

Innovative Strategies for Stronger Military Nutrition Environments



May 20, 2026

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Webinar Essentials



Visit the event page to download a copy of the webinar slides and any additional resources.



Select ***'Everyone'*** from the drop-down menu when commenting in the chat pod.



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OneOp.org/learn/160108/

About OneOp

*Supporting your work so you can
better support military families.*

Who We Are

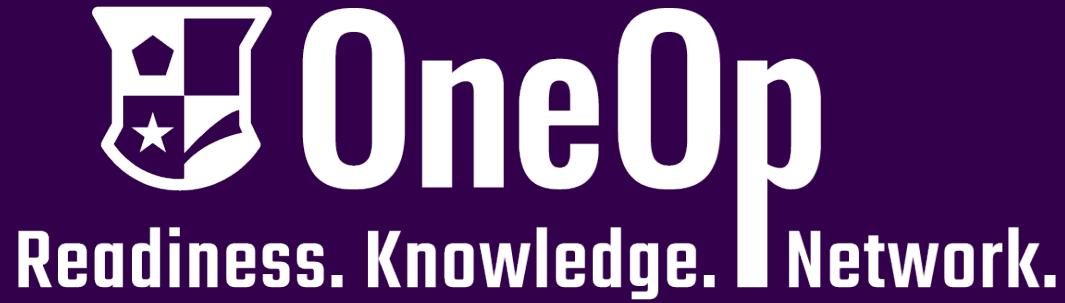
A DoW & Cooperative
Extension partnership
supporting
professionals who
serve military families.

Our Mission

Strengthening military
family service
providers through
accessible, research-
informed learning.

What We Offer

Free, online
professional
development through
webinars, podcasts,
courses, and more.



The views expressed in this presentation do not necessarily reflect the official policy of the Department of War, U.S. Department of Agriculture, U.S. Government or OneOp. The mention of any entity or product is for informational purposes only.

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Military Family Readiness Policy, U.S. Department of Defense under Award Number 2023-48770-41333.

Today's Presenters



Katie Kirkpatrick, MS, RD, CSSD

*Military Nutrition Environment
Project Manager*
Henry M. Jackson Foundation



Jonathan Scott, PhD, RD, CSSD, LD, FAND

Associate Professor
Department of Military and
Emergency Medicine
Uniformed Services University

Today's Presenters Cont.



Maj Amanda Diaz, MS, RD
Health Promotion Element Chief
Ramstein AB, Germany



Maj Carrissa Thomas, MS, RD, CSSD
Nutritional Medicine Flight Commander
Nellis AFB, Las Vegas

Learning Objectives

Webinar Overview

This webinar will describe research efforts to improve the nutrition environment at Camp Lejeune, North Carolina as well as outside the continental U.S. (OCONUS) installations.

①

Describe how the nutrition environment impacts nutrition readiness for military service members and their families.

②

Illustrate how the military nutrition environment assessment tool (mNEAT) can be used by public health professionals, registered dietitians, food service leaders, health promotion specialists, and providers to assess the food environment.

③

Identify practical ways to improve the nutrition environment at your installation or workplace.

Tools to transform your nutrition environment

Katie Kirkpatrick MS, RD, CSSD
Project Manager, Military Nutrition Environment Team
Henry M. Jackson Foundation, in support of Uniformed Services University



Military Nutrition Environment

Disclosures

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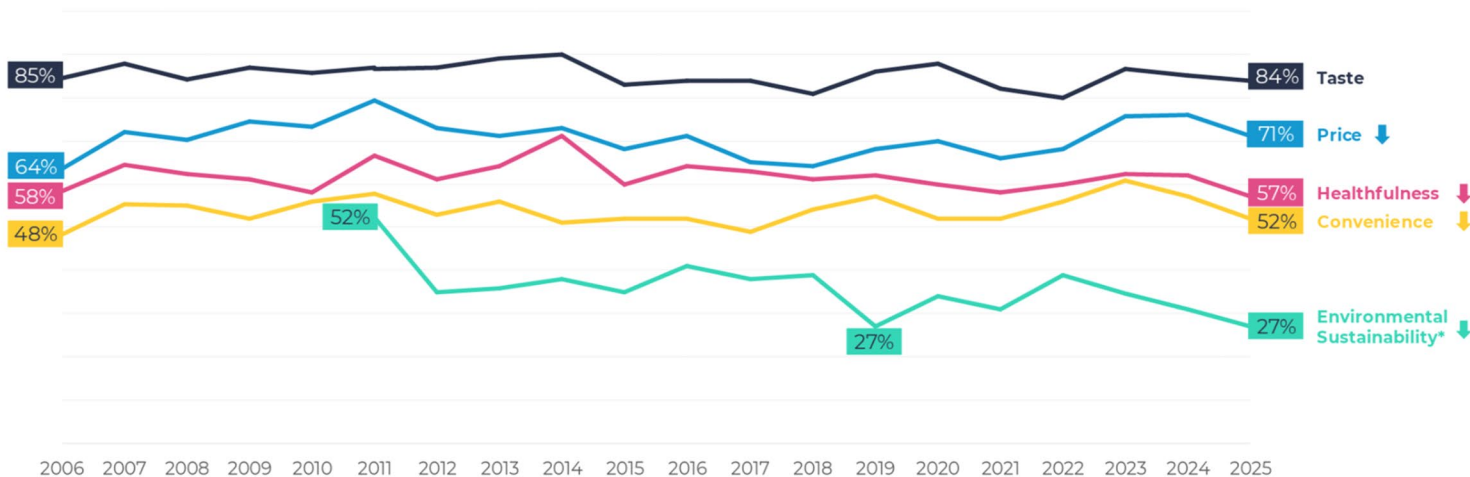
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Taste has been the top food and beverage purchase driver since 2006

For 20 consecutive years, Americans have considered taste a stronger driver of food and beverage purchases than price, healthfulness, or convenience. Since 2011, environmental sustainability has consistently ranked below these factors.

Food and Beverage Purchase Drivers Over Time

(% 4-5 Impact out of 5)



[TREND 2006-2025] G12 How much of an impact do the following have on your decision to buy foods and beverages? (n=3,000)

Note: Responses were rated on a 1-5 scale, where 1 = "No impact" and 5 = "A great impact"

Note: Arrows indicate statistical significance vs. 2024.

*In 2019, "Sustainability" was changed to "Environmental Sustainability"

© 2025 International Food Information Council



Source: USU



Source: DVIDS



Source: USU



Source: USU



Source: DVIDS



Source: DVIDS

Definitions

Military Nutrition Environment (MNE)

All foods, beverages, and dietary supplements available in military settings.

Military Nutrition Environment Assessment Tool (mNEAT)

A standardized tool to evaluate the built food environment on healthy-food policy, availability, and promotion across nine venue types on military installations.



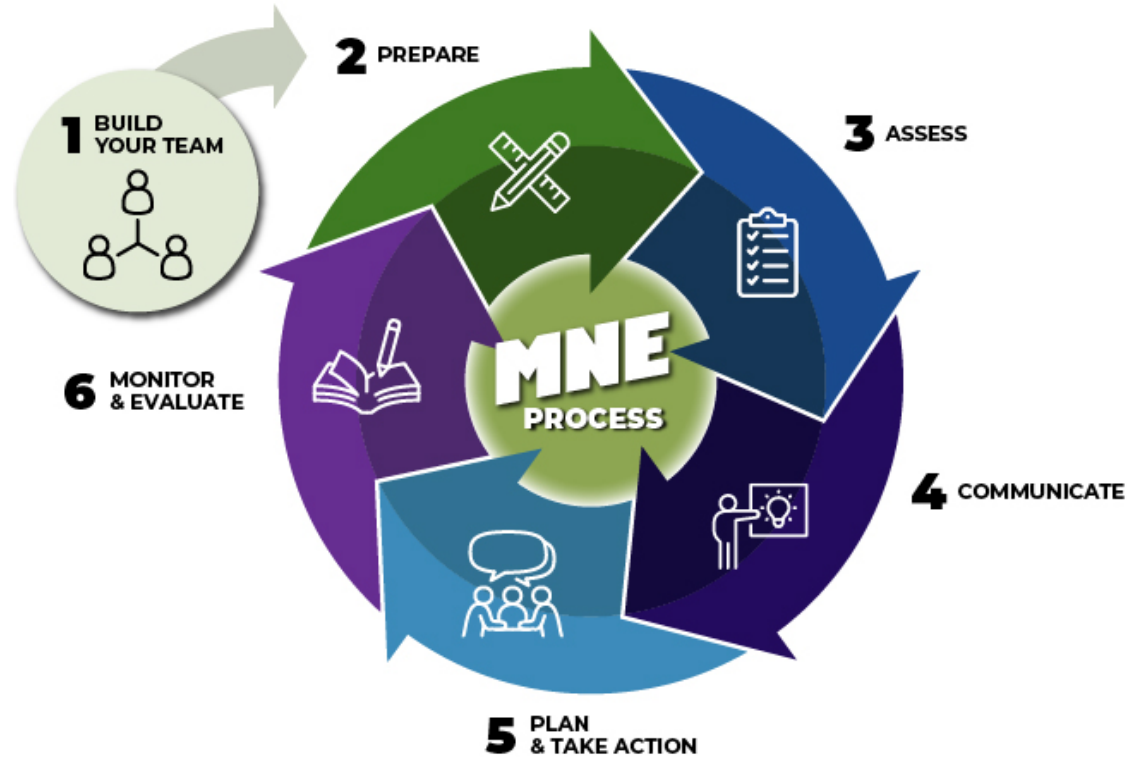
Opportunities for Nutritional Readiness



**Impacts
readiness**

MNE Improvement Process

A framework to
assess and
improve the local
food environment



1: Build your team



Action items

- Gather a variety of stakeholders
- Look for support, resources, and collaboration



Tips from the field

- Leadership support and stakeholder engagement are top facilitators



2: Prepare



Action items

- Use the **Nutrition Environment Landscape Inventory** to gather information on your local food environment
- Identify goals and priorities



Tips from the field

- Review team's resources to develop an assessment plan
- Utilize technology and maintain communication



3: Assess



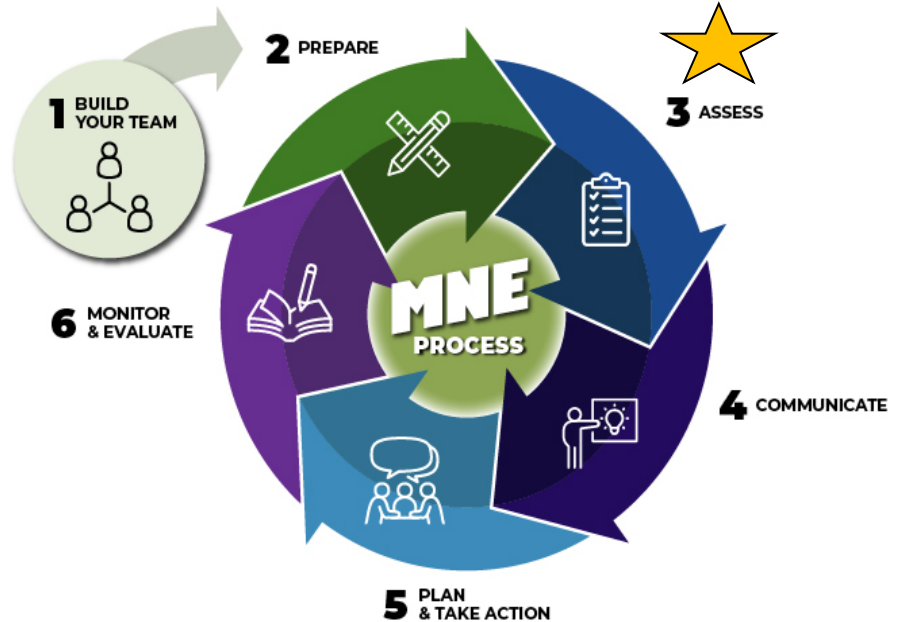
Action items

- Use the **military nutrition environment assessment tool (mNEAT) app** to evaluate across 9 venue types and 3 key categories:
 - Food policy
 - Food availability
 - Behavioral design



Tips from the field

- Communicate with food venues about your assessment plans
- Take and upload photos in mNEAT app



4: Communicate



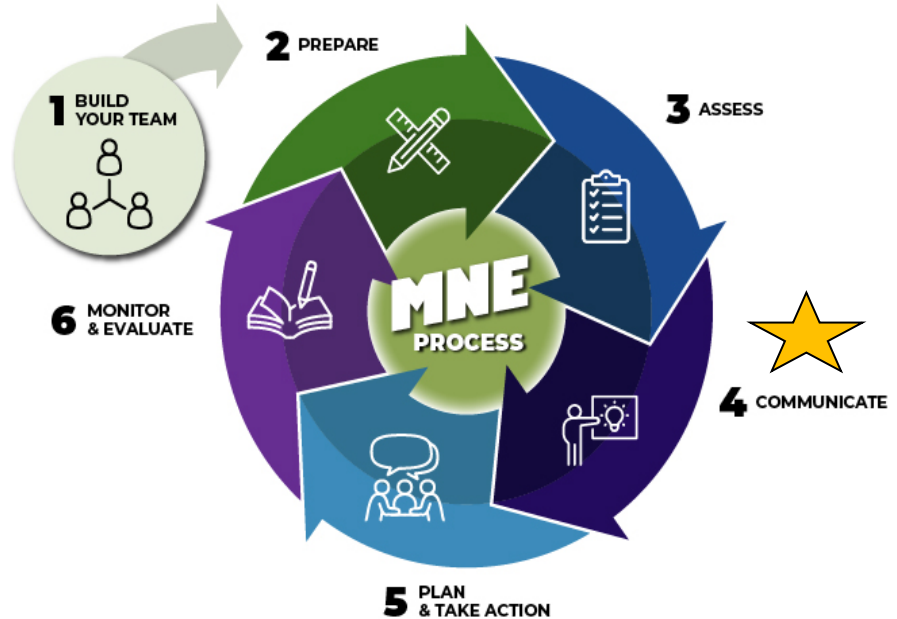
Action items

- Share mNEAT results with food venue operators
- Inform **leadership** about the impact of MNE and share mNEAT results



Tips from the field

- Communicate areas of success
- Identify mutually beneficial opportunities
- Use photo to convey scores



5: Plan & Take Action



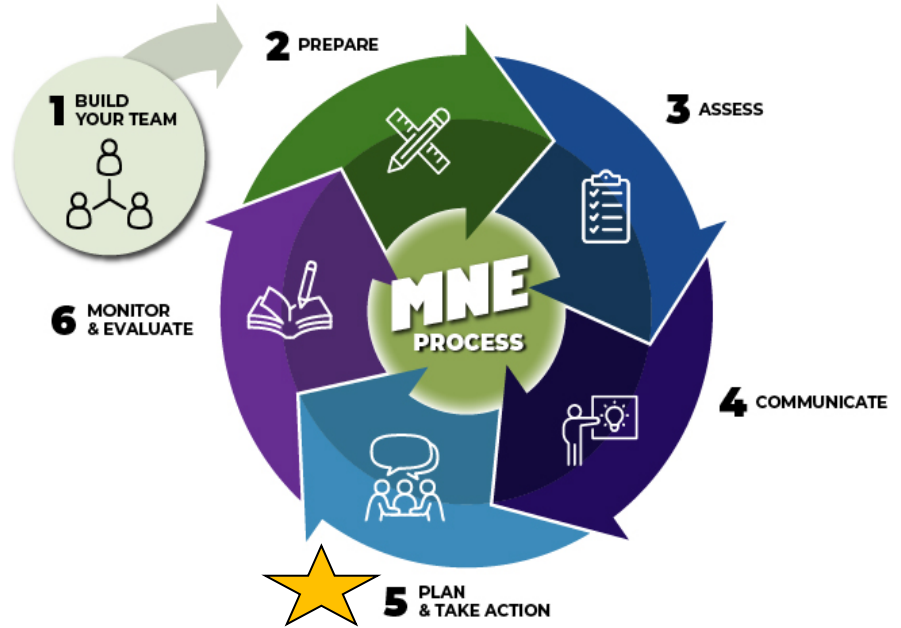
Action items

- Determine a food venue and strategy
- Use **mNEAT's action plan** to develop, track, and report interventions



Tips from the field

- Leverage existing relationships and initiatives
- Consider “low hanging fruit”, easy wins, and supportive partnerships
- Use available programs, such as Go for Green®/Fueled to Fight®



MNE Improvement Strategies

Army Regulation 40-25
OPNAVINST 10110.1MCO 10110.49
AFI 44-141

Medical Services
Nutrition and
Menu
Standards for
Human
Performance
Optimization



MEALS & LUNCHES						
Meal Rotation						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast	Omelet Fruit Raisins (1)	Hamburger Fruit Coke (1)	Chicken Fruit Coke (1)	Salmon Fruit Coke (1)	Beefsteak Fruit Coke (1)	Chicken Fruit Coke (1)
Lunch	Salmon Fruit Coke (1)	Beefsteak Fruit Coke (1)	Chicken Fruit Coke (1)	Salmon Fruit Coke (1)	Beefsteak Fruit Coke (1)	Chicken Fruit Coke (1)
Dinner	Chicken Fruit Coke (1)	Beefsteak Fruit Coke (1)	Chicken Fruit Coke (1)	Salmon Fruit Coke (1)	Beefsteak Fruit Coke (1)	Chicken Fruit Coke (1)
Snack	...	...	...	...	...	...
...	...	...	...	...	...	...



POWER UP WITH PROTEIN

BERRY ALMOND BREAKFAST BOWL
1/2 cup blueberry Greek yogurt + 1/2 cup raisins + 1/2 cup almonds + 1/2 cup granola + 1/2 cup almond butter (optional)
19 grams protein

NUTTY OATMEAL BOWL
1 cup cooked oatmeal + 1/2 cup walnuts + 2 Tbsp raisins + 2 Tbsp cream cheese
16 grams protein

SUNNY SPINACH SALAD
1 cup mixed salad + 1 cup spinach + 2 Tbsp sunflower seeds + 1/2 cup corn and black bean salad + 1/2 cup shredded cheddar + 2 Tbsp Golden Italian dressing
16 grams protein

SPINACH CRUNCH SALAD
1 cup mixed salad + 1 cup spinach + 2 Tbsp raisins + 2 Tbsp sunflower seeds + 1/2 cup corn + 1/2 cup black bean salad + 2 Tbsp Golden Italian dressing
16 grams protein

MEDITERRANEAN TUNA POWER SALAD
1 cup mixed salad + 1 cup spinach + 1/2 cup tuna + 1/2 cup tomatoes + 1/2 cup corn + 1/2 cup black bean salad + 2 Tbsp Greek dressing
19 grams protein

Eat Well PERFORM WELL

USU

3 KEYS TO OPTIMAL NUTRITION

BALANCE

- Eat from all or most of the food groups.
- Eat the right amount for your activity and performance goals.
- Fuel qualified and unqualified from your eating plan.

QUALITY

- Focus on whole foods, fewer processed foods.
- Choose more plants: the more colors, the better.
- Aim for foods with naturally occurring nutrients.

TIMING

- Follow a regular eating pattern.
- Avoid skipping meals or going too long without eating.
- Fuel before, during, and after exercise.

USU

HUMAN PERFORMANCE RESOURCES BY CHAMP / HPER online.org

6: Monitor & Evaluate



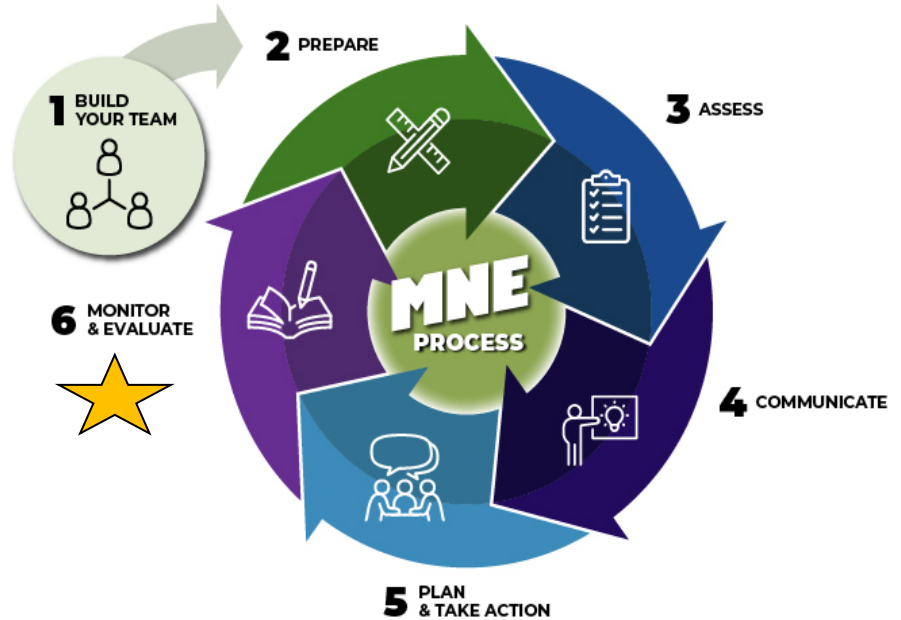
Action items

- Track progress
- What could be changed or improved for better outcomes?
- Reevaluate using mNEAT



Tips from the field

- Obtain feedback from Service Members, diners, stakeholders (surveys, focus groups, informal discussions)
- Identify what further support is needed



How will you transform your nutrition environment?



Source: DVIDS



Visit MNE website



Check out my
local MNE



Start a conversation
about MNE



Sign up for
mNEAT

Thank you!



[HPRC-online.org/nutrition/mne](https://hprc-online.org/nutrition/mne)



mne@usuhs.edu

Marine Corps Community Services Non-Appropriated Fund Healthy Eating Pilot Study

Jonathan Scott, PhD, RD
Associate Professor
Military and Emergency Medicine
Uniformed Services University

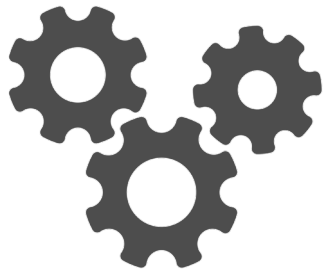


Dr. Scott Disclosures

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The author has no financial interests or relationships to disclose.

Study Objectives



Feasibility

Understand the feasibility and acceptability of implementing F2F nutrition interventions in non-appropriated fund food environments.



Impact

Determine the impact of nutrition interventions on mNEAT scores and purchasing behaviors.

Fueled to Fight® Signage



The Team

- **USU Team:** Katie Kirkpatrick, Melissa Rittenhouse, Deb Robinson, Jonathan Scott, Zina Abourjeily

- **MCCS Team:**

- Headquarters:

- Ric Pomeroy: Branch Head – Food, Hospitality, and Commercial Recreation
- Paul Williamson: Supervisory Food and Beverage Program Manager

- Camp Lejeune & Marine Corps Air Station New River:

- Sarah Wiltgen: Assistant Chief of Staff, MCCS Marine Corps Installation East
- Chris Alger: Deputy Assistant Chief of Staff, MCCS Marine Corps Installation East
- Anthony Rogers: Director, Food & Beverage Division, MCCS Lejeune-New River
- Patrick Larkin: Director, Services Division, MCCS Lejeune-New River
- Charlotte Car, Food Operations Manager, Food & Beverage Division, MCCS Lejeune-New River
- Sonia Sargeant, Manager, French Creek Snack Bar, MCCS Lejeune-New River

Site 1

Snack Bar



Source: CHAMP

- **Who?** Active-duty Marines, civilians, contractors, dependents
- **What?** Quick-service snack bar with made-to-order sandwiches, prepared sandwiches, and sides
- **Where?** Co-located in high-volume Marine Mart (convenience store)
- **When?** M-F 0600-1600

Interventions in Action: Grab & Go Refrigerator



Interventions in Action: Grab & Go Refrigerator

Attention grabber to highlight the healthier cooler and identify Green options

Stickers to highlight Green options

Fill available space with more high-selling Green options (fruit)



Food-promotion poster highlighting healthier options and how to customize them

F2F window cling to highlight row of Green options

Interventions in Action: Food-promotion material in venue entry



Interventions in Action:

Food-promotion message on menu board



Interventions in Action:

Attention grabber to promote healthier sides and highlight Green options in the cooler



ON THE GO?

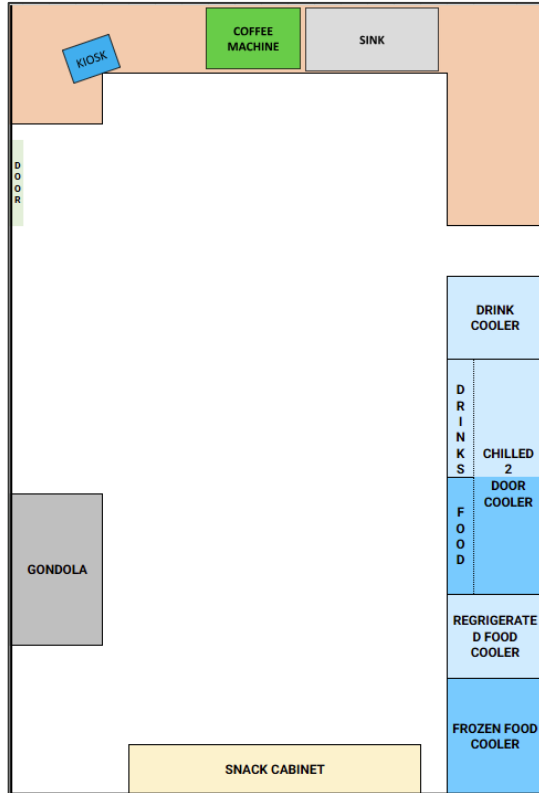
Fuel your day with fresh choices

- ✓ **Roasted Red Pepper Hummus & Pretzels**
A savory snack with a crunch
- ✓ **Fresh Fruits**
Colorful, juicy, and naturally sweet
- Yogurt Parfaits**
Layers of creamy goodness with berries
- Italian & Spicy Italian Wraps**
Freshly made and packed with flavor

LOOK IN THE **GRAB-N-GO COOLER**
BY THE COFFEE
Grab yours today!

Site 2

Micro Mart



Source: MCCC

- ❖ **Who?** Active-duty Marines, retirees, Transition Readiness office staff
- ❖ **What?** Unattended market with drinks, snacks, and packaged frozen sandwiches and meals
- ❖ **Where?** In an office building that also holds training classes
- ❖ **When?** M–F 0800–1600 (building hours)

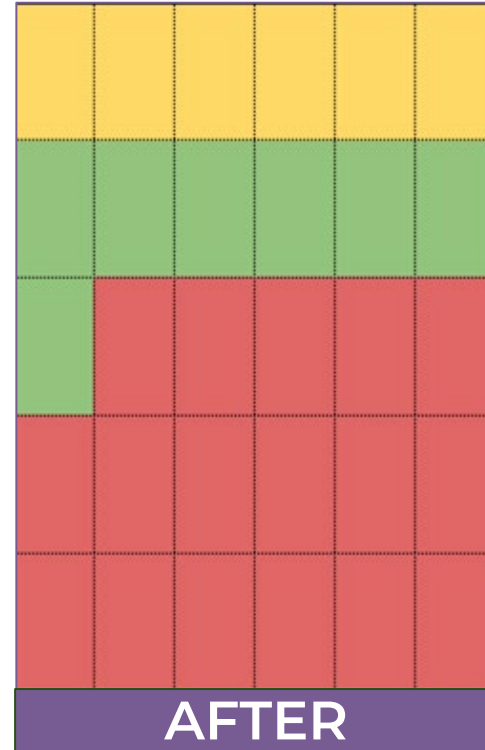
Interventions in Action: Micro Mart drink cooler



Source: CHAMP



Interventions in Action: Micro Mart drink cooler planogram



Interventions in Action

Micro mart food promotion



BEFORE

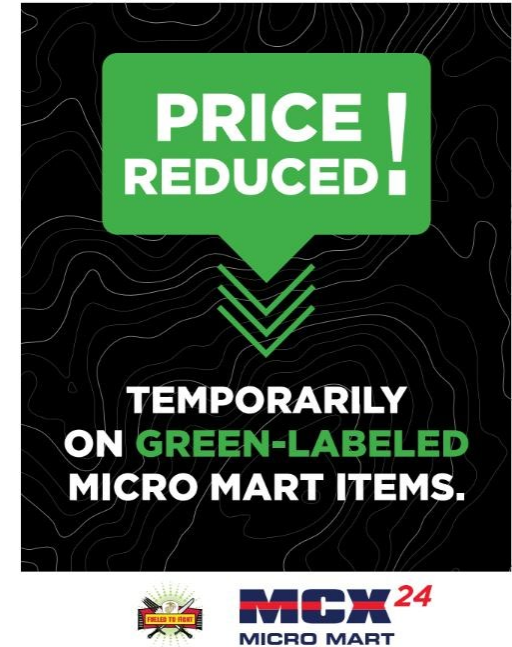
Tags to
highlight
items



AFTER

Call out for
reduced
price

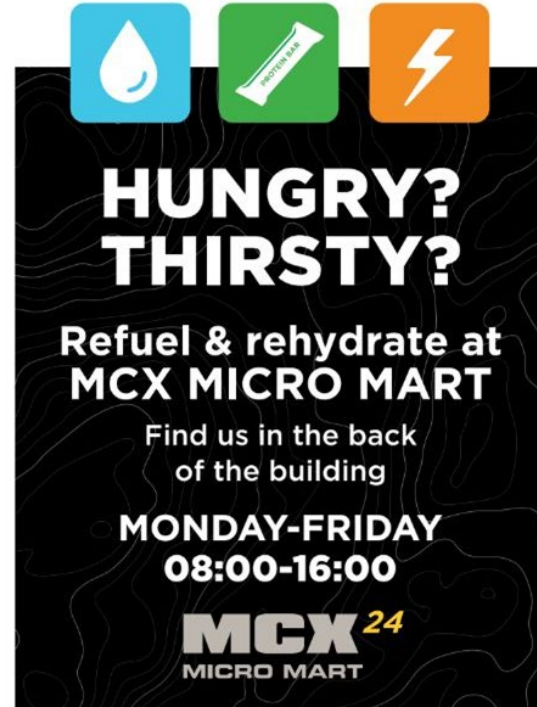
Interventions in Action: Micro Mart Food Promotion



Interventions in Action: Micro Mart Marketing



Source: CHAMP, MCCS



Site 3

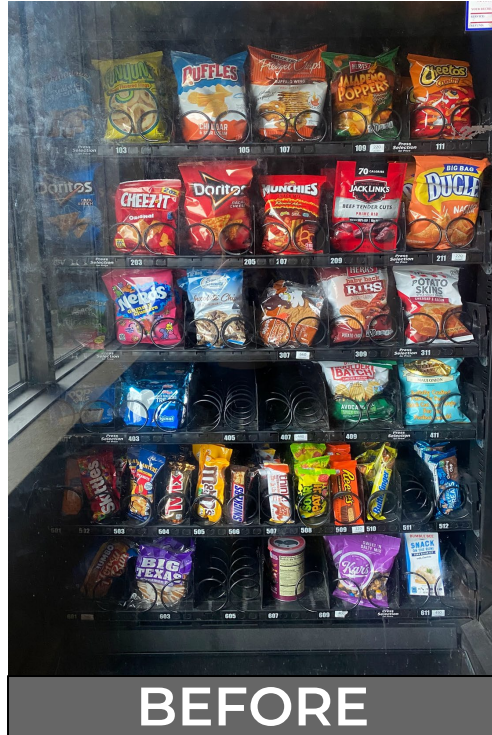
Vending Machines



Source: MCCS

- ❖ **Who?** Active-duty Marines living in barracks
- ❖ **What?** A set of 3 vending machines: one snack, one drink, and one cold food
- ❖ **Where?** Barracks
- ❖ **When?** 24/7

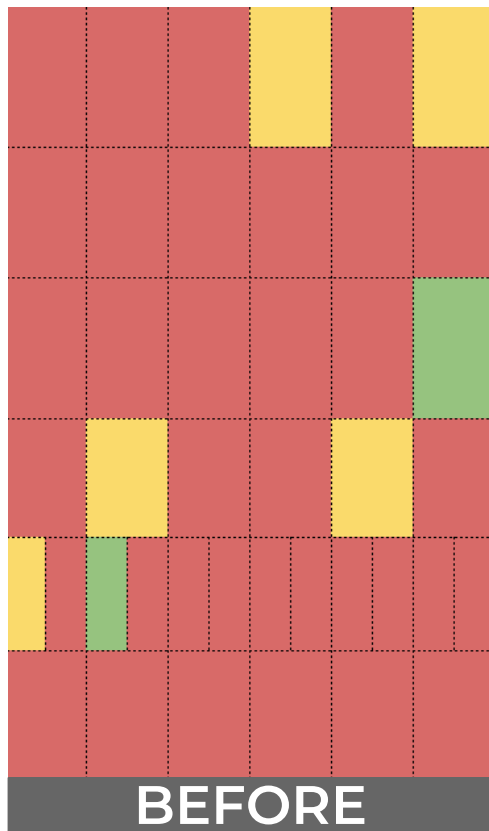
Interventions in Action: Vending Snack Machine



Source: CHAMP, MCCS



Interventions in Action: Vending Snack Machine Planogram



Interventions in Action: Vending Snack Machine Cont.

Stickers to highlight
Green options

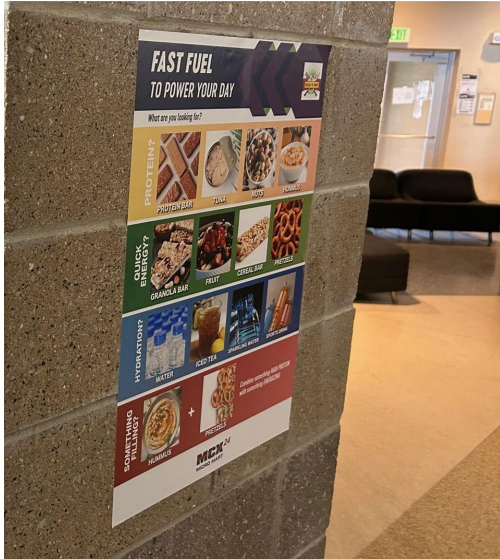
Red options in slots
below eye level



F2F window cling to
highlight rows of Green
options

Source: CHAMP

Interventions in Action: Vending Machines Food Promotion



Source: CHAMP, MCCS

**FAST FUEL
TO POWER YOUR DAY**

What are you looking for?

PROTEIN?	 PROTEIN BAR	 TUNA	 NUTS	 HUMMUS
QUICK ENERGY?	 GRANOLA BAR	 FRUIT	 CEREAL BAR	 PRETZELS
HYDRATION?	 WATER	 ICED TEA	 SPARKLING WATER	 SPORTS DRINK
SOMETHING FILLING?	 HUMMUS	+		 PRETZELS

Combine something **HIGH PROTEIN** with something **ENERGIZING**

MCX²⁴
MICRO MART

**PRICE!
REDUCED!**

**TEMPORARILY
ON GREEN-LABELED
VENDING ITEMS.**



MC²CS
MARINE CORPS
COMMUNITY SERVICES

Key Findings



What Changes Increased mNEAT Scores? Baseline to post-intervention time period

mNEAT category	Snack bar	Micro mart	Vending
Food Policy	0%	0%	n/a
Food Availability	+8%	-1.4%*	n/a
Behavioral Design	+8%	+10.8%	+100%
Overall	+16%	+9.4%	+100%

n/a Vending assessment does not score category

*Freezer outage and low stock in fridge at the time of assessment led to an unexpected decrease in food availability score



Other Findings:

Availability of, sales from, and profit from green-coded items

Venue	Availability of items (bi-weekly avg)		Quantity of items sold (bi-weekly avg)		Profit (bi-weekly avg)		
	G	R	G	R	G	R	Overall
Snack Bar	↑	—	—	—	—	—	↑
Micro Mart	↑	↓	↑	↑	↑	↑	↑
Vending Machines	↑	↓	↑	↑	↑	↑	↑

— Data not available

Acknowledgements

Thank you to MCCS headquarters, MCCS Lejeune-New River, and all food service staff for their support in implementing this pilot study.

QUESTIONS?



[HPRC-online.org/nutrition/MNE](https://hprc-online.org/nutrition/MNE)



[HPRC-online.org/nutrition/go-green](https://hprc-online.org/nutrition/go-green)



[@GoForGreenG4G](https://www.facebook.com/GoForGreenG4G)



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Improving the Nutrition Environment at Laughlin AFB

Maj. Amanda Diaz, MS, RD
Health Promotion Element Chief
Registered Dietitian

Ramstein Health Promotion, 86th Medical Group, Ramstein Air Base

We Are Laughlin

MAJ Diaz Disclosures

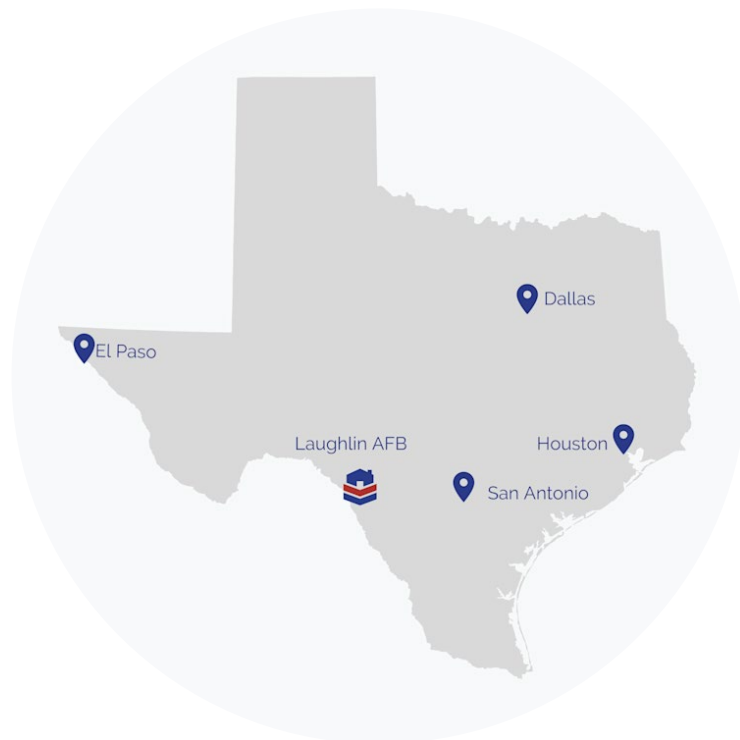
The views expressed are those of the author and do not reflect the official policy or position of the Department of the Air Force, the Department of War, or the U.S. Government. I have no relevant financial relationships or conflicts of interest to disclose.

The opinions shared today are my own and do not represent the views of the Air Force or DoW. I also have no conflicts of interest to report.

Laughlin AFB, Texas

2024 Demographics

- Largest Unit Pilot Training (UPT) Base
- Total Force Strength: 2,721
- Additionally Supports
 - Deployers for Operation Lone Star
- Location: Southwest Texas
 - Border of Mexico
 - ~2 hrs- San Antonio
 - ~2.5 hrs- San Angelo



Laughlin AFB, Texas

Duty Title & Role

Operational Support Team: multi-disciplinary team of medical and human performance professionals that provide evidenced-based intervention to optimize performance and mission readiness.

- Dietitian
- Physical Therapist
- Licensed Social Worker

Embedded Units

- Civil Engineer Squadron
- Force Support Squadron
- Security Forces



Laughlin AFB, Texas Food Environment

- No DFAC
- Commissary
- Cactus Lanes Bowling
- Silver Wings
- Club XL
- The Grounds (coffee/smoothie bar)
- Food Trucks
- MicroMarkets



We Are Laughlin

Healthy Workplace Nutrition Environment Policy

- Snack Bar Guide
- Healthy Meeting Toolkit
- Healthy Lifestyle Guide
- Unit Health Policy

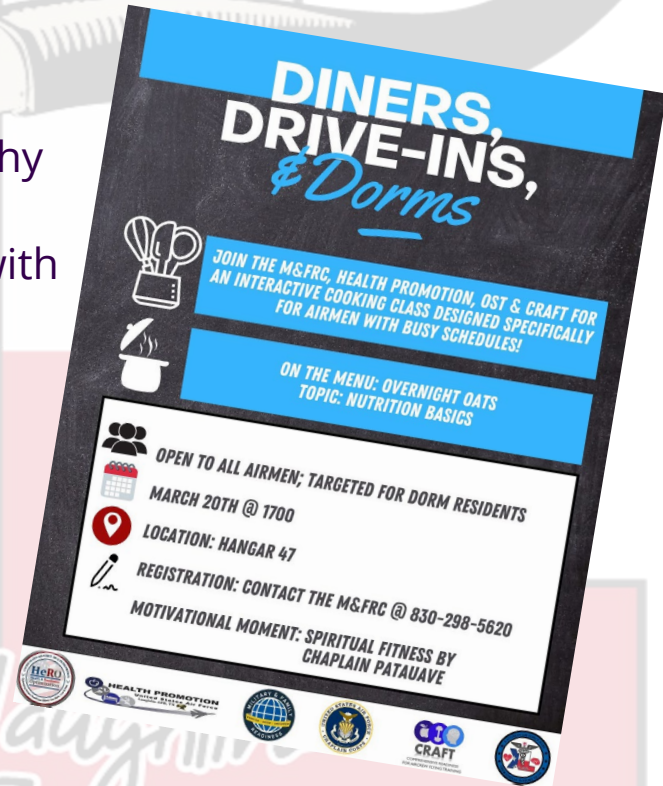


We Are Laughlin

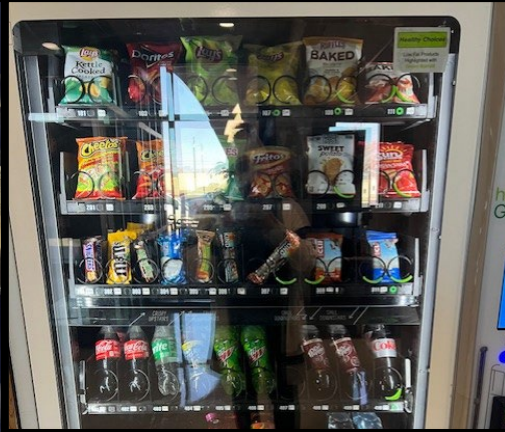
Diners, Drive-Ins, & Dorms

Connect & support nutrition & meal prep efforts between the MDG and M&FRC

- Classes
 - Nutrition Basics
 - Grocery Shopping: Shop your way to Healthy lifestyle
 - Nutrition on-the-Go: How to stay healthy with limited resources
 - Nutrition and Physical Fitness
- Cooking demos
 - Egg bites
 - Overnight oats
 - Pre/post workout snacks
 - Healthy ramen
 - And more



We Are Layne



Just extending a short note that you should be proud of your efforts and your legacy continues to show impact back here at Laughlin. The FSS completed their Grab 'n Go installation inside of SFS and it's operational as of today!

Maj Robert Stone
Security Forces Squadron Commander

Grab N' Go Kiosks/Vending Machines

- Vending Machines
 - Fit Pick Program
 - Locations
- Grab N' Go Kiosks
 - 3 Locations
 - MDG
 - Student building
 - Security Forces Squadron (SFS)
 - Nutrition labels
 - Food Choices



Improving the Nutrition Environment at Incirlik AB

Incirlik Air Base, Türkiye 2023 Demographics



- Total Force Strength: 2,493
- Total Force w/Allies: 3,700
- Additionally Supports:
 - 2 Tenant Units
 - 5 Geographically Separated Units (GSUs)
 - U.S. Consulate in Adana
- All U.S. military lives on base, along with other allies
- Curfew for off-base activities

Location: South Türkiye



Incirlik Air Base, Türkiye

Duty Title & Role



Health Promotion Element Chief: Oversaw clinic to optimize performance through targeted nutrition, fitness, sleep, & tobacco prevention efforts

- Dietitian
- Diet Therapy Technician

Short Tour-1 year



Incirlik Air Base, Turkiye Food Environment

- Sultans Inn DFAC
- Roadhouse
- Lakeside Cafe
- Commissary
- Bun-D
- Starbucks
- Big City Bowl & Diner
- BX/Express
- Other Turkish food establishments



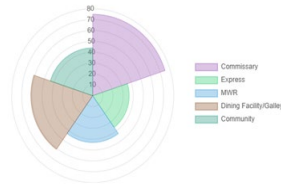


Incirlik's mNEAT Results

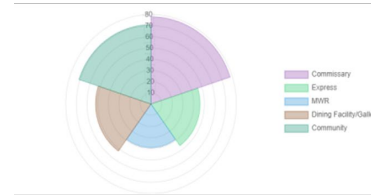
Military Nutrition Environment Assessment Tool (mNEAT)

Annual assessment of nutrition environment across DoD

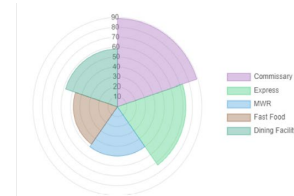
- Nutrient Availability
- Behavioral Design
- Food Policy



2024 Results – 52% Adequacy



2023 Results – 51% Adequacy



2022 Results – 66% Adequacy

The current nutrition-related environment of IAB only moderately supports a performance-based, nutrient-dense dietary pattern.

Commissary Collaboration

 **Incirlik AB Health Promotion**
Mar 19 · 🌐

Join Us for a National Nutrition Month® Celebration!

Celebrate National Nutrition Month® with us this Friday at the commissary! Take a guided tour and discover how food connects us through informed choices.

- Learn how to navigate the commissary and read nutrition labels with confidence.
- Find ways to balance your nutrition while still enjoying the foods you love.
- Easily identify Dietitian-Approved items (look for the green thumbs-up!) for smarter shopping.

Don't miss this opportunity to shop smarter and eat better—see you there!



NEED HELP MAKING DECISIONS IN THE COMMISSARY?

JOIN INCIRLIK'S HEALTH PROMOTION TEAM FOR A COMMISSARY TOUR!

FRIDAY, MARCH 21 @ 1700

Learn About:

- ✔ Nutrition Label Reading
- ✔ Healthy Meal/Snacks Ideas
- ✔ Healthy Swaps
- ✔ Commissary nutrition programs
- ✔ Misleading marketing

Scan QR Code to Register





 **Incirlik AB Health Promotion**
Jun 10 · 🌐

🌱 Chipotle Day (Wednesday, 11 June)! 🌱

Join Health Promotion and your Commissary as we spice things up with flavor and wellness!

Come grab a tasty chipotle-inspired bite AND learn how small changes in your food choices can have a big impact on your long-term health. 🌱💪

👉 Did you know? Choosing lean proteins, fiber-rich beans, and colorful veggies (like the ones in your favorite chipotle bowl!) can boost energy, support heart health, and keep you fuller longer—all without sacrificing

INCIRLIK COMMISSARY
&
AIR FORCE HEALTH PROMOTION
PRESENTS

CHIPOTLE DAY!

CHIPOTLE CHICKEN
CILANTRO LIME RICE
CORN SALSA
FRUIT CUP WITH
TAJIN



BEANS
GUACAMOLE
PICO DE GALLO

\$12.00

**11 JUNE 2025
10:30 - 13:00**





AAFES Updates



Commissary Updates



Before



After



Before



After

Big City Diner Updates



GSU- Site K Updates



Before



After



Lessons Learned

- **Logistical Challenges**

- Overseas and remote installations face unique food supply challenges due to shipping timelines, vendor contracts, and reliance on products sourced from both the continental U.S. and international suppliers.
- Implementing nutrition initiatives in remote settings frequently requires flexibility and creative problem-solving due to operational and logistical constraints.

- **Vendor & Stakeholder Engagement**

- Building rapport with vendors and food service managers through both nutrition environment working groups and individual collaboration can improve communication, increase buy-in, and support implementation efforts.
 - Developing nutrition standards, Go for Green materials, and nutrition information for food establishments is highly time-intensive and often relies on existing recipes, free databases, or manual analysis due to limited standardized resources.
-

Lessons Learned Cont.

- **Staffing & Program Sustainability**

- Short tour lengths, staffing turnover, and gaps between assigned dietitians can make it difficult to sustain long-term nutrition environment initiatives, particularly in positions staffed by a single dietitian.
- Large-scale nutrition environment improvements often require higher-level leadership support, standardized systems, and broader organizational investment to create sustainable change across installations.



Improving the Nutrition Environment at Ramstein Air Base

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Nutritional Medicine Flight Commander

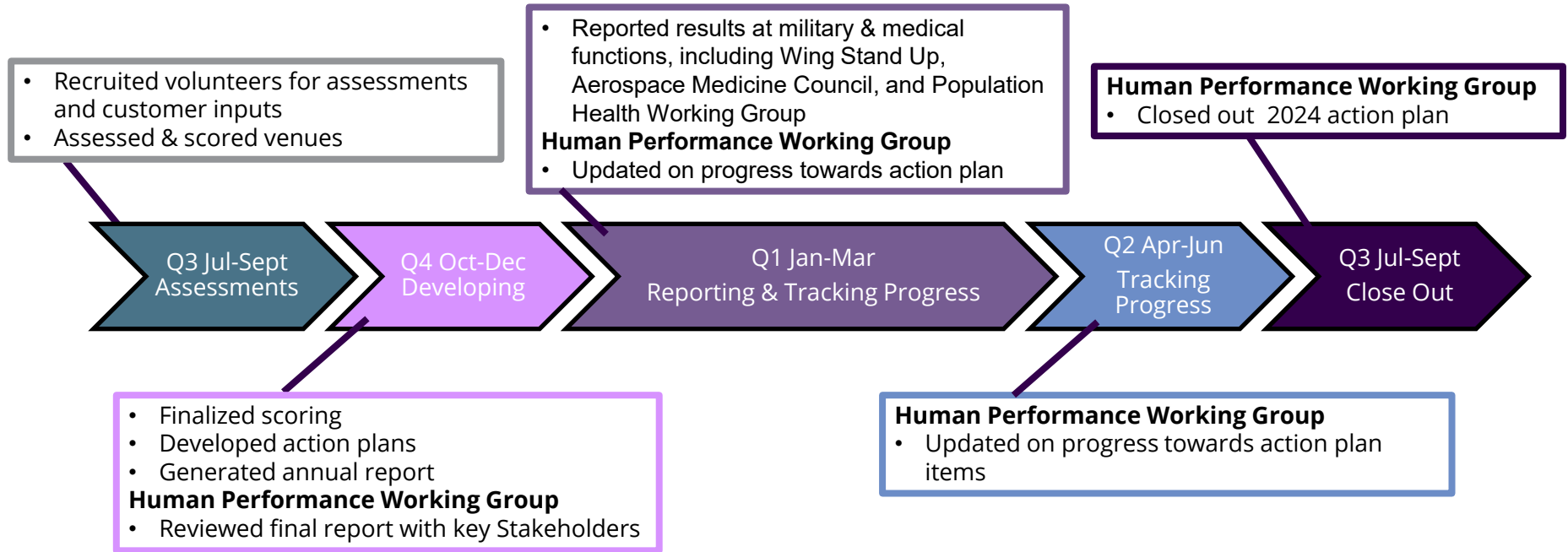
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MAJ Thomas Disclosures

The views expressed are those of the author and do not reflect the official policy or position of the Department of the Air Force, the Department of War, or the U.S. Government. I have no relevant financial relationships or conflicts of interest to disclose.

The opinions shared today are my own and do not represent the views of the Air Force or DoW. I also have no conflicts of interest to report.

Ramstein mNEAT Timeline



Q3 Jul-Sept - ASSESSMENTS

Volunteers

- Meetings & flyers to recruit
 - Dining Facility Food Forum (quarterly)
 - Community Action Team
 - Medical Group staff
 - Radio segment & flyers to email distros
- In-person trainings on scoring system
- Paper copies for walk throughs as small teams
- Notes/feedback afterwards



Q3 Jul-Sept – ASSESSMENTS Cont.

1. Updated list of all venues in region (Ramstein, Vogelweh) & managers or POCs
2. Selected venues to assess for that year
 - Noting mNEAT recs for minimum number of venues for the population/options
3. Reached out to POCs to schedule dates for assessments
4. Organized volunteer schedules and trainings
5. Assessed venues per schedule
 - Answered venue specific questions on paper copies of surveys
 - 5-20 minutes to meet with POCs and/or managers
 - Ask survey questions as needed (5-20 minutes)
 - Feedback on new initiatives / visions for improvement in the future as well as barriers to making improvements
 - 15-60 minutes for each assessment
 - Note feedback from customers & volunteers
 - 5-10 minutes to transcribe electronically later & generate score

Q4 Oct-Dec – DEVELOPING

Finalizing Scoring & Developing Action Plan

1. Electronic scoring on mNEAT website
2. Developed the action plan
 - Emailed individual reports to managers & POCs
 - Meeting versus email traffic with managers & POCs for action plan input
 - What is feasible to fix in 1 year
 - Who could help make it happen
 - Projected timeline for completion

SAMPLE

Ramstein Nutrition Environment Action Plan

The Human Performance Working Group developed an action plan to continue to increase the accessibility and availability of healthier food options on Ramstein and Vogelweh.

DFAC

- Display signage promoting healthy choices within the DFAC I.E. napkin holders
- Ensure “green coded” items are the first/most prominent selection available in the category I.E. hot vegetables, starchy sides, proteins

Commissary

- Increase amount of pre-cut, pre-packaged convenience fruits and vegetables
- Increase healthy pre-packaged snack options located in checkout aisles

MWR

- Train Food and beverage staff in healthy food menu offerings. Instruct staff to encourage healthy eating per AFI 34-101 11.13
- Promote healthier items outside the entrance, so health messaging is visible upon entry

Q4 Oct-Dec – DEVELOPING Cont.



- **Generating Annual Report & Command-Ready Presentation**
 - Executive Summary
 - Discussion of Results
 - Comparison to Previous Year
 - Action Plan
 - PDF Score Reports for reference
 - Pictures from assessments

Q4 Oct-Dec – DEVELOPING

Generating Annual Report + Command-Ready Presentation

SAMPLE Executive Summary

The Military Nutrition Environment Tool (mNEAT) is a needs assessment that is standardized across the Department of Defense (DOD). The purpose of the mNEAT is to enable stakeholders at military installations to assess the nutrition environment and create policies that promote and support healthy eating. Ramstein Health Promotion staff and volunteers are tasked with completing the assessment annually. The Human Performance Working Group is responsible for conducting the surveys, creating an action plan, and working to track progress throughout the year.

SAMPLE Discussion of Results

The overall nutrition environment for Ramstein and Vogelweh improved by 5% over the past year. While surveys and scoring are updated annually, we still believe that this increase is significant and demonstrates trends in a positive direction. The area of greatest improvement was the community, where the score increased from 71% to 100%, followed by the dining facilities which saw a 15% increase in their combined scores from Ramstein and Vogelweh venues. The area of least improvement was the fast-food category, where the score only increased by 4%.



Photo: Community Action Team assists with assessments of fast-food establishments

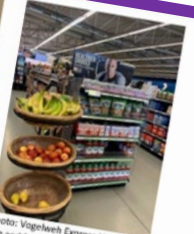


Photo: Vogelweh Express Healthier Choices end cap and fruit display



Photo: DFAC fruit



Photo: DFAC display plate

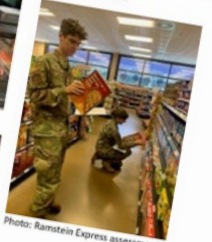


Photo: Ramstein Express assessments

Q4 Oct-Dec – DEVELOPING

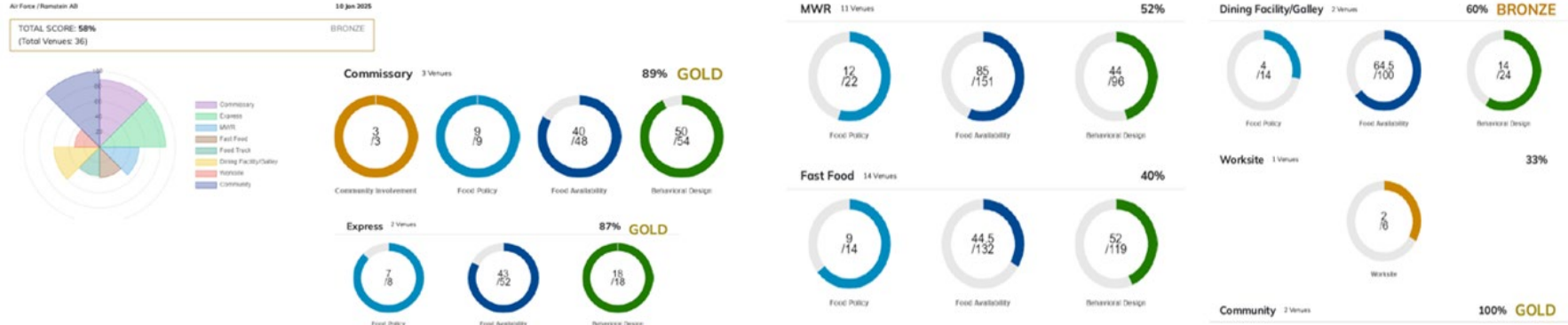
Human Performance Working Group – Quarterly Meeting

- Inviting managers & POCs, volunteers, & medical group personnel & leaders
- Present report findings
- Finalize action plan
- Prepare tailored presentations for various audiences



Q1 Jan-Mar – REPORTING & TRACKING PROGRESS

- Reporting results at military & medical functions:
 - Wing Stand Up
 - Aerospace Medicine Council
 - Population Health Working Group



Q1 Jan-Mar – REPORTING & TRACKING PROGRESS Cont.

Human Performance Working Group – Quarterly Meeting

- Managers, POCs, volunteers, medical group personnel & leaders
- Update on progress towards action plan

Q2 Apr-Jun – TRACKING PROGRESS



Updates to military & medical functions:

- Quarterly to Aerospace Medicine Council
- Quarterly to DFAC food forum
- Quarterly Human Performance Working Group meeting
- Biannual updates to Population Health Working Group

Q2 Apr-Jun – TRACKING PROGRESS Cont.

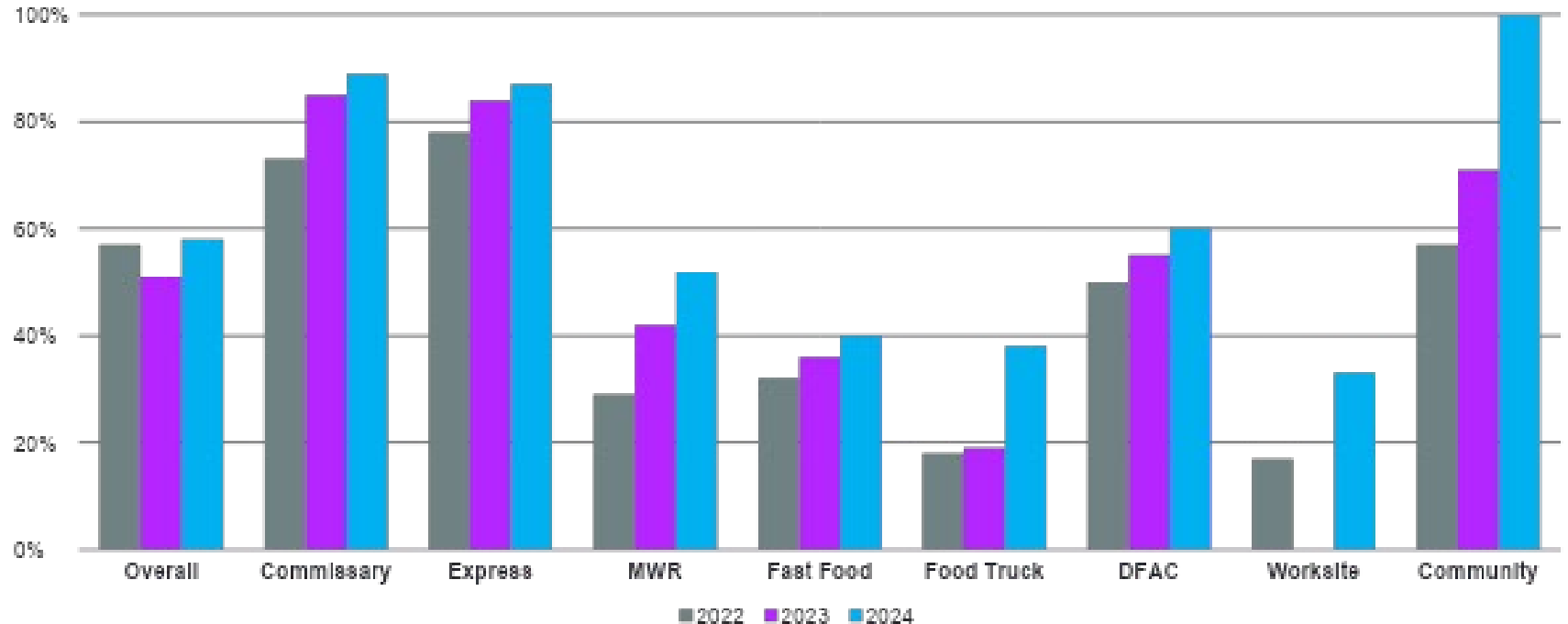
Venue	Improvement Actions per Action Plan	Status
	Offer Go for Green 3.0 training to staff quarterly	In Progress
DFACs	Make 1-3 of the following items available during all meals: high fiber cereals, whole grain breads, low fat cheeses, and/or high protein yogurts	MET
	Offer vegetables and black bean burgers at short order grill	NOT MET
	Increase healthy food offerings available near checkout to include 1-2 of the following items tuna, turkey, chicken, hardboiled eggs, nuts, fruit, and salads.	MET
Commissaries	Add 2-3 fresh, whole, or pre-cut, convenience fruit or vegetables next to at least one checkout aisle.	
	Promote the Women, Infants, and Children Overseas (WICO) program. See document for more details.	NOT MET

Q3 Jul-Sept – CLOSE OUT

Human Performance Working Group - Quarterly Meeting

- Closing out that year's action plan items with venue managers & POCs

Ramstein Key Results / Improvements '22-'24



Ramstein Key Results / Improvements '22-'25

Nutrition Education

- Executed quarterly Go4Green training
- Standardized Nutrition coding
- Ensured up to date signage posted for customers

Mission-Ready Nutrition

- Expanded healthy grab-n-go options
- Maintained fully stocked salad and fruit bars
- Increased immediate access to nutritious meals

Community Engagement

- Instituted quarterly food forum for direct feedback from patrons
- Drove data-informed menu & operational improvements

Environmental Stewardship

- Customer driven sustainability initiative to utilize reuseable containers
- Reduced single-use waste

Ramstein Key Results / Improvements '22-'25 Cont.

- Geographically Separated Units (GSUs)
 - Chievres, Belgium
 - Lajes, Portugal
 - Moron, Spain
- Resumed annual assessments / corrected 3-5 year gap (since COVID)
- Reestablished GSU stakeholders & points of contact to restart action plans



Ramstein Air Base Lessons Learned

- Creating lasting partnership with key stakeholders yields best results long term
- Keep managers involved in the action plan process or items are forgotten
 - Some franchises may have less wiggle room for policy changes than others
- Expanding this beyond Ramstein – Reengaging with GSUs was highly popular & seemed to have a good impact on morale
- Learn & utilize the technology options to maximize efficiency
 - Think iPad or tablet for real-time scoring to discuss with manager on the spot & brainstorm action plan ideas
 - Action planning capabilities in mNEAT website

Q&A?



Insights and Best Practices from the USDA Summer Meal Programs

June 11, 2026

Upcoming Webinar: Register Now

The Summer Meal Programs are USDA-funded, state-administered program providing free, nutritious meals and snacks to children 18 and younger in low-income areas during the summer, when school is not in session. Join experts from the USDA Food and Nutrition Service and leaders from a summer site near Fort Bragg for a professional development webinar focused on expanding access to nutritious summer meals for children.



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