

Biden-Harris Administration National Strategy on Hunger, Nutrition, and Health
Released September 27, 2022

Executive Summary:

In advance of the [White House Conference](#), the Biden-Harris Administration released its [National Strategy on Hunger, Nutrition, and Health](#), which seeks to address the goal of ending hunger and increasing healthy eating and physical activity by 2030. This document, organized by [five pillars](#), is a roadmap that includes a series of administrative agency actions, calls for Congress to pass legislation, and recommendations for the private sector and philanthropic groups. The White House also included an executive summary of the National Strategy, which is available [here](#).

Notable recommendations across the pillars are outlined below. The majority of notable recommendations for food and agriculture industry stakeholders can be found in [Pillar 3 \(see page 3\)](#). Recommendations include following:

- Expanding federal feeding programs including universal school meals, Summer EBT, and SNAP eligibility (legislation)
- Making permanent use of SNAP and WIC online through regulation (USDA)
- Reducing barriers to food recovery including directing states to update their food retail and service industry regulation to address food donation and will clarify charitable deduction calculation to support businesses donating food (Treasury)
- Creating a pilot to test covering medically tailored meals and produce prescriptions for individuals in traditional Medicare who are experiencing diet-related health conditions (HHS)
- Conducting research and proposing the development of a standardized FOP labeling system (such as star ratings or traffic light schemes) for food packages to help consumers identify foods that are part of a healthy eating pattern (FDA)
- Issuing revised voluntary sodium reduction targets to facilitate continually lowering the amount of sodium in the food supply beyond the 2021 target (FDA)
- Developing added sugar targets for categories of foods, similar to the voluntary targets FDA developed for sodium (FDA)
- Limiting food marketing in military dining facilities to those that meet its Go 4 Green program nutrition standards (DOD)
- Pursuing targeted law enforcement actions to prevent the deceptive advertising of foods and dietary supplements, including deceptive advertising that might be targeted to youth (FTC)
- Implementing a coordinated federal vision for advancing nutrition science
- Reviewing Dietary Guidelines for Americans' scientific questions with a health equity lens (USDA/HHS)
- Updating national data methods to identify trends in population intake of sodium and added sugars (HHS, USDA, CDC)
- Researching the intersection of climate change, food security, and nutrition by leveraging NIH data (HHS)

Particular to industry recommendations, this document tended to prioritize incentive programs over restrictions, such as bans or taxes. Specifically:

- Food industry is directed to improve healthfulness of food offerings, specifically those that are lower in added sugar and sodium
- Retailers are encouraged to redesign stores to more prominently place healthier choices, market and stock healthier items, and establish buying programs with local farms
- Online grocery companies should redesign their search algorithms to ensure healthier products appear first and include ingredient and Nutrition Facts label information in an accessible manner for all food products sold online

Notably, there are no mentions of ultra-processed food, limited mentions that address the intersection between climate and nutrition. The National Strategy document does not provide direct next steps and timing for implementation.

Pillar 1: Improve food access and affordability: *End hunger by making it easier for everyone—including individuals in urban, suburban, rural, and Tribal communities, and territories—to access and afford food.*

Notable Recommendations:

- **Advance a pathway for free healthy school meals for all.**
 - Legislation: Work with Congress to expand access to advance free school meals for 9 million more children by 2032.
- **Expand Summer Electronic Benefits Transfer (EBT) to more children**
 - Legislation: Support expansion of Summer-EBT so children can access nourishing meals when school is not in session.
- **Expand SNAP eligibility to additional underserved populations including formerly incarcerated.**
 - Legislation: Work with Congress to cover formerly incarcerated and families that foster children, update college student eligibility, and to give territories the option to transition from current block grants to SNAP.
- **Increase funding for the Older Americans Act (OAA) nutrition programs.**
 - Legislation: Work to expand funding for OAA nutrition programs.
- **Make it easier for eligible individuals to access federal food, human services, and health assistance programs such as SNAP, WIC, and Medicaid.**
 - HHS, USDA, Department of Education (DE), Social Security Administration (SSA): Agencies will help facilitate participation in federal programs.
- **Modernize federal programs so enrolled individuals can more easily utilize benefits**
 - USDA: Will propose to update regulations to make the SNAP online shopping program permanent and continue to add more online retailers and states to the existing program.
 - DoD: Will provide clear and consistent labeling of WIC products in commissaries and provide SNAP and WIC online.
- **Leverage housing and other community programs to increase food access.**
 - HUD: HUD will propose the use of Community Development Block Grants (CDBG), Section 108 loan program funding, and Choice Neighborhood funding to support food access, including to increase access to neighborhood markets, grocery stores, farmers' markets, urban gardens, food incubators, and/or the conversion of vacant buildings into food hubs, as well as case management to help residents connect with health providers.
- **Improve transportation options to and from grocery stores, farmers' markets, and commercial districts.**
- **Increase historically underserved communities' access to affordable and healthy foods.**
 - FTC: Will vigorously enforce antitrust laws with special attention to transactions and conduct that might lead to higher prices and reduced food access in vulnerable communities. FTC will also publish a report summarizing its study conclusions on how supply chain disruptions have affected wholesale and retail markets for groceries. Independent grocery stores are more common in underserved rural and urban communities and have raised concerns they were disproportionately affected by such disruptions.
- **Reduce barriers to food recovery**
 - EPA, USDA, and FDA: Are leading development of a whole-of-government strategy for reducing food loss and waste.
 - FDA, HHS: Will update its Food Code—which provides state, Tribal, local, and territory regulators with a model for updating their food retail and service industry regulations—to address food donation recommendations.
 - The Department of the Treasury: Will clarify the enhanced charitable deduction calculation to support businesses donating food.
- **Improve access to emergency food, including during natural disasters.**
- **Call of Action for a Whole-of-Society Response**

- State and school districts should increase investment in school food programs such as providing investments to support kitchen infrastructure and training school nutrition professionals.
- State, local, and territory governments should provide incentives and technical assistance to attract healthier food retail outlets to underserved areas, improve healthier food offerings in existing stores, and support year-round mobile produce markets in communities with limited food access.
- State, local, and territory governments should work on food waste reduction and recovery policies such as providing tax incentives to food donors.
- Philanthropy should support pilots that foster collaboration between food service programs at K-12 schools and colleges or universities in order to synergize efforts around workforce training and food procurement.
- **The private sector** should invest in year-round mobile produce markets and retail outlets within underserved communities.

Pillar 2: Integrate nutrition and health: *Prioritize the role of nutrition and food security in overall health—including disease prevention and management—and ensure that our healthcare system addresses the nutrition needs of all people.*

Notable Recommendations:

- **Expand Medicare and Medicaid beneficiaries’ access to “food is medicine” interventions.**
 - Legislation: Support legislation to create a pilot to test covering medically tailored meals for individuals in traditional Medicare who are experiencing diet-related health conditions.
 - HHS and CMS: will issue guidance on how states can use section Medicaid 1115 demonstrations to test the expansion of coverage for “Food is medicine” interventions
- **Increase access to nutrition-related services through private insurance and federal programs beyond Medicare and Medicaid.**
 - HHS: Indian Health Services (IHS) will implement and evaluate a National Produce Prescription Pilot Program.
 - VA: Will implement and evaluate various food programs, including produce prescription programs, food pantries, and mobile food pantries.
- **Comprehensively address food insecurity among Veterans.**
 - VA: Will establish a new Office of Food Security within the Veterans Health Administration (VHA) to tackle the food insecurity rate among Veterans.
- **Call of Action for a Whole-of-Society Response**
 - States should leverage all available federal authorities to expand coverage of “food is medicine” interventions.
 - States should collaborate with non-profit or community-based organizations to establish a state-funded produce prescription program for low-income individuals and families.
 - Health insurance companies should consider providing or expanding coverage of nutrition services, including produce prescriptions and/or medically tailored meals for target populations.

Pillar 3: Empower all consumers to make and have access to healthy choices: *Foster environments that enable all people to easily make informed, healthy choices, increase access to healthy food, encourage healthy workplace and school policies, and invest in public education campaigns that are culturally appropriate and resonate with specific communities.*

Notable Recommendations:

- **FOP: Develop a front-of-package (FOP) labeling system to quickly and easily communicate nutrition information.**
 - HHS, FDA: Will conduct research and propose developing a standardized FOP labeling system (e.g., star ratings or traffic light schemes) for food packages to help consumers, particularly those with lower nutrition literacy, quickly and easily identify foods that are part of a healthy eating pattern.

- **Healthy Claims: Make sure that foods labeled as “healthy” align with current nutrition science and the Dietary Guidelines for Americans.**
 - HHS, FDA: Will propose updating the nutrition standards for when companies use the “healthy” claim on their products and develop a symbol companies may use to depict the “healthy” claim on food packages.
 - HHS, FDA: Will develop guidance for industry on the use of Dietary Guidance Statements on food labels to help people understand how a food or food group can contribute to a healthy eating pattern.
- **FDA Funding: Adequately fund HHS FDA’s Center for Food Safety and Applied Nutrition (CFSAN) to prioritize its nutrition and labeling work.**
 - Legislation: Will work with Congress to ensure CFSAN has the resources it needs to accomplish its critical work.
- **Online Labeling: Facilitate making nutrition information easily available when grocery shopping online.**
 - HHS, FDA: Will publish a request for information to gather public input regarding industry practices, technology, and current challenges to inform guidance for the food industry on nutrition, ingredient, and allergen information that should be available for groceries sold online.
- **SNAP Incentives: Expand incentives for fruits and vegetables in SNAP.**
 - Legislation: Will work with Congress to increase the reach and impact of incentives for fruits and vegetables in SNAP.
- **Sodium: Facilitate lowering the sodium content of food.**
 - HHS, FDA: Will issue revised, voluntary sodium reduction targets to facilitate continually lowering the amount of sodium in the food supply beyond the 2021 targets.
 - HHS, FDA: Will propose to update regulations to enable manufacturers to use salt substitutes in standardized foods to support sodium reduction.
 - VA will increase lower-sodium foods with regards to procurement.
 - HHS, ACL and FDA: Will partner to provide technical assistance to help align older adult nutrition programs with HHS FDA’s voluntary sodium targets.
 - USDA: Will continue work to reduce sodium in school meals consistent with the goals of the *Dietary Guidelines for Americans* and HHS FDA’s voluntary sodium targets.
- **Added Sugar: Facilitate lowering added sugar consumption.**
 - HHS: FDA will begin assessing the evidence base for further strategies to reduce added sugar consumption, collaborating with other HHS divisions and USDA to hold a public meeting regarding future steps the federal government could take to reduce intake of added sugars such as developing targets for categories of foods, similar to the voluntary targets FDA developed for sodium.
- **Expand access to healthier environments in federal facilities.**
 - DoD: Will work with CDC to enhance nutrition and physical activity standards in all DoD child development programs.
 - The General Services Administration (GSA): Will promote nutrition and physical activity at its child care centers and DoD will also increase healthy options served in its dining facilities and vending machines, including expanding its Go 4 Green program (joint-service performance-nutrition initiative that improves where military service members live and work).
- **Food Marketing: Address marketing of unhealthy foods and beverages. (noting the need to limit the marketing of unhealthy food to adolescents and children particularly those that are Black and Hispanic)**
 - DoD will limit marketing in military dining facilities to those that meet its Go 4 Green program nutrition standards. The FTC has indicated that it will pursue targeted law enforcement actions to prevent the deceptive advertising of foods and dietary supplements, including deceptive advertising that might be targeted to youth.
- **Feeding Programs: Leverage federal nutrition assistance programs to promote healthy habits.**
 - USDA: Will propose updating the package of foods offered by WIC and the nutrition standards in school meals to better align with the most recent *Dietary Guidelines for*

- Americans* and provide enhanced technical assistance and best practices to support schools in meeting the standards.
- Legislation: Through appropriations, USDA will also continue providing the cash value benefit in WIC at a level that supports fruit and vegetable access and recommended consumption.
 - USDA: Will advance a new Healthy Meals Incentive initiative—supported by ARP funding—to support schools’ efforts to improve the nutritional quality of school meals.
 - USDA will update nutrition criteria in USDA Foods procurement specifications to align with HHS FDA’s voluntary sodium targets and consider the inclusion of added sugars limits.
 - USDA: Will work to ensure that food served in the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) aligns with the *Dietary Guidelines for Americans* wherever feasible.
 - **Create healthier food retail, restaurant, and college campus environments.**
 - Legislation: Will work with Congress to remove the appropriations rider currently barring USDA from setting stronger standards for SNAP retailers to stock a variety of healthy foods as a basic requirement to participate as a SNAP store.
 - HHS: ACL will issue an OAA nutrition program-restaurant partnership best practices report. These partnerships enhance the nutritional quality of restaurant offerings, as meals served in OAA programs must align with the *Dietary Guidelines for Americans*.
 - ED: Will send a Dear Colleague Letter encouraging higher education institutions to be conscientious about nutrition. ED will use the letter to call on institutions to procure healthier foods and encourage them to use ARP funds for food pantries.
 - **Support regular updates to the *Dietary Guidelines for Americans* and carry out a national education campaign.**
 - Legislation: USDA will work with Congress to provide adequate funding for HHS to regularly update these guidelines and lead a national education campaign to boost awareness of healthy eating recommendations and support all Americans in making healthy choices.
 - **Develop tailored nutrition education.**
 - USDA: Will develop MyPlate nutrition education materials that are culturally appropriate and translated into a variety of languages.
 - USDA: Will work with Tribal leaders to expand nutrition education services and programs in FDPIR.
 - HHS: ACL’s Nutrition and Aging Resource Center will greatly expand ready-to-use, virtual, and in-person nutrition education for older adults.
 - HHS: FDA will develop messaging and materials about its food labeling efforts that are tailored and disseminated appropriately for various audiences.
 - HHS: ACF, in consultation with the Substance Abuse and Mental Health Services Administration and Office of the Assistant Secretary for Health, will integrate nutrition counseling and access into direct service grant programs for victims of human trafficking, including integrating nutrition into national virtual training.
 - BOP: Will support the health of inmates and their families by adding a curriculum module to address dietary needs for vulnerable populations in its Culinary Arts vocational program; develop Life Skills Laboratories to teach balanced nutrition, healthy eating, and hands-on food preparation skills to individuals who have cognitive or physical impairments; develop a new standardized wellness program; develop resources focused on health and nutrition to provide to children while they wait to enter visitation; and expand its annual health fairs to reach a larger audience.
 - **Leverage SNAP-Ed to promote healthy foods.**
 - USDA will promote MyPlate’s Shop Simple digital tool to assist users in finding healthy and affordable foods. USDA will also refresh and expand SNAP-Ed Connection, a database of nutrition education and physical activity resources
 - **Call to Action for a Whole-of-Society Response**

- States should provide nutrition incentives to SNAP participants to purchase healthy food such as increasing the purchasing power of SNAP beneficiaries at farmers markets, and encourage retailers to market more nutritious food in store and online.
- State, local, and territory governments should adopt federal food service guidelines in their municipal buildings and advance measures to prohibit coupons or sales of unhealthy foods and beverages.
- Colleges and universities should update their procurement contracts to ensure healthier foods are available in dining halls, including through sourcing local foods.
- **The food industry** should increase the availability of and access to foods that are low in sodium and added sugars—including foods meeting or exceeding FDA’s voluntary sodium reduction targets—and high in whole grains, particularly for the K-12 market.
- **Food retailers** should hire RDNs to help provide nutrition information to consumers, redesign stores to more prominently place healthier choices, market and stock healthier items, and establish buying programs with local farms.
- **Online grocery companies** should redesign their search algorithms to ensure healthier products appear first and include ingredient and Nutrition Facts label information in an accessible manner for all food products sold online.

Pillar 4: Support physical activity for all: *Make it easier for people to be more physically active—in part by ensuring that everyone has access to safe places to be active—increase awareness of the benefits of physical activity, and conduct research on and measure physical activity.*

Notable Recommendations:

- **Expand CDC’s State Physical Activity and Nutrition Programs (SPAN) to all states and territories to implement successful state and community-level policies and activities for physical activity.**
 - Legislation: Will work with Congress to provide additional funding to expand SPAN nationwide.
- **Connect more people to parks, particularly in nature-deprived communities.**
 - Legislation: Will work to expand the National Park Service’s (NPS) efforts to identify places where municipal transit or alternative modes of transportation are unavailable between parks and nearby underserved or disadvantaged communities.
 - DOT, DOI, and EPA: Will sign a Nature-Deprived MOU to collaborate on work to reduce the number of people without access to parks and nature in their communities.
- **Promote active transportation and land use policies to support physical activity.**
 - DOT: Will provide additional technical support and guidance for regional and local transportation agencies, transit authorities, industry, non-profits, community groups, and others working on transportation projects focused on prioritizing active transportation safety for all people using streets, beginning with a web portal and research projects that will be publicly available Fall 2022.
- **Support physical activity among children both in and out of school.**
 - ED: Will, through the Engage Every Student Initiative, promote strategies for increasing participation in physical fitness programs and for incorporating physical activity in summer learning and engagement and after-school programs.
 - CDC and ED: Will partner to support districts in implementing a framework for planning and organizing activities for physical education and activities in schools.
 - ACF: Will scale efforts to help educators add activities tailored for children to their daily routine that increase quality physical movement and teach children about healthy food choices.
- **Support regular updates to the Physical Activity Guidelines for Americans and increase awareness of the importance of physical activity.**
 - Legislation: Will work with Congress and private sector actors to provide funding to support both the Physical Activity Guidelines for Americans and Move Your Way®.

- **Tailor physical activity messages to resonate with specific demographic groups.**
 - HHS: Will release evidence-based strategies to increase physical activity among older adults.
 - IHS: Will update its Physical Activity Toolkit and re-ignite the Just Move It program designed to help Indigenous people move more.
 - BOP: Will launch a new program, “Women’s Life Skills,” which includes nutrition and physical activity sessions designed for women who may have limited experience with independent living or a physical or mental disability.
- **Facilitate physical activity in federal facilities.**
 - GSA: Will reinvigorate the Consider the Stairs campaign in all federal facilities through new signage to encourage employees to take the stairs instead of elevators.
- **Call to Action for a Whole-of-Society Response**
 - **State, local, and territory governments** should adopt jurisdiction-wide plans and proclamations to promote CDC’s Active People, Healthy Nation as well as adopt and implement Complete Streets policies and Safe Routes to School programs.
 - **State governments** should consider establishing and monitoring implementation of more rigorous physical education requirements in schools to meet or exceed the Physical Activity Guidelines for Americans’ recommendations for children and adolescents.

Pillar 5: Enhance nutrition and food security research: *Improve nutrition metrics, data collection, and research to inform nutrition and food security policy, particularly on issues of equity, access, and disparities.*

Notable Recommendations

- **Bolster nutrition research funding to support evidence-based policies.**
 - Adequate funding and staff are needed to effectively conduct consistent and innovative nutrition research. For example, the Dietary Reference Intakes (DRIs) are a set of values used to plan and assess nutrient intakes in the U.S. funding to update them regularly is inconsistent and insufficient.
- **Implement a coordinated federal vision for advancing nutrition science.**
 - The Administration: Will work with Committee on Human Nutrition Research, and the White House Office of Science and Technology Policy (OSTP), the President’s Council of Advisors on Science & Technology (PCAST) to identify scientific opportunities, gaps, and priorities to continue to advance nutrition science, with a particular emphasis on ensuring equitable access to the benefits of research. Working with external scientific experts, the Interagency Committee on Human Nutrition Research, and the White House Office of Science and Technology Policy (OSTP), the President’s Council of Advisors on Science & Technology (PCAST) will identify scientific opportunities, gaps, and priorities to continue to advance nutrition science, with a particular emphasis on ensuring equitable access to the benefits of research.
- **Ensure diversity and inclusion in nutrition, health, and food security research.**
 - HHS, USDA: Will select a 2025 Dietary Guidelines Advisory Committee (Committee) that has a diverse membership with respect to points of view, expertise, experience, education, and institutional affiliation to reflect the racial, ethnic, gender, and geographic diversity of the U.S.
 - The Committee: Will review all the Dietary Guidelines for Americans’ scientific questions with a health equity lens
 - The Committee: Will also explore whether additional examples of healthy dietary patterns should be developed and proposed based on population norms, preferences, and needs of the diverse individuals and cultural foodways within the U.S. population.
 - HHS, USDA: Will also start examining best practices for adding systems approaches (considering the multiple factors that influence individuals’ dietary patterns) to the rigorous evidence review process used for developing the Dietary Guidelines for Americans.

- USDA's Agricultural Research Service (ARS): Will conduct research to more precisely define nutritional needs of American Indians and Native Alaskans.
- The Appalachian Regional Commission: Will develop a research report that describes current conditions and innovative approaches to food security and food access in the Appalachian Region.
- **Expand and diversify the nutrition science workforce**
 - HHS, NIH: Will support advanced training in artificial intelligence for precision nutrition science institutional training programs.
 - HHS, NIH: Will invest in research to develop and validate new methodologies in nutrition sciences, including leveraging mobile technologies, applying computational approaches, and using artificial intelligence and machine learning.
 - USDA National Institute of Food and Agriculture (NIFA): Will assess its evolving research, education, and extension portfolio to determine which program areas can be utilized to impact workforce development opportunities across the agricultural and nutrition science workforces.
- **Invest in creative new approaches to advance research regarding the prevention and treatment of diet-related diseases.**
 - USDA Agriculture Research Service (ARS): Will utilize machine learning and artificial intelligence approaches for the development of algorithms to better understand and predict interactions between food- and nutrition-related data and health outcomes.
 - HHS, NIH: Will plan research to determine the role of diet and other early-life exposures in health and disease.
 - HHS, NIH: Will research the interplay between nutrition, oral disease, and comprehensive health.
 - HHS, NIH: will explore developing validated measurements and methodologies to assess 24-hour patterns of diet, physical activity, and sleep.
- **Bolster data collection to better identify trends.**
 - HHS, CDC and USDA: Will update national data methods and infrastructure to identify trends in population intake of sodium and added sugars.
- **Evaluate federal assistance programs and innovative models to understand impact and areas for improvement and scalability.**
 - USDA: Will work to more effectively measure equity within federal nutrition assistance programs.
 - ED: Will conduct a survey to better understand how institutions addressed food insecurity among college students during the pandemic.
- **Better understand the Social Determinants of Health to help achieve health equity**
 - HHS, ACL: Developing an older adult Nutrition Research Agenda that will involve federal and external partners to identify gaps in existing research regarding food insecurity, hunger, malnutrition, and behavioral health issues in order to develop a long-term framework for advancing the quality of services, establishing research priorities and creating impactful policies.
 - HUD: Will map USDA's Food Access Research Atlas with HUD administrative data to pinpoint areas with limited access to affordable and nutritious foods and prioritize education of HUD grantees in those areas to inform their use of HUD programs and grants.
 - HUD: Will partner with USDA and the Census Bureau to better understand and address persistent food insecurity among HUD-assisted individuals already connected with nutrition assistance programs.
 - HUD: Will include enhancing nutrition and food security research into the next HUD learning agenda for research publications.
- **Research the intersection of climate change, food security, and nutrition.**
 - HHS: Will leverage the NIH Climate and Health Initiative to research the effects of climate change on food quality and nutrition security on the health of populations.
 - HHS: Will leverage the NIH Climate and Health Initiative to research the effects of climate change on food quality and nutrition security on the health of populations.
- **Call to Action for a Whole-of-Society Response:**

- **State and territory governments** should support nutrition and food security research at universities and colleges.
- **State, local, and territory governments** should enter into data sharing agreements with universities, think tanks, **food retailers**, and other entities to provide administrative data about the use of food banks, participation in after-school sports, or development of Tribal traditional food systems.
- **Universities, colleges, and academic medical centers** should bolster hunger, nutrition, and physical activity research and data collection disaggregated by factors, including race, ethnicity, and other demographic and social factors.
- **Philanthropy** should support research studies and efforts to bolster and diversify the nutrition science pipeline.
- **The private sector:** Should invest in robust research and development focused on nutrition, equity, and health, including research on the microbiome, immunity, diabetes, and other chronic diseases and underserved populations.