:

**m-NEAT has three phases:**

- **Preparation**
- **Data collection and deployment of the assessment**
- **Creation and implementation of a Local Action Plan**

# Phase I: Preparation

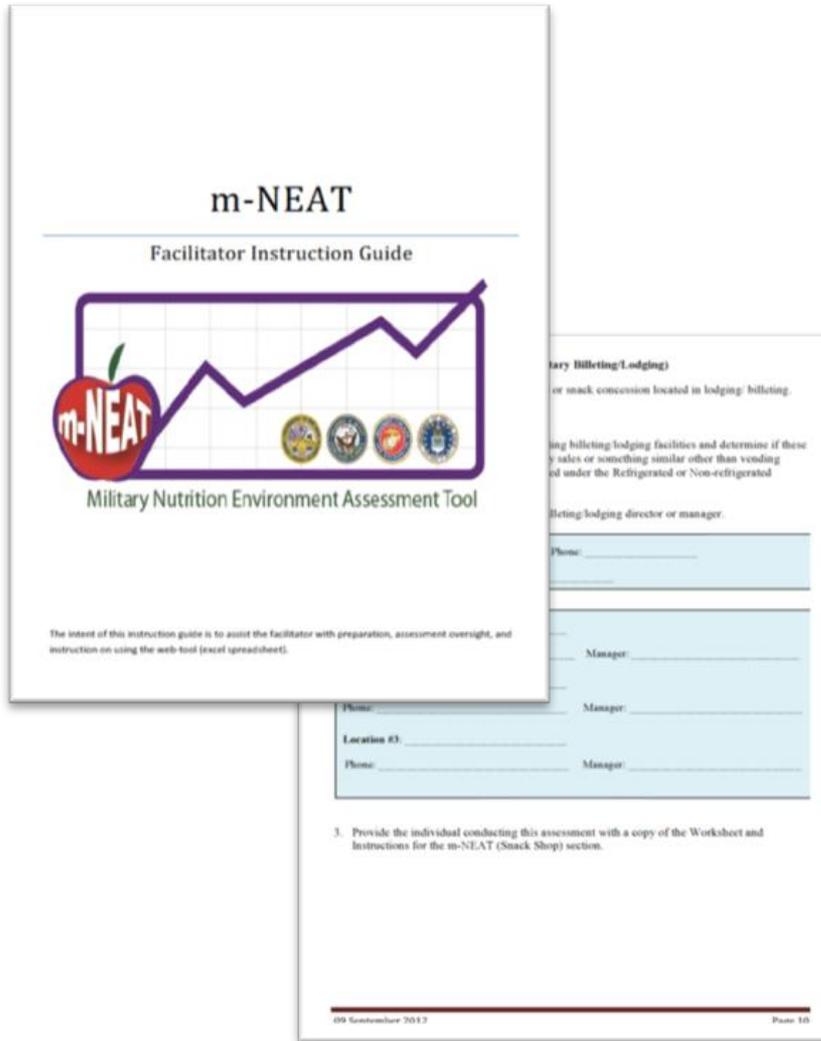


# Preparation

- **Refer to the Facilitator's Instruction Guide**
- **Assemble a coalition team**
- **Determine areas to assess and complete all sections of the m-NEAT**
  - If your installation/base has it, then assess it
  - Assess three sites with the largest headcount or highest volume of traffic
  - Determine location(s) and point of contact (POC)
- **Team member assignments and provide worksheets**
- **Team members must:**
  - Read and understand worksheets
  - Contact appropriate POC prior to site visit



# Facilitator Instruction Guide



- Assists with preparation & assessment oversight
- Provides instruction on using the EXCEL Scoring Tool
- Provides guidance on developing a Local Action Plan
- Includes resources

# Phase II: Data Collection and Assessment Deployment



# Section Worksheets

- Used to collect data
- Provides instructions and definitions
- Use a separate worksheet for each facility assessed

- **Nine Worksheets**

Snack Shop (billeting)

Worksite

Community

Convenience Stores

Fitness Center

DeCA (Commissary)

Restaurant (Fast-food and Sit-down)

Vending (Refrigerated. and Non-refrigerated)

DFAC (Permanent Party & Training)

- **Useful in developing Local Action Plan**



# DFAC Worksheet

The criteria in this section of the m-NEAT refer nutrition standards as set by the DoD Menu Standards and the 2010 Dietary Guidelines for Americans.

This assessment covers all day parts of the menu (breakfast, lunch and dinner) - the assessment will need to be done over two meal periods: breakfast and lunch or breakfast and dinner. Complete the assessment for the two meal periods on the same day.

Unless prior arrangements or authorizations have been made, inform the Installation Food Program Manager, Dining Facility (DFAC) Manager and/or applicable personnel of your assessment prior to your onsite visit.

Read each criterion thoroughly to become familiar with the specific nutrition parameters and food items. For each criterion listed:

- a. Mark "YES" if the criteria are true - YES indicates the statement is true and verifiable through direct observation and/or administrative records (recipe cards, catalogues, product packaging, nutrition label, standard operating procedures, etc.)
- b. Marking "NO" indicates the criteria/component is not available or verifiable.
- c. "NA" will only be used if the criteria does not apply (i.e. you are assessing Permanent Party DFAC and criteria is for Initial Military Training DFACs.)
- d. This data collection tool is used for both Permanent Party and Training DFACs. Most criteria are applicable to both except where annotated.

1. **Type of DFAC:**  Permanent Party  Initial Military Training  
DFAC Name: \_\_\_\_\_ Location: \_\_\_\_\_ Phone: \_\_\_\_\_  
DFAC Manager: \_\_\_\_\_ e-mail: \_\_\_\_\_
2. **Hours of Operation:**  
Monday -Friday:  B: \_\_\_\_\_  L: \_\_\_\_\_  D: \_\_\_\_\_  
Saturday-Sunday:  B: \_\_\_\_\_  L: \_\_\_\_\_  D: \_\_\_\_\_
3. **Assessment completed during the following meal periods:**  Breakfast and Lunch  Breakfast and Dinner
4. **Data Source:**  Site Visit  Cycle Menu  DFAC Menu  Interview  Other: \_\_\_\_\_



# Snack Shop Worksheet

## m-NEAT | Snack Shop (Billeting/Lodging)

4. There are more than two (2) varieties of any brand of hot or cold healthier cereal available?  yes  no
5. Healthier cereals are priced lower than sugary versions?  yes  no

**Definition of a Healthier Cereal:**

- **Sugar:** <10 grams of Sugar
- **Whole-grain:** ≥16 grams or listed as first ingredient
- **Dietary Fiber:** ≥ 3 grams

**Instructions:**

- ✓ Mark “yes” if the Healthier version is available and “no” if unavailable.
- ✓ Record the price for both the Healthier and Sugary version of the cereal. Leave blank, if sugary version is not available. Refer to products that are single-serving (individual cups, packets, etc), same size and of the same brand when possible.

**Chart C: Grain –Breakfast Cereals**

Breakfast Cereals	Healthier version available	Price Healthier version	Price Sugary version	Comments
Oatmeal	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	Compare with flavored oatmeal
Grits or Cream of Wheat	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
Plain toasted oats	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
Bran flakes (with or without raisins)	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	Compare with Frosted Corn Flakes. Keep in mind that Bran Flakes with Raisins will have more sugar.
Shredded wheat	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	Compare with Frosted Shredded Wheat
Other:	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	

# EXCEL Scoring Tool

- Each section is accessible via the bottom Tabs
- Horizontally scroll thru the entire spreadsheet
- There are 17 total Tabs



Military Nutrition Environment Assessment Tool

The Military Nutrition Environment Assessment Tool (m-NEAT) was developed to help military installations/bases (referenced as community throughout this document) assess their environment to find out how well it supports and promotes healthy eating. The results of the m-NEAT assessment will assist you in identifying the existing environmental and policy supports within your community that encourage healthy eating. The assessment will also help you identify and prioritize ways in which your community can more effectively support healthy eating via policy and/or environmental changes.

**NOTE: This is a multi-tab (17 tabs total) worksheet. To display all sheet tabs, on the Tools menu, click Options, and then click the View tab. Select the Sheet tabs check box. When displaying sheet tabs, you may also need to expand the tab scrolling area.**

**Each question has an error alert: a green error alert indicates a question has been answered. A red error alert indicates a question has not been answered or has an invalid answer.**

m-NEAT ASSESSMENT Registration Information	
Today's Date:	
Post/Base/Installation Name:	
Population (total military and civilian employee):	
Type of Assessment Select all that applies (Place an "x" to select assessment)	
Community (complete all sections as applicable)	
Worksite (Complete sections: Worksite, Vending (Refrigerated and Non-Refrigerated))	
Name of Worksite Unit or Organization	
Name of individual completing the m-NEAT Appraisal:	
Position at Post/Base/Installation:	
Phone Number	
E-mail Address:	
The m-NEAT was inspired by Michigan's Nutrition Environment Assessment Tool (NEAT) as presented by the Michigan Healthy Communities Collaborative and the Emory University's Nutrition Environment Measures Survey (NEMS).	

▶ ▶ Unit Info 1-Fitness Center 2-Community 3-DFAC (Training) 4-DFAC (Permanent Party)

# Completing Each Section

- Do NOT use the EXCEL Scoring Tool as a checklist for the on-site assessment
- Vertically scroll through each section – some sections are long
- Some questions may have additional instructions
  - Pay attention to detail
  - Incorrect answers may skew the score

1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this scorecard as a checklist for the onsite assessment. 3. Please select answer (or type) by clicking on the Answer Box.		Site 1		Site 2		Site 3	
		Answer	Error Alert	Answer	Error Alert	Answer	Error Alert
FACILITATOR	15. Staff members are trained/familiar with menu (portion sizes, ingredients and preparation methods)	YES		NO		NO	
	16. Does the Restaurant have a menu posted on their website? <b>If "NO", Answer "NA" for questions 17 and 18.</b>	NO		YES		NO	
	17. The internet menu provides nutrition information. <i>Answer key: "Yes" "No" or "NA" = no internet menu</i>	NA		NO		NO	
	18. The internet menu identifies healthy menu options. <i>Answer Key: "Yes" "No" or "NA" = no internet menu</i>	NA		NA		NO	
ING		BARRIERS TO HEALTHY EATING					

# Using the Scoring Tool

- Enter answers manually or use drop down boxes
- Some answer options are more than “YES” or “NO”
- An “Invalid Answer” error message will pop-up when you enter an answer that is not an option

AVAILABILITY OF HEALTHFUL OPTION	ANSWER KEY: 1 healthy choice 2 - 4 choices 5 or more choices None	2 - 4 choices		1 healthy choice	
	2. Are there healthy salad entrees and/or a salad bar?	YES		NO	
	3. How many low-fat or fat-free salad dressings are available? ANSWER KEY: 1 choice 2 or more choices None				
		2 or more choices		1 choice	
	4. Fruit is available.	NO			
	5. Healthy sides are available.	Unhealthy			
	6. Whole-grain bread is available.				
	7. 100% fruit juice is available.				
8. 1% or skim (fat-free) milk is available.					

**Invalid Answer**

Please enter "YES" or "NO" only.

Retry Cancel Help

Please enter "YES" or "NO"

# Error Alerts

- Does NOT indicate a “Correct” or “Incorrect Answer”

- **RED** indicates answer is :

- Missing
- Unacceptable

- **GREEN** indicates answer is:

- Not required
- Accepted

Section 11: VENDING (Refrigerated Beverage and/or Food)				
1. After completing the m-NEAT data collection (instruction) sheet indicate whether the following conditions are true or are available routinely. 2. Please type (select) "yes" or "no" (or as indicated) by clicking on the Answer Box.	Site 1		Site 2	
	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert
1. Type of vending surveyed: Answer Key: <b>Beverage</b> - complete <u>only</u> Questions (4-9) <b>Food</b> - complete <u>only</u> Questions (2-3) <b>Both</b> - complete <u>all</u> Questions (2-9) **** In order for the error alert to work properly, scroll to the bottom of the spreadsheet and then back up after answering this question.****	Beverage		Food	
<b>REFRIGERATED FOODS</b>				
2. Percentage of healthy options available? Answer Key: : >50% 35% to 49% 25% to 34% 15% to 24% 0 to 14%				
3. Items are labeled and correctly identified as a "healthy option"				
<b>BEVERAGE VENDING</b>				
4. What percent of beverage choices contain less than or equal to 40 calories per serving? Answer Key : ≥75% 50% to 74% <49%	>75%			

# Scoring

- **Self-scoring**
- **Score is not available until all questions are answered**
- **Vertically scroll thru entire section – ensure Error Alerts are GREEN**
- **#N/A = unanswered questioned or no site assessment**

Section 6: RESTAURANT (Sit-Down)							
1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this scorecard as a checklist for the onsite assessment. 3. Please select answer (or type) by clicking on the Answer Box.		Club		Top of Bay		Site 3	
		Answer	Error Alert	Answer	Error Alert	Answer	Error Alert
C	32. There is an assigned healthy side.	NO	Green		Green		Red
	33. An unhealthy dessert is automatically included.	YES	Green		Green		Red
	34. Healthy desserts are available.	YES	Green		Green		Red
	35. Unhealthy eating promotion exists.	NO	Green		Green		Red
	36. Healthy eating promotion exists.	NO	Green		Green		Red
TOTAL SCORE	<b>Total Points for each sit-down restaurant:</b>	14		11		#N/A	
	<b>Maximum Possible Points:</b>	28		21		30	
	<b>Score for each sit-down restaurant:</b>	50%		52%		#N/A	
	<b>Overall Score:</b>	<b>51%</b>					

# Scoring (continued)

- Maximum possible scores may vary for each site
- Questions are weighted – it is possible to lose points

## Section 11: VENDING (Refrigerated Beverage and/or Food)

1. After completing the m-NEAT data collection (instruction) sheet indicate whether the following conditions are true or are available routinely. 2. Please type (select) "yes" or "no" (or as indicated) by clicking on the Answer Box.		Site 1		Site 2		Site 3		Site 4	
		Answer YES or NO	Error Alert						
BEVERAGE VENDING	5. Beverages with more than 40 calories/serving are only offered in servings of less than 12 oz.	NO				NO		YES	
	6. Available milk is 1%, skim or non-fat milk. (Answer "NA" <b>only</b> if milk is not available)	YES				NO		NO	
	7. Available non-dairy calcium fortified beverage meets defined specifications for sugar, protein, calcium and fat. (Answer "NA" <b>only</b> if a non-dairy calcium fortified beverage is not available)	YES				NO		YES	
	8. Available juice has at least one that is 100% fruit juice with no added caloric sweeteners. (Answer "NA" <b>only</b> if juice is not available)	NA				NO		NO	
	9. Available vegetable juice has a sodium content of: Answer Key: "<140 mg" "≤230 mg" "≥231 mg" "NA" = vegetable juice is <b>not</b> available.	≤230 mg				≥231 mg		≥231 mg	
TOTAL SCORE	<b>Total Points for each Refrigerated Vending</b>	5		3		-1		4	
	<b>Maximum Possible Points</b>	8		6		6		15	
	<b>Score for each Refrigerated Vending</b>	63%		50%		0%		27%	
	<b>Overall Score</b>	<b>31%</b>							

# Scoring (Continued)

- DFAC questions are not weighted
- Criteria that is *italicized in bold purple font* are non-scored

Section 3: Military DFAC (Training)								
Military Dining Facilities (DFAC) that serve Service-members in initial military training								
1. After completing the m-NEAT data collection section worksheet indicate whether the following conditions are true or are routinely available. 2. Do NOT use this score card as a checklist to complete the on-site assessment - you must use the data collection worksheet. 3. Please type (select) "yes" or "no" by clicking on the Answer Box.		Raider DFAC		Bldg 430		SITE 3		
		Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	Answer YES or NO	Error Alert	
	<i>55. Flavored no-sugar beverage base, diet teas, carbohydrate electrolyte beverages are available.</i>	YES		YES				
<b>PROMOTION OF HEALTHY EATING</b>								
<b>PROMOTION OF HEALTHY EATING</b>	56. Menu approved by dietitian (local or corporate) or dietitian provided advice on nutritional aspects.	YES		YES				
	57. Customer nutrition awareness: Training and healthy eating promotional materials are strategically placed.	YES		NO				
	58. Staff training on food items and preparation techniques that support health and nutrition goals.	YES		NO				
<b>TOTAL SCORE</b>	<b>DFAC (Training) Points for each facility</b>	41		39		#N/A		
	<b>Maximum possible points</b>	50		50		50		
	<b>Individual DFAC (Training) Score</b>	82%		78%		#N/A		
	<b>Overall Score (all facilities)</b>	<b>80%</b>						

# m-NEAT Community Appraisal – Overall Rating

## m-NEAT Community Appraisal - Overall Rating:

	COMMUNITY
1 - Fitness Center	64%
2 - Community	#N/A
3 - DFAC (Training)	#N/A
4 - DFAC (Permanent Party)	100%
5 - Restaurant (Fast food)	12%
6 - Restaurant (Sit-down)	48%
7 - Snack Shop	13%
8 - Stores (DeCA: Commissary)	79%
9 - Stores (Convenience)	37%
10 - Vending (Non-Refrigerated)	0%
11 - Vending (Refrigerated)	50%
12 - Worksite	#N/A
Total number of categories scored (12 possible)	9
<b>Average m-NEAT score:</b>	<b>45%</b>

90-100 = Fully supportive (GREEN)  
 75-89 = Mostly supportive (YELLOW)  
 60-75 = Partially supportive (ORANGE)  
 0-59 = Not supportive (RED)

# Phase III: Local Action Plan: Creation and Implementation



# Local Action Plan

**Step 1: Review Final Scores & Ranking with Committee**

**Step 2: Score each assessment area on:**

- a) Cost**
- b) Time**
- c) Support**
- d) Importance**

**Step 3: Prioritize your actions as Low or High**

# Local Action Plan

Recommended Actions	Relevant m-NEAT Indicator	check here if n/a	Cost	Time	Support	Importance	Total Points	Priority
			1= High 2= Moderate 3= Low	1= Long 2= Moderate 3= Brief	1= Low 2= Moderate 3= High	1= Low 2= Moderate 3= High		
Implement Farmers Market	Community Programs (17%)		3	1	2	2	8	High
Low-Fat Pastry Breakfast	DFAC (82%)		1	1	1	1	4	Low
Nutrition Posting Up-to-date	Fitness Center (0%)		3	3	3	2	11	High

- **Cost**: How expensive would it be to plan and implement the action?
- **Time**: Long = >6 months; Moderate = >30 days; Brief = ≤30days
- **Support**: How much support exists to plan & implement the action?
- **Importance**: Importance/impact on the community?

# Implementing the Action Plan

## Step 4:

- Assign action item to person(s)
- Set deadline for each action item
- Set date for next meeting

Recommended Actions	Relevant m-NEAT indicator	Responsible Party	Deadline
<p>Fitness Center: <b>Action Item 1:</b> Q1: Education material put up in all three gyms. Karen Blackwell has additional racks if needed. Gerrity has rack that material can be put into in the child center. Bulletin boards available for posting.</p>	<p>Fitness Centers</p>	<p>Wendi Knowles Pat Griffin</p>	<p>6/15/13</p>
<p>Fitness Center: <b>Action Item 2:</b> Q13 Scott will work with vending company to determine if 0 or 40 calorie beverages can be increased. Currently on 2 -need 5 to meet 75%</p>	<p>Fitness Centers</p>	<p>Scott Kelly Aramark Vending</p>	<p>10/01/13</p>
<p>DFAC: Q8, Q15, Q29, Q33, and Q35 are completed - YES answers for the next survey.</p>	<p>DFAC</p>	<p>Mr. Rodriquez</p>	<p>5/30/13</p>

# Brief Action Plan

**Step Five: Brief Leadership on score, action items and results**

**Step Six: Determine next date for the m-NEAT assessment**

# Feedback:

- **After the m-NEAT is complete, take time to provide us feedback!**
  - **Complete the m-NEAT Community Appraisal Feedback Form**
  - **Find the form in the m-NEAT EXCEL workbook**

Thank you for completing the m-NEAT Community Appraisal! Completing the m-NEAT Appraisal was the first step in improving the nutritional status of your community members.

The next step is to take the information you have gathered to make the changes that need to be made at your base/installation to improve the accessibility of healthier food choices for your community members. Use the m-NEAT **Action Plan** (next tab) to work with your Base/Installation Health Promotion Committee and others in prioritizing what actions need and could be made to increase the availability of healthier food choices.

Please take a few moments to complete the m-NEAT Community Appraisal Feedback Form below.

Question	answer
Please respond to the following questions.	
1) Is this the first m-NEAT Appraisal completed for your post/base/installation?	Yes or No
<b>-- If yes, skip to question #3</b>	
-- If no, when was the last m-NEAT Appraisal completed?	enter date
2) For those posts/bases/installations who are repeating the m-NEAT Appraisal, please review the data on this m-NEAT Appraisal and answer the following questions:	
a) How does your previous score compare to this score?	
b) How has your post/base/installation used the results of the previous m-NEAT Appraisal to make changes in the availability of healthier food choices?	
c) Since the completion of the last m-NEAT Appraisal (not this one) what changes have you made to increase the availability of healthier food choices at your post/base/installation?	
3) Feedback regarding the m-NEAT Appraisal tool (difficulty with completion, recommendations for improvement, etc.):	
We appreciate your time in completing this m-NEAT Feedback Form regarding your experience in completing the m-NEAT Appraisal.	



# Submit Completed m-NEAT EXCEL Scoring Tool

- Email the completed m-NEAT EXCEL Scoring Tool by clicking on the link provided on the website or:
  - Navy: [Nutrition@nehc.mar.med.navy.mil](mailto:Nutrition@nehc.mar.med.navy.mil)
  - Army: [Sandra.e.keelin.mil@mail.mil](mailto:Sandra.e.keelin.mil@mail.mil)
  - Air Force: [Mary.balch@us.af.mil](mailto:Mary.balch@us.af.mil)



# Using the Toolkits:

- **Toolkits available for:**
  - Convenience Stores
  - Snack Shops
  - Vending
  
- **Provides for each area:**
  - Nutritional Standards
  - Strategies for Improvement
  - Sample Action Plan
  - Customer Survey Sample
  - References



# Questions?

# Continuing Education

- **NMCPHC is a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive 1 ½ Category I CECH but only when viewed during the live webinar. If you are a CHES and you viewed the live webinar, E-mail your name and CHES number to: [melissa.cazaux.ctr@med.navy.mil](mailto:melissa.cazaux.ctr@med.navy.mil)**
- **If you have viewed the recorded version of the webinar online and would like to request Cat. II CECH, download the certificate for this webinar from the NMCPHC Webinar website, complete it and send it to the NCHEC, Inc. for 1 ½ Cat. II CECH.**



# Continuing Education (continued)

- This webinar was approved for 1 CPEU (Level 1, Learning Need Code 4010, 4020) from the Commission on Dietetic Registration (CDR) for Registered Dietitians (RD) or Dietetic Technicians, Registered (DTR).
- For the CPEU certificate, e-mail your name and registration number to:  
[Bethann.cameron.civ@mail.mil](mailto:Bethann.cameron.civ@mail.mil)



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