*A Model for Healthy and Sustainable Dietary Guidelines for Americans*

# Implementation and Policy Recommendation Guide

2025

CENTER *for* BIOLOGICAL DIVERSITY

CENTER FOR Science IN THE Public Interest

# Table of Contents

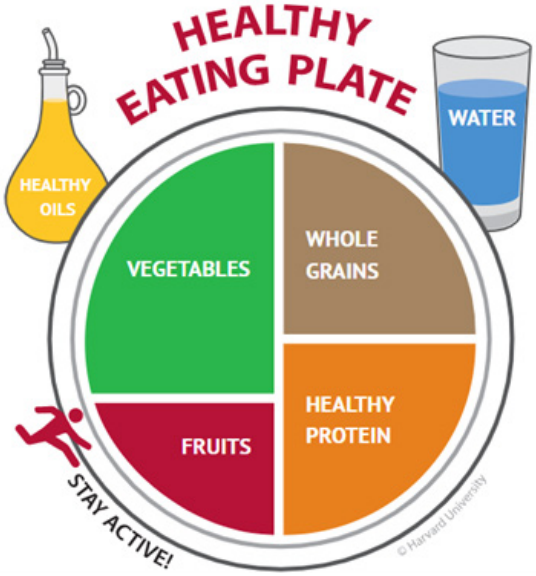
# Introduction

This implementation and policy recommendation guide accompanies *A Model for Healthy and Sustainable Dietary Guidelines for Americans*, a model version of what the *2025-2030 Dietary Guidelines for Americans (DGA)* should have looked like had it followed both the 2025 Dietary Guidelines Advisory Committee (DGAC)'s recommendations and prevailing scientific consensuses about nutrition, health, and the environment. The purpose of this guide is to provide advice, strategies, and policy recommendations to help various stakeholders and decision makers implement the Healthy and Sustainable DGA and its principles in practice, thereby advancing diets and food environments that are healthier and more sustainable at every level nationwide. It is organized according to audience and stakeholders: consumers, the federal government, state and local governments, healthcare institutions and practitioners, and community-based programs.

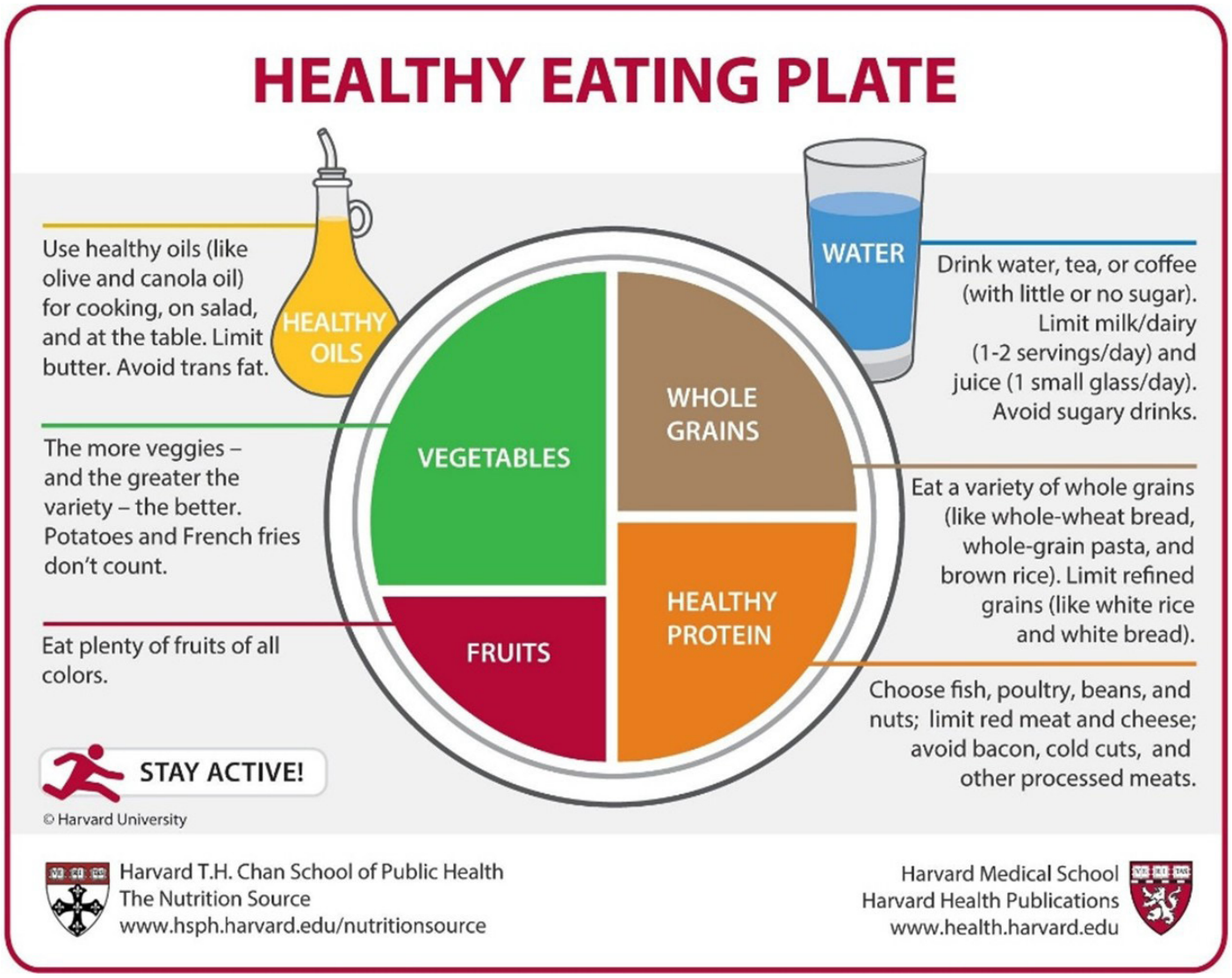
The 2025 DGAC found that most Americans do not eat diets in alignment with DGA recommendations.[1] Although individuals choose what and how much to eat, there are many factors that influence their decision-making: where they live, work, and go to school; what they hear and see from their doctors, their friends, their families, and social media; and the resources they have to access and prepare food. The 2015 DGA devoted an entire chapter to this complexity, stating that "collective action is needed to create a new paradigm in which healthy lifestyle choices at home, school, work, and in the community are easy, accessible, affordable, and normative. Everyone has a role in helping individuals shift their everyday food...choices to align with the *Dietary Guidelines.*"[2] Change is required across all levels: population, institution, and policy**.** This guide explores which levers already exist and what more can be done to support healthy, science-based eating patterns for all.

# Consumers

## USDA's MyPlate (2020) vs. Harvard's Healthy Eating Plate

USDA and HHS created MyPlate in 2011 as a simple visual of a healthy eating pattern.[3] The plate shows that most of a person's daily food intake should be fruits, vegetables, and grains. However, there is an alternative graphic that is more aligned with a healthy *and* sustainable diet: the Harvard Healthy Eating Plate.[4] This version maintains that half of your plate should be fruits and vegetables but specifies that your protein should be *healthy* protein and your grains should be *whole* grains. It also swaps the glass of milk for a glass of water and makes space for healthy oils instead of dairy, in line with the 2025 DGAC's recommendations.




Harvard's website provides a sample seven-day meal plan aligned with this healthy eating plate.[5] Like the 2025 DGAC's recommendations, this plate's guidance is based exclusively on its health benefits; for example, it encourages limiting red and processed meat consumption because "even small quantities of these foods on a regular basis raises the risk of heart disease, diabetes, colon cancer, and weight gain."[6]

The plate is also aligned with a sustainable diet due to the removal of dairy and suggestion to limit most animal-based proteins, two food groups that are more resource-intensive than plant-based foods, as discussed in the Healthy and Sustainable DGA. As the website says, "eating more healthfully and more sustainably go hand-in-hand."[7] A diet that stays within "planetary boundaries" would require consumption of fruits, nuts, vegetables, and legumes to double while consumption of red meat and sugar decrease by 50%.[8] Public outreach and education that helps people better understand plant-based cooking, meal planning, and simple substitutions can engage the entire community in achieving this target.

# Healthcare Practitioners and Institutions

Healthcare professionals, institutions, and educators can adopt practices that integrate nutrition science, food access, and sustainability into clinical care. This includes embedding nutrition competencies in medical education, reimbursing nutrition counseling, supporting food prescription programs, and fostering partnerships with local food systems and organizations.

## Healthcare Practitioners

USDA and HHS typically develop professional resources to help healthcare professionals translate DGA guidance into clinical care. This includes information on how to build a healthy eating routine or customize the guidelines to meet budget constraints or dietary preferences. As trusted messengers, clinicians have a unique opportunity to support patients who want to adopt healthier, more sustainable eating habits. As members of health systems, healthcare practitioners can recommend the 2025 DGAC's guidance to patients and ask their professional associations to develop patient education resources based on the science-based dietary guidance to promote healthy and sustainable diets on a systems level.

**Prioritize plant-rich diets in clinical care:** Clinicians should be encouraged and trained throughout their health professional education, and as part of continuing education, to highlight fiber-rich plant foods, including legumes, in nutrition conversations about protein, as this aligns with the updated prioritization in the DGAC's recommended reorganization of the Protein Foods Group.[9] Emphasizing the inclusion of beans, peas, and lentils can help boost fiber intake — a nutrient lacking in most Americans' diets and identified as a "dietary component of public health concern for underconsumption" in the 2020–2025 Dietary Guidelines for Americans.[10, 11] Fiber intake supports heart health, blood sugar regulation, digestive function, appetite control, healthy weight maintenance, reduced cancer risk, and improved gut health, among other emerging health benefits.[12, 13, 14, 15, 16] Given this evidence clinicians should offer simple, actionable guidance.

- For instance, a clinician might counsel a patient with diabetes to substitute red meat in chili with black beans or lentils, improving fiber intake and glycemic control while aligning with the DGAC and planetary health priorities.[17, 18]

**Use evidence-based clinical tools to support patient behavior change:** Healthcare providers need easy-to-use, culturally adaptable tools to support patient conversations about food.

- Resources developed by the American College of Lifestyle Medicine (ACLM), including downloadable prescription pads for legumes, shared decision-making tools, and patient-facing infographics, provide concrete supports for translating sustainable dietary guidance into individualized care.

**Expand continuing education in nutrition and sustainable food systems:** Given that most medical professionals receive less than 20 hours of nutrition education in training, health systems and medical boards should incentivize continuing medical education (CME) and continuing education (CE) focused on evidence-based dietary guidance, including the health and environmental benefits of plant-forward diets.[19] [20]

- Tools such as ACLM's Food as Medicine CME course and Harvard Medical Schools's online nutrition modules are widely accessible and designed to build practitioner confidence.

**Integrate sustainability when appropriate:** While clinical encounters must remain focused on each patient's individual goals and values, research is needed to determine how and when discussing sustainability co-benefits may enhance motivation and trust. For interested patients, clinicians can note that legumes are not only a healthy protein option but also have the lowest carbon footprint among protein sources.[21] [22]

## Healthcare Professional Organizations

There are numerous opportunities for professional health and nutrition organizations to get involved in promoting and implementing healthy and sustainable dietary guidelines. By promoting nutritious and sustainable diets among the medical community and to their clients, healthcare professionals can help build a stronger and healthier population, but guidance from professional associations and medical schools is critical.

- Health organizations should openly acknowledge and adopt positions that support the need to shift to sustainable and plant-forward diets for human health, planetary health, or both, as demonstrated by the American College of Lifestyle Medicine, American Medical Association, American Heart Association, Academy of Nutrition and Dietetics, Society for Nutrition Education and Behavior, and American Dietetic Association.

- Healthcare professional organizations should also develop clear, science-based professional resources to support practitioners as they offer dietary guidance to patients: the 2020 DGA, the 2025 DGAC's Report, and the Uncompromised DGA are science-based resources that can be used in the development of these tools.

## Healthcare Institutions

Organizations such as Health Care Without Harm and Practice Greenhealth have shown that hospitals and other institutions in the healthcare sector can make changes to support health and environmental sustainability. They assist institutions in lowering their GHG emissions by providing tools to shift to healthy and sustainable food procurement, reduce food waste and loss, and support sustainable producers.[23]

Adopt the Coolfood Pledge, a global initiative, led by the World Resources Institute, that aims to reduce the climate impact of food served by organizations. It encourages participating organizations to reduce their GHG emissions from food by 25% by 2030. This is achieved by shifting toward more plant-based and sustainable food options.

Healthcare institutions can reduce food-related emissions and support their local community by reducing food waste. For example, in a food-waste pilot program, Sutter Health facilities donated nearly 65,000 pounds of food to regional nonprofits, saving an estimated 283,000 pounds of CO2 emissions.[24]

## Using a Food as Medicine Approach

Professional health associations should endorse a "Food as Medicine" or "Food Is Medicine" approach, which addresses diet-related chronic diseases through healthy eating habits that tend to primarily consist of plant foods like fresh fruits and vegetables.[25, 26, 27, 28]

- Check out the Kaiser Permanente (KP)'s Food Is Medicine Center of Excellence resources for healthcare providers. KP launched the center within its Food for Health initiative to integrate food and nutrition interventions into its care model, aiming to address food and nutrition insecurity, treat diet-related diseases, and improve nutrition security for its members. It also serves as a hub for research and education on Food Is Medicine. The center's key activities include expanding screening for food insecurity and nutrition status among members, connecting members with resources like federal programs and food banks, providing clinical nutrition training for health professionals, developing new and scalable evidence-based Food Is Medicine programs, and serving as a research hub to advance the field of Food Is Medicine.

# Federal Government

The federal government can take action to improve the accessibility and feasibility of sustainable and healthy choices. The following section highlights existing or proposed policies and programs that federal agencies, facilities, and lawmakers can implement to support healthy and sustainable food systems and environments.

## Federal Food Procurement

The Federal Good Food Purchasing Coalition (FGFPC) estimated that the federal government directly purchased $9.1 billion worth of food in fiscal year 2022, giving the federal government ample influence to facilitate a large shift in procurement practices (such as purchasing more plant-based and nutrient-rich foods and fewer red and processed meats). Federal institutions including the military, correctional facilities, public hospitals, public parks, government worksites, public universities, and feeding programs for people with low incomes, can model how to use taxpayer dollars to improve human and planetary health.

- Federal agencies can improve food procurement practices by adopting the Food Service Guidelines for Federal Facilities (FSG), a guide published by the Department of Health and Human Services. The FSG are standards for healthier and sustainable food and beverage service operations in worksite and community settings. These standards are evidence-based, voluntary best practices to align food service in federal facilities with the DGA and advance employee wellness, food safety, facility efficiency, community

development, and environmental benefits.[29] Written for use at federal facilities, this document can be readily used in public and private settings within states and communities.

- The Food Service Guidelines Federal Workgroup, made up of representatives from multiple federal agencies, should update the FSG to align with the Healthy and Sustainable DGA.
- The White House should issue an executive order to require implementation of the FSG in all federally owned and operated facilities. This action has been requested since 2022 and supported by over 150 organizations.[30] Robust implementation would be an unmistakable signal to all that the federal government is willing to "walk the walk" when it comes to nutrition; ideally the private sector would adopt similar policies.

## Food Date Labeling Reform

About one-third of food is lost or wasted at the consumer level each year,[31] putting a tremendous strain on our natural resources and agricultural system and contributing millions of metric tons of carbon dioxide-equivalent greenhouse gas emissions.[32] Research has shown that a large contributor to the amount of food wasted by consumers is inaccurate or misleading date expiration labels that cause safe and edible food to be thrown away prematurely.[33] [34] [35] [36]

- USDA and FDA should work together to implement a standardized national food date labeling system to better inform consumers of when to discard foods. This can be done through federal rulemaking, as USDA's Food Safety and Inspection Service and FDA released a Request for Information about pursuing this type of initiative back in December 2024[37] (see the Center for Biological Diversity's comment and the Center for Science in the Public Interest's comment). However, no public progress has been made on this since.

- A bill to regulate food date labeling, H.R.3159, was also introduced in Congress as recently as 2023, but did not advance.[38] Congress should reintroduce this bill and ensure its passage.

- The 2025 Farm Bill is another legislative vehicle through which standardized date labeling could happen. Congress should establish a mandatory dual date-labeling scheme that limits date labeling language to one label to indicate food quality with either the phrase "BEST If Used By (or Freeze By)" or a label to indicate a discard or safety date using the term "expires on." The legislation should end consumer-facing use of "sell by" dates.

  - This system should be accompanied by a national education campaign to inform consumers and change population-level perceptions about food waste and labels.

## GusNIP

The Gus Schumacher Nutrition Incentive Program (GusNIP) provides competitive grants to increase fruit and vegetable purchases among income-eligible consumers enrolled in the Supplemental Nutrition Assistance Program (SNAP).[39] It funds projects that provide both incentives and prescriptions for purchasing fresh fruits and vegetables, and it also provides training, technical assistance, evaluation, and informational support services to applicants and grantees, which consist of nonprofit organizations and governmental agencies.[40] From 2019 to 2024, GusNIP provided over $330 million to more than 250 projects nationwide.[41]State and local governments can benefit from using GusNIP to meet the DGAC's recommendations to encourage the consumption of more plant-based proteins such as beans, peas, and lentils, particularly among low-income constituents.

- Congress should continue to fund, and seek to expand, GusNIP through the next Farm Bill.
- USDA should prioritize recruitment and support for diverse types of retailers to participate in GusNIP, including farmers' markets, to expand access to culturally desirable, nutritious food.

## Local Food Programs

Federal investment in locally and regionally sourced foods is an effective way to improve access to nutritious and sustainable foods, supporting healthy communities and farmers.

- Congress and USDA should reinstate, support, and expand the Local Food for Schools Cooperative Agreement Program (LFS), Local Food Promotion Program (LFPP), and Local Food Purchase Assistance Cooperative Agreement Program (LFPA), which fund local food purchases and expansion of access to locally and regionally produced foods.[42]
- Congress and USDA should increase support for programs that bolster local and regional food markets and infrastructure, such as the Local Agriculture Market Program (LAMP), Farmers Market Promotion Program, and Regional Food Business Centers Program.

## Organic Food Access

Organic foods tend to be more expensive and less accessible to those with lower incomes or less access to grocery stores selling fresh produce, creating unequal access to foods produced with fewer pesticides. The federal government has previously made efforts to support organic production but has thus far failed to advance initiatives, like subsidies or incentives, that would directly make organic foods more affordable for consumers.

- Congress should pass legislation to direct USDA to subsidize or incentivize organic purchases through its existing food assistance programs, including SNAP, WIC, and school food and local food programs.
- USDA should remove barriers to farmers who want to transition to organic practices and expand their markets through programs like the Organic Transition Initiative (OTI), Organic Certification Cost-Share Program, and Organic Marketing Development Grant.

## SNAP-Ed

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is a federal program that supports SNAP recipients by funding organizations and projects focused on nutrition education, social marketing, and policy, systems, and environmental change, with the goal of promoting healthy practices consistent with the Dietary Guidelines for Americans. However, in July 2025, Congress eliminated funding for SNAP-Ed.

Congress should reinstate SNAP-Ed funding to support food banks and programs providing food and education to low-income families on how to eat healthily and sustainably within their budget.

## USDA Food Distribution Programs

USDA's food distribution programs, such as The Emergency Food Assistance Program (TEFAP), the Commodity Supplemental Food Program (CSFP), and Food Distribution Program on Indian Reservations

(FDPIR) all provide billions of dollars' worth of food to communities in need.[43] One analysis found that these three programs generally consist of more nutritious foods than the average American diet, but they are still not legally required to follow the DGA.[44]

- USDA should continue to improve alignment between these programs' offerings and healthy and sustainable nutritional standards by adopting nutrition guidelines based on the Healthy and Sustainable DGA for its food distribution programs and increasing plant-based food offerings in these programs.

- USDA should add fresh produce to the CSFP and expand the Self-Determination Demonstration Project, which provides local and culturally desirable foods through FDPIR.[45]

- The Federal Food Donation Act (FFDA), which encourages federal agencies and their contractors to donate excess food, could be amended to incentivize the donation of nutritious and sustainably sourced foods.[46]

- The USDA should explore opportunities to facilitate school district procurement of commodities/USDA Foods that are produced and procured in an environmentally sustainable way and incentivize purchases of more fruits, vegetables, whole grains, legumes, and nuts and seeds through the program. USDA should also encourage districts to utilize procurement specifications such as "locally grown," "locally raised," and "locally caught" and finalize additional procurement specifications that promote environmentally sustainable foods.

    - The EFFECTIVE Food Procurement Act, currently in Congress, would require USDA to procure a sufficient variety of foods that meet standards for sustainability and climate change mitigation, equitability, resilient food systems (including organics), and environmental co-benefits including improving soil and water quality, increasing biodiversity and conservation, and reducing the spread of invasive species.[47]

## USDA School Meal Programs

USDA's school meal programs, including the National School Lunch Program (NSLP) and the School Breakfast Program, are required to follow DGA guidance. The NSLP has an annual budget of $17.2 billion and provided more than 4.6 billion meals in FY2023, so the program is an important lever for change in our food system. Implementing more sustainable dietary guidelines can impact the health of millions of schoolchildren and the planet.

- Congress should pass the Plant Powered School Meals Pilot Act, a bill that would provide pilot program funding to help schools obtain and serve healthier and more climate-friendly plant-based food options to students. This would help remove some of the financial burden from school districts and states to make it easier to provide fresh, nutritious, sustainable foods to students.

- USDA should expand the Fresh Fruit and Vegetables Program, which supports the availability of nutritious, plant-forward foods in school cafeterias by providing free fresh fruits and vegetables to children at eligible elementary schools, to include all grades and schools.

# State and Local Governments

## Good Food Purchasing

State and local governments can catalyze a sustainable and just food system transformation by leveraging their substantial purchasing power to drive change throughout the supply chain.[48] Local procurement offers health and sustainability benefits by reducing transportation emissions and packaging waste, supporting local farmers and economies, ensuring a more transparent and reliable food supply, and often providing fresher, higher-quality seasonal produce.

- The Good Food Purchasing Program provides a comprehensive set of tools, technical support, and resources to support public institutions in shifting their food purchases (procurement) toward a model that prioritizes local economies, nutrition, a valued workforce, environmental sustainability and animal welfare.[49] The Center for Good Food Purchasing works with institutions to improve and evaluate their food procurement based on clear metrics. The program has been adopted into policy in 20 cities, counties, and school districts, and additional states and localities have active campaigns.[50] Here are some ways to help and participate:
    - Support a GFPP campaign in your city.
    - Connect with the Center for Good Food Purchasing or look through their Action Planning Toolkit to explore implementing GFPP at your institution.
    - Understand the benefit of more sustainable food procurement with their impact calculators.

- The Center for Science in the Public Interest has a toolkit to support advocacy and implementation of healthy, values-aligned government food purchasing and food service.[51] The toolkit provides resources for developing, implementing, and evaluating values-aligned food purchasing and service policies at your institution.

## School Meal Programs

While public school meal programs receive federal funding, there are many actions that state and local governments and school nutrition coordinators can take to provide students with better access to fresh, healthy, and sustainable foods and a healthier food environment.

- Local policymakers and school administrators should support policies that establish a minimum of 20 minutes for Time To Eat (TTE) and require recess to be scheduled before lunch.[52] For many students, lunch periods offer just enough time to make it through the lunch line, but not enough to consume their meal, use the restroom, and socialize. When children are given more time to eat, less food is wasted and more fruits and vegetables are consumed.[53, 54] The Centers for Disease Control and Prevention recommends that students be given at least 20 minutes to eat their lunch once they have received their meal (30 minutes total for the lunch break).[55]
- Schools can seek funding for a community garden and integrate the produce into school meals and taste tests to encourage plant-forward eating among students. See the Community Garden section below.
- Local institutions should pass legislation that seeks to improve the environmental sustainability of school meals programs and should appropriate funds to support implementation and monitoring.
- States should include funding in their state budgets to support school districts in transitioning to meals with lower environmental impact, including school kitchen infrastructure and staff training.
- States should seek to refund Farm to School programs and policies, which benefit the environment, local economies, and students' food system knowledge by encouraging procurement from local farms, promoting local foods in cafeterias, building school gardens, and creating educational activities related to agriculture, health, and nutrition.[56] As of the USDA's 2022-2023 Farm to School Census, 74.1% of schools participated in at least one farm to school program, but we can reach 100%.[57]

## Statewide Organic Waste Bans and Reduction

Reducing food loss and waste is a critical element of a prosperous and sustainable food system. Organic waste bans prohibit organic food waste, which produces an enormous amount of methane during decomposition, from entering landfills and incinerators, and instead directs them to be recycled.[58] Organic waste bans also support food security by diverting excess food to donation centers.[59]

- More states should continue to pass and implement organic waste bans. As of 2024, 10 states have organic waste bans: California, Connecticut, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont, and Washington.[60] Vermont's Food Scrap Ban, which bans the disposal of food scraps in trash and landfills, resulted in a 15% reduction in residential food waste landfill disposal after its first three years.[61]
- States should invest more in consumer education programs around the importance of reducing food waste with an emphasis on prevention.


# Community-Based Programs

## Community Gardens

Research has shown that community gardens create a multitude of benefits for public health and physical and emotional wellbeing, such as providing fresh fruits and vegetables to community members, encouraging local sustainability, improving food security in urban areas, promoting civic engagement and social cohesion, and providing nutrition education.[62, 63, 64, 65]

- Community-based organizations with the means to do so should seek to invest in community gardens to encourage sustainable food production and consumption at the local level. Funding and other support can come through local initiatives, community volunteers, or national nonprofits that provide support and grants, such as the American Public Gardens Association. USDA also has a small community-gardens grant program called The People's Garden.

- Municipal governments should make it as easy as possible to build community gardens by providing affordable or free land and water access and administrative support.[66] Both state and municipal governments should provide grants for community gardens and urban agriculture.

## Food Banks

Local food banks can play an important role in serving the nutritional needs of their communities by prioritizing donations of healthy, plant-forward, and sustainable food and beverages. After the start of the COVID-19 pandemic, food banks in the United States saw a 55% increase in the number of people they serve,[67] with more than 50 million individuals relying on charitable food systems in 2023.[68]

- Food bank organizations may set policies to prioritize accepting healthy *and* sustainable foods to help improve access to these foods to millions of Americans who depend on food assistance. Examples of organizations that have implemented such policies include the Food Bank of Central New York, which supplies foods in accordance with the DGA,[69] and the Los Angeles Regional Food Bank, which commits to supplying "high-quality, nutritious and culturally appropriate food."[70]

- Introduce or strengthen state-funded farm-to-food bank (FTFB) programs: People who rely on the charitable food system prefer and deserve nutritious food,[71] but a 2018 report found that 25% of food bank distributions are unhealthy.[72] FTFBs can increase nutritious donations while also supporting local agriculture.

- Food banks can partner with community organizations and local chefs to offer classes on nutrition and cooking to increase knowledge around preparing easy, healthy meals. Food banks can also seek partnerships with chefs and volunteers to prepare healthy meals from donated and rescued food for clients who may not have time or access to a kitchen for meal preparation.

## Food Justice Organizations

Organizations that work to ensure equitable access to nutritious foods can use these guidelines to support their standards for healthy diets that promote a just and sustainable food system.

- Hunger relief organizations that seek to provide healthy and culturally appropriate food can use these guidelines as standards for the types of foods they provide to constituents.

- Food justice and food sovereignty organizations can use these guidelines in their advocacy for just and sustainable government food policies and to support community education on the connection between nutrition, food system resilience, and food sovereignty.

# References


[1] 2025 Dietary Guidelines Advisory Committee. 2024. *Scientific Report of the 2025 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Health and Human Services and Secretary of Agriculture*; p. 78. U.S. Department of Health and Human Services. https://doi.org/10.52570/DGAC2025

[2] U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015–2020 Dietary Guidelines for Americans*; p. 64. 8th Edition. December 2015. Available at https://odphp.health.gov/dietaryguidelines/2015/guidelines/.

[3] What is MyPlate? USDA MyPlate. Accessed July 7, 2025. https://www.myplate.gov/eat-healthy/what-is-myplate

[4] Harvard T.H. Chan School of Public Health. *Healthy Eating Plate.* Accessed July 7, 2025. https://nutritionsource.hsph.harvard.edu/healthy-eating-plate/

[5] Harvard T.H. Chan School of Public Health. *Plate and the Planet.* Accessed July 7, 2025. https://nutritionsource.hsph.harvard.edu/sustainability/plate-and-planet/

[6] Harvard T.H. Chan School of Public Health. *Healthy Eating Plate vs. USDA's MyPlate.* Accessed July 7, 2025. https://nutritionsource.hsph.harvard.edu/healthy-eating-plate-vs-usda-myplate/

[7] Harvard T.H. Chan School of Public Health. *Plate and the Planet.* Accessed July 7, 2025. https://nutritionsource.hsph.harvard.edu/sustainability/plate-and-planet/

[8] Willett W, Rockström J, Loken B, Springmann M, Lang T, Vermeulen S, et al. *Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems*. Lancet. 2019;393(10170): 447 – 492. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31788-4/fulltext

[9] 2025 Dietary Guidelines Advisory Committee. (2024). *Scientific Report of the 2025 Dietary Guidelines Advisory Committee.* U.S. Department of Health and Human Services.

[10] *Ibid.*

[11] USDA and HHS. (2020). *Dietary Guidelines for Americans, 2020-2025*. U.S. Department of Agriculture and U.S. Department of Health and Human Services.

[12] Pereira MA, O'Reilly E, Augustsson K, et al. (2004). Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *Arch Intern Med. 164*(4):370-376.

[13] Nitzke D, Czermainski J, Rosa C, et al. (2024). Increasing dietary fiber intake for type 2 diabetes mellitus management: A systematic review. *World J Diabetes. 15*(5):1001-1010.

[14] Yusuf K, Saha S, Umar S. (2022). Health Benefits of Dietary Fiber for the Management of Inflammatory Bowel Disease. *Biomedicines*, 10(6):1242. https://www.doi.org/10.3390/biomedicines10061242

[15] Song M, Wu K, Meyerhardt JA, et al. (2018). Fiber intake and survival after colorectal cancer diagnosis. *JAMA Oncol*. 4(1):71-79. https://www.doi.org/10.1001/jamaoncol.2017.3684

[16] Tomova A, Bukovsky I, Rembert E, et al. (2019). The effects of vegetarian and vegan diets on gut microbiota. *Front Nutr*. 6:47. https://www.doi.org/10.3389/ fnut.2019.00047

[17] Nitzke D, Czermainski J, Rosa C, et al. (2024). Increasing dietary fiber intake for type 2 diabetes mellitus management: A systematic review. *World J Diabetes. 15*(5):1001-1010.

[18] Gu X, Drouin-Chartier JP, Sacks FM, et al. (2023). Red meat intake and risk of type 2 diabetes in a prospective cohort study. *Am J Clin Nutr.* 2023.

[19] Gardner CD, Hartle JC, Garrett RD, et al. (2019). Maximizing the intersection of human health and the health of the environment. *Nutr Rev. 77*(4):197-215.

[20] USDA and HHS. (2020). *Dietary Guidelines for Americans, 2020-2025*. U.S. Department of Agriculture and U.S. Department of Health and Human Services.

[21] Papier K, Fensom GK, Knuppel A, et al. (2021). Meat consumption and risk of 25 common conditions: outcome-wide analyses. *BMC Med., 19*(1):53.

[22] Budhathoki S, Sawada N, Iwasaki M, et al. (2019). Association of Animal and Plant Protein Intake With All-Cause and Cause-Specific Mortality. *JAMA Intern Med.*

[23] Health Care Without Harm. (n.d.). *People & planet-friendly food.* https://us.noharm.org/healthy-food/people-planet-friendly-food

[24] *Ibid.*

[25] Reddy, K.R., Aggarwal, M., & Freeman, A.M. (2024). Food is medicine: The time is now. *The American Journal of Medicine, 137*(12), 1180—1183. https://doi.org/10.1016/j.amjmed.2024.08.006

[26] American College of Lifestyle Medicine. (n.d.). *Food as medicine.* https://lifestylemedicine.org/nutrition-as-medicine/

[27] American Heart Association. (n.d.). *Health care by food: Accelerating the integration of food is medicine in health care*. https://www.healthcarexfood.org/

[28] Graber, E. (2022, February 22). *Food as medicine*. American Society for Nutrition. https://nutrition.org/food-as-medicine/

[29] Food Service Guidelines Federal Workgroup. (2017). *Food service guidelines for federal facilities.* U.S. Department of Health and Human Services. https://www.cdc.gov/food-service-guidelines-toolkit/media/Food-Service-Guidelines-for-Federal-Facilities-508.pdf
[30] Center for Science in the Public Interest. (2022). *Sign-on letter to the White House for Food Service Guidelines for Federal Facilities.* https://www.cspi.org/sites/default/files/2022-09/WHC%20FSG%20sign-on%20final%207-15-22%20updated%209-12-22.pdf
[3] Jaglo, K., Kenny, S., & Stephenson, J. (2021, November). *From farm to kitchen: The environmental impacts of U.S. food waste* [EPA 600-R21 171]. U.S. EPA, Office of Research and Development. https://www.epa.gov/system/files/documents/2021-11/from-farm-to-kitchen-the-environmental-impacts-of-u.s.-food-waste_508-tagged.pdf
[32] *Ibid.*
[33] Leib, E.B., & Gunders, D. (2013, September). *The dating game: How confusing food date labels lead to food waste in America* [R:12-09-1]. Harvard Food Law and Policy Clinic and Natural Resources Defense Council. https://chlpi.org/wp-content/uploads/2013/12/dating-game-report.pdf
[34] Hall-Phillips, A., & Shah, P. (2017). Unclarity confusion and expiration date labels in the United States: A consumer perspective. *Journal of Retailing and Consumer Services, 25,* 118–126. https://doi.org/10.1016/j.jretconser.2016.12.007
[35] Neff, R. A., Spiker, M., Rice, C., Schklair, A., Greenberg, S., & Leib, E. B. (2019). Misunderstood food date labels and reported food discards: A survey of U.S. consumer attitudes and behaviors. *Waste management, 86,* 123–132. https://doi.org/10.1016/j.wasman.2019.01.023
[36] Wilson, N.L.W., Rickard, B.J., Saputo, R., & Ho, S. (2017). Food waste: The role of date labels, package size, and product category. *Food Quality and Preference, 55,* 35–44. https://doi.org/10.1016/j.foodqual.2016.08.004
[37] Food Date Labeling, 89 FR 96205 (December 4, 2024). https://www.federalregister.gov/documents/2024/12/04/2024-27810/food-date-labeling
[38] Food Date Labeling Act of 2023, H.R. 3159, 118th Cong. (2023). https://www.congress.gov/bill/118th-congress/house-bill/3159
[39] National Institute of Food and Agriculture. (n.d.). Gus Schumacher nutrition incentive program (GusNIP). U.S. Department of Agriculture. https://www.nifa.usda.gov/grants/programs/hunger-food-security-programs/gus-schumacher-nutrition-incentive-program
[40] *Ibid.*
[41] *Ibid.*
[42] Kelly, L. (2025, March 24). *4 ways to advance food and agriculture policy this year.* Medium. https://medium.com/center-for-biological-diversity/4-ways-to-advance-food-and-agriculture-policy-this-year-5663b2242b8d
[43] Center for Science in the Public Interest. (2021, November). *Policy approaches to healthier food banking.* https://www.cspinet.org/sites/default/files/2022-02/PolicyApproachestoHealthierFoodBankingFINAL.pdf
[44] *Ibid.*
[45] *Ibid.*
[46] Federal Food Donation Act of 2008. 42 USC 1792 (2008). https://www.govinfo.gov/content/pkg/PLAW-110publ247/pdf/PLAW-110publ247.pdf
[47]EFFECTIVE Food Procurement Act, H.R. 6569, 118th Cong. (2023-2024). https://www.congress.gov/bill/118th-congress/house-bill/6569/text
[48] U.S. Department of Agriculture Economic Research Service. (2024). *National School Lunch Program*. https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/national-school-lunchprogram/. Accessed October 28, 2024.
[49] Healthy Future Students and Earth Pilot Program Act, H.R. 3276, 118th Cong. (2023-2024). https://www.congress.gov/bill/118th-congress/house-bill/3276/text
[50] Food and Nutrition Service. (n.d.). *Fresh fruit and vegetable program.* U.S. Department of Agriculture. https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program
[51] Santo R and Fitch C. *Instituting Change: An Overview of Institutional Food Procurement and Recommendations for Improvement*. The Johns Hopkins Center for a Livable Future. February 2016. Accessed July 7, 2025. https://clf.jhsph.edu/sites/default/files/2019-01/Instituting-change.pdf
[52] Center for Good Food Purchasing. *The Good Food Purchasing Values*. Accessed July 7, 2025. https://goodfoodpurchasing.org/good-food-values/
[53] Center for Good Food Purchasing. *Program Reach*. Accessed July 7, 2025. https://goodfoodpurchasing.org/impact/
[54] Center for Science in the Public Interest. *Healthy, Values-Aligned Government Food Purchasing and Food Service*. Accessed July 7, 2025. https://www.cspi.org/page/healthy-values-aligned-government-food-purchasing-and-service-toolkit-advocates
[55] Center for Science in the Public Interest. *No Time to Eat: The Need to Provide Children with Sufficient Time to Eat*. May 2022. Accessed July 7, 2025. https://www.cspi.org/sites/default/files/2022-05/Time%20to%20Eat_draft.pdf
[56] Juliana F.W. Cohen et al. (2016). Amount of Time to Eat Lunch Is Associated with Children's Selection and Consumption

of School Meal Entrée, Fruits, Vegetables, and Milk. *J. Acad of Nutrition and Dietetics,* 123–128.
[57] Burg X, et al. (2021). Effects of Longer Seated Lunch Time on Food Consumption and Waste in Elementary and Middle School–age Children: A Randomized Clinical Trial. *JAMA Netw Open., 4*(6): e2114148. doi:10.1001/jamanetworkopen.2021.14148
[58] Centers for Disease Control and Prevention. (2024). *Time for Lunch*. Accessed July 7, 2025. https://www.cdc.gov/school-nutrition/school-meals/time-for-lunch.html?CDC_AAref_Val=https://www.cdc.gov/healthyschools/nutrition/school_lunch.htm
[59] National Farm to School Network. *What is Farm to School?* Accessed July 7, 2022. https://www.farmtoschool.org/about/what-is-farm-to-school
[60] USDA. *Farm to School Census*. Accessed July 7, 2025. https://farmtoschoolcensus.fns.usda.gov/
[61] Food Law and Policy Clinic at Harvard Law School and Center for EcoTechnology. (2019, July). *Band and beyond: Designing and implementing organic waste bans and mandatory organics recycling laws.* https://chlpi.org/wp-content/uploads/2013/12/Organic-Waste-Bans_FINAL-compressed.pdf
[62] Center for Science in the Public Interest. (2021, November). *Policy approaches to healthier food banking*. https://www.cspinet.org/sites/default/files/2022-02/PolicyApproachestoHealthierFoodBankingFINAL.pdf
[63] Hoover, D. (2024, September 26). *How state organic waste ban policies can drive food waste reduction.* Natural Resources Defense Council. https://www.nrdc.org/bio/darby-hoover/how-state-organic-waste-ban-policies-can-drive-food-waste-reduction
[64] *Ibid.*
[65] Egli, V., Oliver, M., & Tautolo, E. (2016). The development of a model of community garden benefits to wellbeing. *Preventive Medicine Reports, 3,* 348-352. https://doi.org/10.1016/j.pmedr.2016.04.005
[66] Porter, C.M. (2018). What gardens grow: Outcomes from home and community gardens supported by community-based food justice organizations. *J Agric Food Syst Community Dev., 18*(Suppl 1), 187-205. https://doi.org/10.5304/jafscd.2018.08A.002
[67] Delshad, A.B. (2022). Community gardens: An investment in social cohesion, public health, economic sustainability, and the urban environment. *Urban Forestry & Urban Greening, 70,* 12759. https://doi.org/10.1016/j.ufug.2022.127549
[68] Lovell, R., Husk, K., Bethel, A., & Garside, R. (2014). What are the health and well-being impacts of community gardening for adults and children: a mixed method systematic review protocol. *Environmental Evidence, 3*(20). https://doi.org/10.1186/2047-2382-3-20
[69] Delshad, A.B. (2022). Community gardens: An investment in social cohesion, public health, economic sustainability, and the urban environment. *Urban Forestry & Urban Greening, 70,* 12759. https://doi.org/10.1016/j.ufug.2022.127549
[70] Center for Science in the Public Interest. (2021, November). *Policy approaches to healthier food banking.* https://www.cspinet.org/sites/default/files/2022-02/PolicyApproachestoHealthierFoodBankingFINAL.pdf
[71] Feeding America. (2024). *Charitable food assistance participation.* https://www.feedingamerica.org/research/charitable-food-assistance-participation
[72] Food Bank of Central New York. (n.d.). *Our nutrition policy*. https://foodbankcny.org/nutrition-information/nutrition-policy/
[73] Los Angeles Regional Food Bank. (n.d.). *Nutrition at the Los Angeles Regional Food Bank.* https://www.lafoodbank.org/programs/nutrition/
[74] Campbell, et al. Food Preferences of Users of the Emergency Food System. (2011). *Journal of Hunger & Environmental Nutrition, 6*:2, 179-187.
[75] Feldman M, Schwartz MB, PhD. (2018). A Tipping Point. *MAZON: A Jewish Response to Hunger.* https://mazon.org/wpcontent/uploads/MAZON-Report-TippingPoint.pdf. Accessed June 2022.