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Figure 1 Intervention options proposed to caterers for focus group discussion. *Café options refers to hot dishes, hot and cold beverages, snacks and pre-packaged sandwiches. EF, Environmentally Friendly. EF foods were those with relatively low carbon and water footprint (Graham et al. 2019). It was agreed with the caterers that if EF options did not align with the principles of healthy sustainable eating (Garnett et al. 2015), they would be excluded.

Eliminate choice	<ul style="list-style-type: none"> ▪ Omit the least EF café options* from what is available to purchase in the café for the duration of the intervention.
Restrict choice	<ul style="list-style-type: none"> ▪ ‘Eco-day’ remove the least EF options from the shelves/ menus for one day of the week. (Provided customers with materials with explanation). ▪ ‘Meat-Free day’ remove the meat products from the shelves/ menus for one day of the week.
Guide choice through disincentive	<ul style="list-style-type: none"> ▪ Increase the cost of the least EF options by a significant amount. ▪ Increase the cost of the large sized drinks/sandwiches so that they are considerably more expensive than the regular/small sizes. ▪ Withhold GeniUS reward points¹ for least EF food purchases.
Guide choice through incentive	<ul style="list-style-type: none"> ▪ Reduce the cost of the most EF options. ▪ Have a discounted healthy, EF meal deal, (exclude options with a high impact score). ▪ Procure low cost soups prepared with supermarket cast offs/local, seasonal vegetables. ▪ Rewarded customers with extra rewards points on their GeniUS cards for making EF choices in the canteens.
Guide choice through changing default	<ul style="list-style-type: none"> ▪ Display only EF options (Least EF items available on request, but not on display or promoted). ▪ Display only regular sized (medium) beverages. (Larger sized beverages available on requested, but not displayed or promoted). ▪ Display only regular sized (small) pre-packed sandwiches. (Larger sandwiches available on request, but not displayed or promoted).
Enable choice	<ul style="list-style-type: none"> ▪ Increase the variety of the EF options on offer and provide a clear indication that they are EF options. ▪ Reformulate/broaden the range of vegetarian and vegan options to make them more appealing. ▪ Provide only smaller portions/servings of the high impact options.
Information provision	<ul style="list-style-type: none"> ▪ Display eye-catching posters in the cafés presenting information about food sustainability issues and general information about the principles of healthy sustainable eating patterns proposed to help ameliorate these problems. ▪ Use LED screens in food outlets to show footage of food supply chains and the environmental impacts of food production. These films would also provide guidance around healthy environmentally friendly eating patterns. ▪ Use notice boards to portray general information about the EF café options. ▪ Labelling counters/menus with environmental impact rating high, medium, low based on an impact score.

¹ GeniUS cards are electromagnetic cards that customers can use at point of purchase to collect points, 5 points for every £1 spent. These points can be collected and redeemed to receive discount on future purchases in the university outlets.