



# Philadelphia Comprehensive Food Standards

## Why food standards?

Among the ten largest cities, Philadelphia has some of the highest rates of poverty and related chronic diseases, including hypertension, type 2 diabetes, and heart disease. At the same time, research clearly indicates that improving dietary intake and ensuring ongoing access to nourishing foods can lower chronic disease risk. For example, research has shown that lowering excessive sodium intake from the average 3400mg/day to the recommended 2300mg/day can lower high blood pressure, and the risk for heart disease and stroke.

**The more than 20 million meals served every year by City agencies and city-funded programs are an opportunity to help Philadelphians improve their diets and their health.** While many agencies have existing nutrition recommendations, they can be inconsistent across programs, or not reflective of the latest dietary guidance. Comprehensive food standards reflect the shared values of all agencies and staff that food provided or funded by the City is healthy, appealing, and locally-grown when possible.

By implementing these standards the City of Philadelphia will:

- improve the health of Philadelphians, including nutritionally vulnerable populations such as youth and seniors;
- reduce the economic burden of health care costs associated with heart disease, stroke, and heart and kidney failure; and
- serve as a model for other large institutions, employers, and programs.

The nutrition standards are based on 1) the 2010 Dietary Guidelines, 2) food standards adopted by other local and federal governments and 3) review and feedback from City Agencies. As dietary guidelines and public health information is updated, the Philadelphia Department of Public Health (PDPH) will make periodic revisions to the standards to ensure they follow the latest dietary guidance.

## Who would the standards impact?

All agencies that purchase, serve, sell, or otherwise provide food to clients, patients, employees and the general public will work to integrate standards into their foodservice programs (Sections 1-3). This includes contracted vendors.<sup>1</sup> Where possible, agencies are encouraged to incorporate non-mandatory best practices for healthy meetings, sustainability and non-vending concessions (Sections 4-6). Some examples include:

- correctional facilities
- youth detention centers
- city-funded afterschool and summer programming
- shelters
- health care facilities
- vending machines on public property

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<sup>1</sup> The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.

## What types of standards are there?

### Sections 1-3: Nutrition Standards

1. **Purchased Food:** nutrient standards for individual ingredients purchased for preparation on site (e.g., dairy, bread/pasta, beverages, cereal, fruit and vegetables, meat).
2. **Meals and Snacks Served:** menu planning for meals and snacks served by program staff or a contracted vendor (daily amounts of calories, sodium, fat, and saturated fat; standards for servings, portions, and preparation).
3. **Vending:** nutrient standards for foods and beverages offered for sale on public property through vending machines.

### Sections 4-6: Best Practices (non-mandatory)

4. **Healthy Meetings/Special Occasion Guidelines:** nutrition recommendations for trips, holiday parties, meetings and special events
5. **Sustainability Guidelines:** recommendations for departmental purchasing related to local and sustainable criteria.
6. **Public Concessions, Catering and Special Events Best Practices:** encouraged best practices for City-managed concessions or special events where food is served or sold to the general public.

Sections 1 and 2 overlap. Purchased food standards ensure that healthier foods such as fruits and vegetables and lean proteins, are a regular part of people's diets and that people who only eat a few items of each meal are still eating healthy options. The meal and snack serving standards ensure that people eating whole meals and snacks have a healthy, balanced diet.

Healthy vending standards offer and promote healthy choices among City employees and Philadelphia residents who use City buildings. These standards apply to all beverages and snacks sold in vending machines on public property.

Healthy meeting and special occasion guidelines apply to trips, parties for holidays and internal special events or meetings where food is purchased from vendors not routinely used by the department for normal food service.

Sustainability guidelines are based on similar policies adopted by New York City, the City of Los Angeles, the Commonwealth of Pennsylvania, and regional institutions and employers such as the School District of Philadelphia and area hospitals. Guidelines support local and regional food producers and food businesses, and minimizing environmental impact by sourcing food grown closer to where it is consumed. Additionally, the USDA encourages all entities participating in Federal Child Nutrition Programs to incorporate geographic preferencing into their product sourcing.

Concession, catering and special event best practices are based on standards developed and implemented by the U.S. Health and Human Services Agency/General Services Administration for federal concessions and vending.

## Section 1: Purchased Foods

Purchased food standards ensure that healthier foods such as fruits and vegetables and lean proteins, are a regular part of people’s diets and that people who only eat a few items of each meal are still eating healthy options. These guidelines apply to the purchase of any single product, and can be incorporated into product specifications in bids and contracts.<sup>1</sup>

Purchased Food Standards		
Nutrient and Food Product	Required	Recommended
<b>Trans Fat</b>	All products have "0 grams" trans fat and no partially hydrogenated oils in ingredient list.	
<b>Sodium<sup>2</sup></b>	All products have ≤ 480 mg sodium per serving, unless otherwise noted.  For programs serving majority (51%) adults over 50 years old, all products have ≤ 360 mg sodium per serving.	Whenever feasible, purchase “low sodium” (≤ 140 mg sodium per serving) or “reduced sodium” (original sodium level reduced by 25%)
<b>Deep Frying</b>	No purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products.	
<b>Beverages</b>	All beverages have ≤ 40 calories per container or serving (except 100% juice and milk).  All juice is 100% fruit juice and portion is limited to 6 oz. per serving.  No artificial sweeteners for programs serving a majority (51%) of children ages 2-18.	Purchase and menu fruit or vegetables instead of juice wherever possible.
<b>Dairy</b>	All milk is 1% or non-fat, except children <2 years can be served whole milk.  All milk is unsweetened and unflavored. <sup>3</sup>  All yogurt is non-fat or low-fat.	Recommend purchase plain yogurt or yogurt with ≤ 30 g sugar per 8 oz or equivalent (e.g. ≤ 15 g sugar per 4 oz, ≤ 23 g sugar per 6 oz).  Recommend cheese be low fat- part skim, 1% or 2% and lower sodium
<b>Bread, pasta, and other grains and starches</b>	All sliced sandwich bread contains ≤ 180 mg sodium per serving, be whole wheat/whole grain rich <sup>4</sup> , and contain ≥ 2 g fiber per serving  All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) contain ≤ 290 mg sodium per serving.	Recommend purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, English muffins), whole grain tortillas, brown rice, etc.

<b>Cereal, hot or cold</b>	All cereal $\leq 215$ mg sodium per serving, $\leq 10$ g sugar per serving, $\geq 2$ g fiber per serving <sup>5 6</sup>	
<b>Vegetables</b>	All canned/frozen vegetables and beans have $\leq 290$ mg sodium per serving.	<p>Purchase a variety of fruits and vegetables, including dark orange and leafy green.</p> <p>Purchase fresh or frozen vegetables.</p> <p>Purchase seasonal and locally grown when possible.</p>
<b>Fruit</b>	All canned fruit packed in unsweetened juice or water (no syrup).	<p>Purchase fresh or frozen fruits.</p> <p>Purchase seasonal and locally grown when possible.</p>
<b>Seafood, canned and frozen</b>	All canned/frozen seafood (e.g., tuna) has $\leq 290$ mg sodium per serving	
<b>Beef and Pork</b>	All beef and pork must be lean (contain $\leq 10\%$ fat)	<p>Purchase "extra lean" beef and pork (total fat <math>\leq 5\%</math>).</p> <p>Bacon contains <math>\leq 290</math> mg sodium per serving.</p>
<b>Poultry</b>	Canned/frozen poultry contain $\leq 290$ mg sodium per serving	
<b>Frozen whole meals</b>	All frozen whole meals contain $\leq 35\%$ of the daily sodium limit (adults $\leq 805$ mg; $\leq 525$ mg seniors)	
<b>Condiments and sauces</b>	Salad dressings contain $\leq 290$ mg sodium per serving	<p>Purchase bulk ingredients to prepare sauces and dressings from scratch.</p> <p>Use low-fat mayonnaise; reduced sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions<sup>7</sup>)</p> <p>Individual packets of condiments (sugar, salt, etc) are limited</p>
<b>Snacks</b>	Snacks must meet all following criteria: $\leq 250$ calories per serving or package $\leq 7$ grams total fat per serving, excluding snacks containing nuts and/or seeds $\leq 3$ grams saturated fat per serving $\leq 230$ mg sodium per serving	Snacks should have no more than 18 g of sugar per serving, except snacks containing only fresh fruit or vegetables, dried fruits or vegetables, or packaged fruit packed in its own juice or water

#### Notes for Purchased Foods

1. The nutrition standards shall not apply if conformance will result in the loss of state or federal government funding.
2. Agencies can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.

3. For Departments serving a majority of children age 2 – 18, flavored milk and flavored fluid milk substitutes can be served, if  $\leq 130$  calories per 8 oz. Recommend phasing out over time.
4. Definition of whole wheat/whole grain rich- be at least 50% whole grain and have one of the following 1)  $\geq 8$  g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.
5. In child care facilities, cereal  $\leq 6$  grams sugar per serving.
6. Cereals that contain dried cranberries, dates, and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.
7. FDA definitions low-fat, reduced sodium, low sodium, and low calorie can be found here <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

## Section 2: Meals and Snacks Served

The meal and snack standards ensure that people eating whole meals and snacks have a healthy, balanced diet.

Meals – Food Standards		
	Required	Recommended
<b>Fruits and Vegetables</b>	Minimum of two servings per meal for lunch and dinner.	Substitute canned with fresh or frozen. For lunch and dinner, serve at least one fruit and one vegetable whenever possible.
	For Agencies serving three meals per day, minimum of five servings of fruits and vegetables a day.	Use seasonal and locally grown where possible.
<b>Water</b>	Water is available at all meals (in addition to or in place of other beverages regularly served).	Tap water should be used wherever possible.
<b>Juice</b>	Juice must be 100% fruit juice, limited to ≤ 6 oz per serving. If meals provided, serve juice no more than one time per day. If only one meal or snack is provided per day, serve juice no more than 2 times per week.	Serve fruit or vegetable in place of juice.
<b>Grain-based desserts</b>	Maximum of two servings of grain-based desserts (doughnuts, pastries, cookies, cake, brownies, etc.) per week  Sugar ≤ 18 g per serving	Use low calorie/low fat items for desserts whenever possible.
<b>Food preparation</b>	Deep fryers must be eliminated. No deep frying may be used to prepare foods.	Use scratch cooking – wherever possible prepare foods on-site from bulk, whole, unprocessed ingredients.
		Work with PDPH to determine if changes are possible or needed to portion sizes and serving containers (e.g., the size of food plates and beverage cups) to ensure nutritional balance.
<b>Food Presentation and Marketing</b>	Where appropriate, encourage the selection of healthy offerings at the point of choice	Utilize subtle and overt means of presenting and promoting wellness in general as well as providing controlled portions for light eaters and/or those with medically defined restrictions.

	Provide nutritional information and/or promotional materials at the point of choice to educate consumers about healthier food options.
<b>Condiments</b>	Use low-fat mayonnaise; reduced sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions <sup>5</sup> ) Purchase bulk ingredients to prepare sauces and dressings from scratch.

Meals – Nutrient Standards				
Required	Daily Amount	Breakfast	Lunch	Dinner
<b>Calories- adults</b>	1800-2200 kcal	450-660 kcal	540-770 kcal	540-770 kcal
<i>men - adult correctional</i>	≤ 2800 kcal			
<i>women - adult correctional</i>	≤ 2200 kcal			
<b>Sodium<sup>1</sup></b>	≤ 2,300 mg	≤ 690 mg	≤ 805 mg	≤ 805 mg
<i>children 1-4 years</i>	≤ 1,500 mg	≤ 400 mg	≤ 550 mg	≤ 550mg
<i>children 5-10 years</i>	≤ 1,900 mg	≤ 430 mg	≤ 640 mg	≤ 830 mg
<i>children 11-13 years</i>	≤ 2,200 mg	≤ 470 mg	≤ 710 mg	≤ 1020 mg
<i>children 14-18 years</i>	≤ 2,300 mg	≤ 500 mg	≤ 740 mg	≤ 1060 mg
<i>adults age 51 and over</i>	≤ 1,500 mg	≤ 450 mg	≤ 525 mg	≤ 525 mg
<b>Total Fat</b>	≤ 30% of calories			
<b>Saturated Fat</b>	< 10% of calories			
<b>Fiber</b>	≥ 28 grams	≥ 7 grams	≥ 8.4 grams	≥ 8.4 grams
<i>children 1-3 years</i>	≥ 19 grams	≥ 4.8 grams	≥ 5.7 grams	≥ 5.7 grams
<i>children 4-18 years</i>	≥ 25 grams	≥ 6.3 grams	≥ 7.5 grams	≥ 7.5 grams
<b>Recommended- Adults</b>	<b>Daily Amount</b>			
<b>Protein</b>	10-35% of total kcal			
<b>Carbohydrate</b>	45-65% of total kcal			
<b>Cholesterol</b>	<300 mg			
<b>Potassium</b>	4,700 mg			
<b>Calcium</b>	1,000 mg			
<b>Iron</b>	> 8 mg			
females	≥ 18 mg			

## Snack Standards

*These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP), with exception of low calorie beverages for sites serving adults.*

<b>Overall Guidelines</b>	All items must be 0 g trans fat	
	Foods served must be on the list of acceptable choices or should provide equivalent nutrient value (e.g., melon slices for fruit category)	
	Water is available at all snack times, in addition to other beverages regularly served	
<b>Categories</b> <i>(choose at least two items, each from a different category)</i>	<b>Required</b>	<b>Recommended</b>
<b>CATEGORY 1: Dairy Beverages</b>	<p>Serving size is 1 cup (8oz)</p> <p>Milk must be 1% or fat-free and unflavored.<sup>2 3 4</sup></p> <p>Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.</p>	Acceptable choices include: 1% or fat free milk or fluid milk substitute.
<b>CATEGORY 2: Fruit or vegetable or juice</b>	<p>Juice is 100% juice and portion size limited to ≤ 6 oz per serving.</p> <p>If provide snacks only, serve juice no more than 2 times per week.</p>	Acceptable choices include: carrot sticks, celery sticks, pepper slices, salads, apples, bananas, pears, oranges, dried fruit, applesauce with no sugar added, and canned fruit in its own juice or water.
<b>CATEGORY 3: Bread or grain</b>	<p>Serving size is ½ cup or 1 slice.</p> <p>Sodium is ≤ 180 mg per serving for sliced sandwich bread, and is ≤ 230 mg for crackers, chips, salty snacks.</p> <p>Fiber ≥ 2 g per serving</p> <p>Grain or bread products cannot be: doughnuts, pastries, croissants, cake, etc.</p>	<p>All items served should be whole grain.</p> <p>Acceptable choices include: whole wheat pita triangles, whole grain cereal, whole grain crackers, whole grain bread, rice cakes, popcorn</p>
<b>CATEGORY 4: Protein (meat or meat alternative)</b>	Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt.	Acceptable choices include: hummus, bean dip, cottage cheese, low-fat cheese, hard boiled eggs, low fat or nonfat yogurt, low sodium tuna, nuts, nut butters, sunflower seeds, turkey slices
<b>Other Snack Considerations</b>	<b>Required</b>	<b>Recommended</b>
<b>Beverages for sites serving adults</b>	≤ 40 calories per container or serving for beverages other than 100% juice or milk.	Acceptable choices include: artificially sweetened water, soda or tea

<b>Condiments</b>	Use low-fat cholesterol-free mayonnaise; reduced sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions <sup>5</sup> )
<b>Food preparation</b>	Use added fats and sugars sparingly
	Use olive and canola oils
	Wherever possible, prepare snacks on site using whole, unprocessed ingredients.

Examples of acceptable snack choices for children age 6-12 years, served with water:

- Peanut butter (2 tbsp.) with one serving whole grain crackers and one serving apple slices
- One peach and one serving whole grain crackers
- Half of a tuna sandwich: tuna (1 oz) on one slice of whole wheat bread with lettuce and tomato
- Turkey (1 oz) served with five whole wheat pita triangles and one serving carrot sticks
- Milk and whole grain cereal, with ½ cup fresh berries
- Mixed nuts (1 oz) and a medium-sized banana
- Yogurt (4 oz), topped with ½ cup blueberries and served with one serving rice cakes
- Hummus (¼ cup) with pita and one serving sliced red peppers

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**Notes for Meals and Snacks Served**

1. Agencies can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.
2. Children 12 months to <2yrs should be served whole milk.
3. Children 2-18 years can be served flavored milk or fluid milk substitutes.
4. No artificial sweeteners for programs serving a majority (51%) of children ages 2-18.

### Section 3: Vending Standards

Healthy Vending Standards offer and promote healthy choices among City employees and Philadelphia residents who use City buildings. These standards apply to all beverages and snacks sold in vending machines that are 1) under a centralized contract managed by the Procurement Department and 2) located on property owned or leased by the City of Philadelphia.

#### Definitions

1. *Healthy beverage*: water or any other non-caloric beverage; 100% juice; or unflavored 1% or skim milk.
2. *Healthy snack*: a snack that meets all of the following criteria:
  - a. The snack contains no more than 250 calories per package.
  - b. The snack contains no more than 3 grams of saturated fat per serving.
  - c. The snack contains no more than 7 grams of total fat per serving, except that snacks containing only nuts and/or seeds may exceed 7 grams of total fat per serving.
  - d. The snack contains no more than 230 milligrams of sodium per serving.
  - e. The snack is not gum, candy, or non-baked chips.
3. *High fiber snack*: a healthy snack that contains at least 5 grams of fiber per serving.
4. *Highest selling potential*: positions at or closest to eye level.
5. *Lowest selling potential*: positions furthest from eye level.
6. *Other snack*: any snack that is not a healthy snack.
7. *Sugar-sweetened beverage*: any beverage that is not a healthy beverage and contains an added sugar-based sweetener. Examples include but are not limited to regular soda, fruit drinks, teas, flavored water, and energy drinks.

#### Standards

	Beverages	Snacks
<b>Product Mix</b>	a. At least 65% of the beverages offered per machine must be <i>healthy beverages</i> .	a. At least 65% of snacks offered per machine must be <i>healthy snacks</i> . b. At least one <i>high fiber snack</i> must be offered per machine. c. In addition to the requirements in a and b, it is strongly encouraged that as many snacks as possible comply with the recommended nutrition criteria.
<b>Recommended Nutrition Criteria</b>	Not applicable	a. Snacks should have no more than 18 grams of sugar per serving, except that snacks containing only fresh fruits or vegetables, dried fruits or vegetables, or packaged fruit packed in its own juice or water may exceed 18 grams of sugar per serving. b. At least five snacks in the machine

		<p>should contain 10-19% of Daily Value for calcium, iron, and Vitamins A, C, and E.</p> <p>c. Snacks should have 0 grams of trans fat.</p>
<b>Product Display, Placement, and Promotion</b>	<p>a. <i>Healthy beverages</i> must be placed in positions with the highest selling potential.</p> <p>b. <i>Sugar-sweetened beverages</i> must be placed in positions with the lowest selling potential.</p> <p>c. Other than beverage display or placement that conforms to the requirements in a and b, no beverage shall be specially advertised, promoted, or featured on, in, or immediately surrounding any machine unless that beverage is water or 100% juice.</p>	<p>a. <i>Healthy snacks</i> must be placed in positions with the highest selling potential.</p> <p>b. <i>Other snacks</i> must be placed in positions with the lowest selling potential.</p> <p>c. Other than snack display or placement that conforms to the requirements in a, no snack shall be specially advertised, promoted, or featured on, in, or immediately surrounding any machine unless that snack is a <i>healthy snack</i>.</p>
<b>Product Size</b>	<p>a. <i>Healthy beverages</i> may be 12 oz. or larger.</p> <p>b. <i>Sugar-sweetened beverages</i> must not be larger than 12 oz. each. Sodas no larger than 7.5 oz. each are strongly encouraged.</p> <p>c. EXCEPTION TO PRODUCT SIZE RESTRICTION: If and only if cans cannot be vended for safety reasons, <i>sugar-sweetened beverages</i> may be vended in sizes larger than those specified in b, up to but not larger than 20-ounce sizes.</p>	Not applicable
<b>Nutritional Labeling</b>	<p>a. Each machine must display the total calorie content for each item, as sold, clearly and conspicuously, adjacent or in close proximity so as to be clearly associated with the item.</p> <p>b. Calorie font size shall not be</p>	<p>a. All <i>healthy snacks</i> in each machine must be clearly and conspicuously labeled by choosing one of the following two methods:</p> <p>i. <i>Healthy snacks</i> shall be placed in and labeled by green spirals; <i>other snacks</i></p>

	<p>smaller than the name, price, or selection number of the corresponding item, whichever is smallest. The color of the font and contrasting background shall ensure that the text containing calorie information is as conspicuous as the name, price, or selection button.</p> <p>c. Unrelated Messaging: Signage containing calorie information shall not include any messaging that is unrelated to calorie content or nutritional information. Though there are other valid and important messages that consumers should hear (e.g., recycling), placing unrelated messaging adjacent to or on calorie content labeling will likely lead to consumer confusion.</p>	<p>shall be placed in and labeled by metal (uncolored) spirals; each machine shall make clear that green spirals denote <i>healthy snacks</i>; or</p> <p>ii. <i>Healthy snacks</i> shall be labeled by green stickers that are placed adjacent to or in close proximity to the item so as to be clearly associated with the item; each machine shall make clear that green stickers denote <i>healthy snacks</i>.</p> <p>b. At least five machines total must have the capacity to electronically convey calorie information for all snacks via electronic screen. Examples include but are not limited to “Vendscreen” or “Mind Nutritional Information.”</p>
<p><b>Price</b></p>	<p>a. Pricing models that promote healthy choices by establishing lower prices for <i>healthy beverages</i> relative to <i>sugar-sweetened beverages</i> are strongly encouraged.</p> <p>b. The price of water must not exceed the lowest price of any <i>sugar-sweetened beverage</i>.</p>	<p>a. Pricing models that promote healthy choices by establishing lower prices for <i>healthy snacks</i> relative to <i>other snacks</i> are strongly encouraged.</p> <p>b. The price of <i>healthy snacks</i> must not exceed the highest price of <i>other snacks</i>, except with the prior written consent of the Philadelphia Department of Public Health.</p>

## Section 4: Healthy Meeting/Special Occasion Guidelines

Healthy Meeting/Special Occasion Guidelines	
<i>Special occasion guidelines apply to trips, parties for holidays and internal meetings or special events where food is purchased from vendors not routinely used by the department for normal food service.</i>	
<b>Required</b>	Healthy options such as fresh fruit, leafy green salad, and/or vegetable slices are available
	Water is available at all times
<b>Recommended</b>	Adopt a departmental policy for special occasion meals and snacks.
	Special occasion meals generally be limited (ex., once a month)
	Special occasion snacks generally be limited (ex, once a month)
	If serving sweets/desserts, offer in moderation.
	Adhere to beverage standards: <ul style="list-style-type: none"> <li>• ≤ 40 calories per container for beverages other than 100% juice or milk.</li> <li>• Juice is only 100% juice, limited to 6 oz. portions, and served infrequently.</li> </ul>
	Eliminate all foods that meet USDA definition of Foods of Minimal Nutritional Value (definition available at: <a href="http://www.fns.usda.gov/cnd/menu/fmnv.htm">http://www.fns.usda.gov/cnd/menu/fmnv.htm</a> )

## **Section 5: Sustainability Guidelines<sup>2</sup>**

Agencies are encouraged to consider, when practicable and cost effective, sustainability criteria for the food they procure and serve. While the City of Philadelphia does not endorse any single criteria for sustainability, a number of food characteristics are associated with supporting the conservation of natural resources that are needed to sustain our food supply over the long term. For example, preferred products may include: (i) fruits and vegetables that are local, seasonal, or are grown by producers using low or no pesticides or an integrated pest management system, (ii) dairy products that are local or hormone-free, or (iii) meat, fish and poultry that is sustainably raised, or harvested, without hormones or non-therapeutic antibiotics.

Agencies may also request that their vendors offer fruit, vegetables, dairy products, meat, and seafood that is locally grown or produced, and provide information annually regarding the amount of products that are locally or sustainably grown or produced. . Agencies are encouraged to educate their customers about these local and/or sustainably produced foods through labeling or other mechanisms.

These suggestions will continue to be evaluated and updated based on the latest scientific research on nutrition, the relationship between human health and food production methods, and the sustainability of the food system.

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<sup>2</sup> Adapted from New York City Food Standards

## **Section 6. Public Concessions, Catering, and Special Events Best Practices<sup>3</sup>**

For City-managed concessions, cafeterias, catering or special events where food is served or sold to the general public, it is recommended that contracting entities incorporate the following best practices into the bid, Request for Proposals (RFPs), or vendor selection criteria.

### **MENU PLANNING**

- Involve a registered dietitian or nutritionist in the preparation of the menus, recipes and quality control process (recipe adherence, proper handling, etc.).
- Offer variety in menu choices to accommodate light, vegetarian, and organic eaters.
- Offer menu selections for patrons with special dietary considerations like low cholesterol, low fat, low sodium and heart healthy.

### **FOOD PREPARATION**

- Maximize the use of healthier cooking techniques in all food preparation.
- Eliminate or greatly reducing trans fatty acids and saturated fats in addition to lowering of fat content without sacrificing taste or quality.

### **MARKETING**

- Utilize subtle and overt means of presenting and promoting wellness in general as well as providing controlled portions for light eaters and/or those with medically defined restrictions.
- Provide specific nutritional information (including caloric, sodium, fat content, etc) on food items at the point of choice to educate consumers about healthier food options.
- Utilize media/technology to provide easily accessible nutrition information for the customers and the strategic placement of useful nutrition information about the products served at the point of choice.
- Utilize the USDA's Dietary Guidelines for Americans in food labeling and food promotions.

### **PORTIONS AND PRICING**

- Feature a pricing strategy that favors healthier food options.
- Consider smaller portions for sugary drinks

### **SUSTAINABLE FOODS**

- Purchase locally grown food and/or organic food products as well as all other food products.
- Purchase from producers or vendors that demonstrate a commitment to fair labor practices

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<sup>3</sup> Adapted from the Health and Human Services Health and Sustainability Guidelines for Federal Concessions and Vending Operations

## Appendix A: Sample Menus

### 1,800 calorie (kcal) menu

#### Breakfast

- 1 cup oatmeal with ½ cup 1% milk
- 4 oz Greek yogurt
- 1 slice of whole wheat toast with 1 teaspoon margarine
- 4 oz 100% orange juice
- 6 oz coffee
- 8 oz water

#### Lunch

- 1 egg salad sandwich (includes 2 slices of bread) \*
- 1 whole peach
- 1 cup side salad
- 2 Tablespoons Italian salad dressing
- 8 oz 1% milk

#### Dinner

- 1 slice of lasagna with ground pork and beef \*
- 1/3 cup orange glazed carrots \*
- 1 slice whole wheat toast with 1 teaspoon margarine
- 1 whole apple
- 8 oz 1% milk

#### Snack

- ½ cup hummus\*
- 1.5 oz pita chips
- 8 oz Water

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\* Recipes obtained from: USDA recipes from Schools

## 2,000 calorie (kcal) menu<sup>4</sup>

### Breakfast

- 1 egg or 1/4c egg substitute
- 2 slices whole wheat toast
- 1 tsp. margarine (LS, TFF)
- 8 oz. yogurt (LF)
- Whole orange
- Coffee

### Lunch

- Turkey Sandwich: 2-3 oz. Lean Turkey Breast, 2 slices whole grain bread, 1 slice cheese (LF, LS), Lettuce, Tomato, 2 tsp.
- Mayonnaise (LF), 1 tsp. Mustard
- Side Salad (lettuce, tomato, onion, carrot, cucumber, mushroom)
- 2 tbsp. dressing (LS, LF)
- Small bag baked chips or pretzels
- Whole pear

### Dinner

- Pasta & Meatballs: 3, 1oz. ground beef meatballs (90-95% lean, LS) with 1 cup whole wheat pasta tossed with 1 cup steamed broccoli, mushrooms, onions and peppers, ¼ cup tomato sauce (LS)
- 1 slice bread
- 1 tsp. margarine (LS, TFF)
- 1 cup milk (FF)

### Snack

- ½ cup applesauce
- 2 graham cracker squares

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<sup>4</sup> Adapted from NYC and Massachusetts Nutrition Standards