



“GO FOR GREEN” Procedures and Instructions

“Go For Green” Dining Facility Nutrition Education Program

The “Go for Green” program is the Army’s dining facility nutrition education program. “Go for Green” is a nutritional recognition labeling system providing the Soldier with a quick assessment of the nutritional value of menu offerings and food products in the dining facility. The menu offerings and food items are labeled green (eat often), amber (eat occasionally), and red (eat rarely) based on the impact the food can have on a Soldier’s performance. For example, foods labeled green are high performance foods that can positively impact a Soldier’s performance and foods labeled red are performance inhibiting foods which can negatively impact a Soldier performance. The program has posters and menu cards for the serving line providing explanation of the Color coding system.

PROCEDURES ARE WRITTEN IN ACCORDANCE WITH ARMY REGULATIONS:

□ AR 30-22- The Army Food Program

Chapter 3-22. Menu planning-A major responsibility of the FOS is to ensure that diners have nutritionally adequate menu choices.

Chapter 3-55b. The FPM will ensure that a food safety and nutrition education program is provided for the customers of the dining facility. Training and education, as a minimum, will convey the points that—(1) Healthy food choices provide a diet that is nutrient dense with recommended intakes of vitamins and mineral, high fiber, moderate protein, and much lower levels of saturated fat, sodium, sugar, cholesterol, and preservatives than is typical of the most current eating patterns. (2) Healthy foods typically have minimal food processing technologies applied to them. (3) A healthy, balanced diet combined with other lifestyle choices leads to increased resistance to disease, better daily performance, and a better sense of well-being.

Chapter 3-56a. The FPM will ensure that the following actions are taken to apply nutrition principles to the installation foodservice program: (1) Dining facilities will provide both healthy choices and highly acceptable food items for diner selection through the entire serving period for each meal. (2) Food item catalogs and master item files will be reviewed and updated at least semiannually to include a wide variety of food items that are available for the production of healthy menu choices. (3) Training is provided to all food service personnel on food items and preparation techniques that support health and nutrition goals.(4) Training and promotional materials that educate customers and reinforce the benefits of choosing a nutritionally sound and balanced meal are available and promoted at each dining facility.

□ AR 40-25 Nutrition Standards and Education.

Chapter 2-1f – The DOD installation and hospital dining facilities should serve as models to help military members, family members and DOD employees meet recommended nutritional guidelines.

Chapter 3-1. All services will provide military members with a fundamental knowledge



of nutrition to maximize performance, maintain long-term good health, and sustain morale. To provide a consistent message, nutrition education will incorporate the Food Guide Pyramid (MyPyramid) and the Dietary Guidelines for Americans.

□ **AR 600-9 The Army Weight Control Program.**

3.1b – Commanders and supervisors will provide educational and other motivational programs to encourage personnel to attain and maintain proper weight (body fat) standards

□ **AR 600-63 Army Health Promotion.**

Chapter 2-4 and 2-5 – Commanders will ensure that nutrition information, education and counseling programs are provided to soldiers, family members, Army civilians and food outlet managers in activities under their control. Commanders and supervisors will provide educational and other motivational programs to ensure they maintain proper body weight.

INSTRUCTIONS & RESPONSIBILITIES:

Food Program Manager, Officer in Charge (OIC), and Non-Commissioned Officer in Charge (NCOIC)

- Brief Command group on the “Go for Green” Food Identification Program and its goals to educate diners.
- Establish and maintain the “Go for Green” Food Identification Program in the dining facility to help educate patrons on healthy food choices.
- Download “Go for Green” posters and menu cards from the JCCoE website and provide to your local DLA-DS (Document Services) for printing. Be sure to order the appropriate number of materials (posters/cards, etc) for each of your dining facilities.
- Only a small number of recipes are pre-printed on the color-coded menu cards. For all other recipes in TM 10-412, or local recipes, consult Installation Dietitian or JCCoE dietitian for guidance on correct color code. As a resource, the Installation Dietitian and the Food Program Manager can refer to the following: *Go for Green Program Criteria* and the *Coded Armed Forces Recipe Nutrition Analysis* which help to identify recipe card items as GREEN, AMBER, RED. These resources will be placed on the JCCoE website under Quality Assurance Division and clicking on the Nutrition Information tab or by pasting the url below into web browser:
http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/nutrition/nutrition_main.html
- For recipes that are not on pre-printed cards, download blank color-coded cards from the JCCoE website and provide to your DLA-DS for printing. Provide the dietitian with a list of recipes that need coding. After the dietitian provides the correct color code for the recipe, the name of the recipe will need to be written legibly on the blank color-coded menu card preferably in Black ink/marker for diners to read. Consider laminating menu cards and purchasing black erasable markers/pens so that cards can be reused and written on again.
- Consider purchasing merchandizing items for the cards. This is not a requirement but it helps to ensure cards are displayed in an attractive manner. Some recommended items:



Repositional sign pockets, suction-type acrylic label holders, flex-clips or other signage holders for the red, amber, green labels (business card size). The idea is to make the label readily visible, but in a neat, clean organized manner for your layout.

- Repositionable Sign Pocket 2 X 3 ½
- Suction Cup Holder Sign Cards 2X4
- Flex-clip Holder 4 ½” or 8 ½” (for bowls, pans or other displays. Can wrap around basket handles)
- Train dining facility staff on the “Go for Green” Food Identification Program and document training.
- Monitor the labeling of the food products at meals to ensure they are accurately depicted with the green, amber and red cards based on the nutrition criteria.
- Market the “Go for Green” Food Identification Program to motivate and educate diners on healthy choices in the dining facility using posters and menu cards.

Dining Facility Managers/Cook Supervisors/Shift Leaders

- Hang poster where visible to patrons in the dining facility and make educational materials readily available to customers.
- Label all food items on the serving line.
- Ensure all food items have correct green, amber or red labels for each meal service.
- Ensure a system is in place to keep labels neat, clean and professional. Replace labels as needed and discard dirty, discolored or illegible labels.

Installation Dietitian

- Provide expertise and guidance to FPMs and dining facility managers on implementing “Go for Green.”
- When reviewing the menu, analyze recipes and provide correct color code based on local products/ingredients used and/or by using these resources: *Go for Green Program Criteria* and the *Coded Armed Forces Recipe Nutrition Analysis* which help to identify recipe card items in TM 10-412 as GREEN, AMBER, RED. These resources will be placed on the JCCoE website under Quality Assurance Division and clicking on the Nutrition Information tab or by pasting the url below into web browser:

http://www.quartermaster.army.mil/jccoe/Operations_Directorate/QUAD/nutrition/nutrition_main.html