



Philadelphia ~~Comprehensive Food~~ Nutrition Standards

Why nutrition~~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 nutrition~~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 2015⁹ 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~~ are 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 do~~ 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 these standards into their foodservice programs (Sections 1-3). This includes contracted vendors.¹ 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

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

- health care facilities
- vending machines on [City-owned or leased property](#)~~public property~~

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](#)~~City-owned or leased~~ property through vending machines.

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

4. **Healthy Meetings/~~Special Occasion~~Party 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.

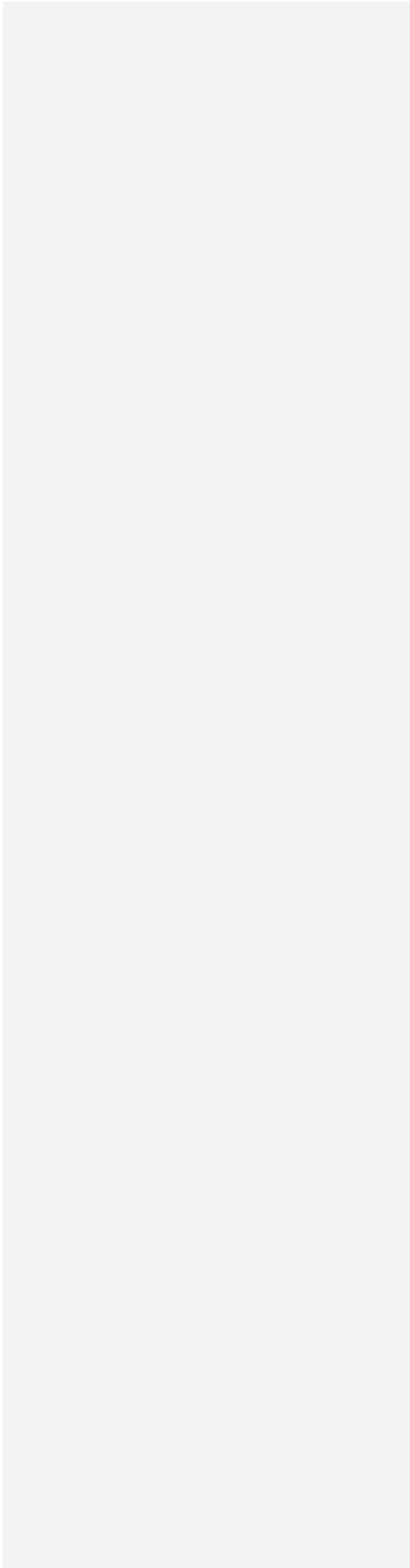
Healthy vending standards offer and promote healthy choices among City employees and Philadelphia residents who use City buildings. These standards apply to all beverages and snacks sold in vending machines on public property.

Healthy meeting and ~~special occasion party~~ guidelines apply to [internal meetings](#), trips, parties for holidays and ~~internal other~~ 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.

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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.¹

Purchased Food Standards		
Nutrient and Food Product	Required	Recommended
Trans Fat	All products have "0 grams" trans fat and no partially hydrogenated oils in ingredient list.	
Sodium²	All products have ≤ 480 mg sodium per serving, unless otherwise noted.	Whenever feasible, purchase “low sodium” (≤ 140 mg sodium per serving) or “reduced sodium” (original sodium level reduced by 25%)
	For programs serving majority (51%) adults over 50 years old, all products have ≤ 360 mg sodium per serving.	
Deep Frying	No purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products.	
Beverages	All beverages have ≤ 40 calories per container or serving (except 100% juice and milk). All juice is 100% fruit <u>or vegetable</u> juice; and single-use containers like juice cups or boxes are <u>portion is limited to 6 oz. per serving.</u> <u>Vegetable juice contains ≤ 230 mg sodium per serving</u>	Purchase and menu fruit or vegetables instead of juice wherever possible.
	No artificial sweeteners for programs serving a majority (51%) of children ages 2-18.	
Dairy	All milk is 1% or non-fat, except children <2 years should <u>can</u> be served whole milk. All milk is unsweetened and unflavored. ³	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).
	All yogurt is non-fat or low-fat. <u>Plain yogurt or yogurt contains ≤ 27g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13g per 4 oz .</u>	<u>Recommend cheese be low fat – part skim, 1% or 2% and lower sodium</u>
	<u>Any processed cheese food product contains ≤ 230 mg sodium</u>	<u>Recommend purchasing yogurts without artificial sweeteners</u>
		<u>Recommend cheese be low fat- part skim, 1% or 2% and lower sodium</u>

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Bread, pasta, and other grains and starches	<p>All sliced sandwich bread contains ≤ 180 mg sodium per serving, <u>be-is</u> whole wheat/whole grain rich⁴, and contains ≥ 2 g fiber per serving</p> <p><u>All flour tortillas and wraps are whole wheat/whole grain rich⁴, and contain ≥ 2 g fiber per serving</u></p> <hr/> <p>All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) contain ≤ 290 mg sodium per serving.</p>	<p>Recommend purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, English muffins), <u>whole grain tortillas</u>, brown rice, etc.</p>
Cereal, hot or cold	All cereal <u>has</u> ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, ≥ 2 g fiber per serving ^{5 6}	
Vegetables	All canned/frozen vegetables and <u>canned</u> beans have ≤ 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> <hr/> <p>Purchase seasonal and locally grown when possible.</p>
Fruit	All canned <u>and frozen</u> fruit <u>is</u> packed in unsweetened juice or water (no syrup) <u>with no added sugar</u> .	<p>Purchase fresh or frozen fruits.</p> <p>Purchase seasonal and locally grown when possible.</p>
Seafood, canned and frozen	All canned/frozen seafood (e.g., tuna) has ≤ 290 mg sodium per serving	
Beef and Pork	All beef and pork must be lean (contain $\leq 10\%$ fat)	<p>Purchase "extra lean" beef and pork (total fat $\leq 5\%$).</p> <p>Bacon contains ≤ 290 mg sodium per serving.</p>
Poultry	Canned/frozen poultry contain ≤ 290 mg sodium per serving <u>All ground poultry must be lean (contain $\leq 10\%$ fat)</u>	
Luncheon/deli meats	<u>All luncheon/deli meats contain ≤ 480 mg sodium per 2oz serving</u>	
Frozen whole meals	All frozen whole meals contain $\leq 35\%$ of the daily sodium limit (adults ≤ 800 mg; ≤ 525 mg seniors)	
Soups/gravies	<u>All soups/gravies contain ≤ 480 mg sodium per serving</u>	
Nuts/seeds/nut butters	<u>All nuts, seeds, nut/seed butters contain ≤ 230 mg sodium per serving</u> <u>All nut/seed butters contain ≤ 4 g sugar per serving</u>	

Condiments and sauces	Salad dressings contain ≤ 290 mg sodium per serving	Purchase bulk ingredients to prepare sauces and dressings from scratch.
	<u>Condiments/sauces contain ≤ 480 mg sodium per serving, with the exception of soy sauce. Due to limited market availability of soy sauce to meet this criterion, use reduced sodium soy sauce instead.</u>	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 ⁷)
		Individual packets of condiments (sugar, salt, etc) are limited
Desserts- grain and non-grain based	<u>Limit desserts (cookies, cakes, brownies, ice cream, water ice, etc.) to ≤ 200 calories per serving and ≤ 18g sugar per serving</u>	
Snacks	Snacks must meet all following criteria: ≤ 250 calories per serving or package, <u>excluding nuts and seeds</u> ≤ 7 grams total fat per serving, excluding snacks containing nuts and/or seeds <u>0 g trans fat per serving</u> ≤ 13 grams saturated fat per serving ≤ 230 mg sodium per serving <u>≤ 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</u>	<u>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</u>

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 ~~5~~ – 18, flavored milk and flavored fluid milk substitutes can be served, if ~~≤ 130 calories per 8 oz~~ 22grams of sugar per 8 ounce serving. 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) ≥ 8 g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.
5. In child care facilities (day care facilities, Head Start, Early Head Start, other pre-K programs), cereal ~~has~~ ≤ 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
Fruits and Vegetables	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 breakfast, serve at least one fruit whenever possible. Menu a variety of fruits and vegetables such as orange, red, or dark green leafy.
	For Agencies serving three meals per day, minimum of five servings of fruits and vegetables a day.	Use seasonal and locally grown where possible.
Water	Water is available at all meals (in addition to or in place of other beverages regularly served).	Tap water should be used wherever possible in place of bottled water for drinking and cooking.
Juice	Juice must be 100% fruit or vegetable 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.
Luncheon/deli meats	Serve luncheon/deli meats no more than two times per week	
Vegetarian entrees	Serve at least one vegetarian or bean-based entrée for lunch and dinner per week	
Grain-based Desserts- grain and non-grain based	Maximum of two servings of grain-based desserts (doughnuts, pastries, cookies, cake, brownies, ice cream, water ice , etc.) per week No more than 200 calories per serving Sugar ≤ 18 g per serving Grain-based desserts cannot be substituted for grains on menu	Use low calorie/low fat items or fruit for desserts whenever possible.
Food preparation	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.
Food Presentation and Marketing	<u>Any promotional signage should be appropriate</u> , encourage the selection of healthy offerings at the point of choice	<p><u>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.</u></p> <p><u>Feature fruits and vegetables at the front of the serving line. Placing items in plain view and/or at eye level can help influence customers to choose healthy items.</u></p> <p><u>Use a pricing strategy that favors healthier food options.</u></p> <p><u>Provide nutritional information and/or promotional materials at the point of choice to educate consumers about healthier food options.</u></p> <p><u>Use catchy or appealing names for menu items.</u></p>
Condiments		<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 definitions⁵)</p> <p>Purchase bulk ingredients to prepare sauces and dressings from scratch.</p>

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Meals – Nutrient Standards				
Required	Daily Amount	Breakfast	Lunch	Dinner
Calories, adults	1800- 2100 kcal	450- 706 kcal	540- 707 kcal	540- 770 kcal
<i>men - adult correctional</i>	≤ 2800 kcal			
<i>women - adult correctional</i>	≤ 2200 kcal			
Youth detention facilities	≤ 2500 kcal			
Sodium, adults^{1,2,3}	≤ 2,300 mg	≤ 670 90 mg	≤ 80 50 mg	≤ 80 50 mg
<i>children 1-3 years</i>	≤ 1,500 mg	≤ 400 mg	≤ 550 mg	≤ 550 mg
<i>children 5-810 years</i>	≤ 1,900 mg	≤ 430 mg	≤ 640 mg	≤ 830 mg

children 9-11 11-13 years	≤ 2,200 mg	≤ 470 mg	≤ 710 mg	≤ 1020 mg
children 14-18 years	≤ 2,300 mg	≤ 500 mg	≤ 740 mg	≤ 1060 mg
adults age 51 and over	≤ 1,500 mg	≤ 450 mg	≤ 525 mg	≤ 525 mg
Total Fat	≤ 30% of calories			
Saturated Fat	< 10% of calories			
Added sugars	< 10% of calories			
Fiber, adults	≥ 28 grams	≥ 7 grams	≥ 8.4 grams	≥ 8.4 grams
children 1-3 years	≥ 19 grams	≥ 4.8 grams	≥ 5.7 grams	≥ 5.7 grams
children 4-18 years	≥ 25 grams	≥ 6.3 grams	≥ 7.5 grams	≥ 7.5 grams
Recommended, Adults	Daily Amount			
Protein	10-35% of total kcal			
Carbohydrate	45-65% of total kcal			
Cholesterol	< 300 mg			
Potassium	4,700 mg			
Calcium	1,000 mg			
Iron	> 8 mg			
females	≥ 18 mg			

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Snack Standards		
<p>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.</p>		
Overall Required Guidelines	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, preferably tap water, is available at all snack times, in addition to other beverages regularly served	
Categories (choose at least two items, each from a different category)	Required	Recommended
CATEGORY 1: Dairy Beverages	Serving size is 1 cup (8oz)	Acceptable choices include: 1% or fat free milk or fluid milk substitute. Phase out flavored milk over time
	Milk must be 1% or fat-free and unflavored. ^{24.5 6-24}	
CATEGORY 2: Fruit or vegetable or juice <u>Acceptable choices including but not limited to: carrot sticks, celery sticks, pepper</u>	Fluid milk substitute (e.g., soy milk) must be ≤ 100 calories per serving.	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. Serve fresh fruit and vegetables
	<u>Serving size is ¾ cup</u> Juice is 100% juice and portion size limited to ≤ 6 oz per serving. If provide snacks only, serve juice no more than 2 times per week.	

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<p>slices, salads; fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water</p>		<p>whenever possible Serve local seasonal fruit and vegetables whenever possible</p>
<p>CATEGORY 3: Bread or grain Acceptable choices including but not limited to: whole wheat pita, whole grain cereal and crackers, whole grain bread, plain popcorn</p>	<p>Serving size is ½ cup or 1 slice.</p> <hr/> <p>Sodium is ≤ 180 mg per serving for sliced sandwich bread, and is ≤ 230 mg for crackers, chips, salty snacks.</p> <hr/> <p>Fiber ≥ 2 g per serving</p> <hr/> <p>Grain or bread products should have ≤ 18 g sugar per serving and cannot be: doughnuts, pastries, croissants, cake, etc.</p>	<p>All items served should be whole grain items whenever possible.</p> <p>Acceptable choices include: whole wheat pita triangles, whole grain cereal, whole grain crackers, whole grain bread, rice cakes, popcorn</p>
<p>CATEGORY 4: Protein (meat or meat alternative) Acceptable choices including but not limited to: hummus, bean dip, cottage cheese, low-fat cheese, hard boiled eggs, low or nonfat yogurt, low sodium tuna, nuts, nut butters, sunflower seeds</p>	<p>Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt; 2 Tbsp nut butter; 1 oz meat.</p>	<p>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</p>
<p>Other Snack Considerations</p>	<p>Required</p>	<p>Recommended</p>
<p>Beverages for sites serving adults Acceptable choices including but not limited to: plain water, plain or artificially sweetened seltzer water or tea</p>	<p>≤ 40 calories per container or serving for beverages other than 100% juice or milk.</p>	<p>Acceptable choices include: artificially sweetened water, soda or tea</p>
<p>Condiments</p>	<p>Salad dressings or dips contain ≤ 290 mg sodium per serving</p>	<p>Use low-fat cholesterol-free mayonnaise; reduced sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low</p>

	calorie (kcal) salad dressings (as per FDA definitions ⁵)
Food preparation	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

Notes for Meals and Snacks Served

1. Agencies ~~should aim to reduce sodium by 5-10% each year until the standard is met~~ can meet the sodium standards gradually, but should develop a plan and fully implement by September 2016.
2. For specific sodium limits for children under 18 years old by meal, see Section 3: Population-specific Standards and Exceptions
3. For calorie and other nutrient recommendations for children, see the USDA Dietary Guidelines for Americans, www.dietaryguidelines.gov
- ~~2-4.~~ Children 12 months to <2 years old~~s~~ should be served unflavored whole milk. ~~Children 2-4 years old should be served unflavored skim or 1% milk.~~
- ~~3-5.~~ Children ~~25-~~18 years can be served flavored milk or fluid milk substitutes, ~~if ≤ 22grams of sugar per 8 oz serving.~~
4. No artificial sweeteners for programs serving a majority (51%) of children ages 2-18.

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Section 3: Population-specific Standards and Exceptions

Children

For City agencies or programs serving school-age children but not participating in the National School Breakfast Program or National School Lunch Program, use the NSB/NSL program 2017 target sodium limits as a guideline. For agencies or programs serving multiple age groups, use the sodium limit for the oldest age group.

	Daily Amount	Breakfast	Lunch
Children 5-10 years (grades K-5)	≤ 1,900 mg	≤ 485mg	≤ 935mg
Children 11-13 years	≤ 2,200 mg	≤ 535mg	≤ 1035mg

(grades 6-8)			
Children 14-18 years (grades 9-12)	≤ 2,300 mg	≤ 570mg	≤ 1080mg

Youth Detention Facilities

Agencies serving the youth detention or correctional population have a majority of young and/or active boys who may require a higher caloric intake. The daily caloric intake should be kept to less than 2,500 calories.

Patients under Therapeutic Care

Nutrition requirements consistent with established medical guidelines and diets for patients under therapeutic care can replace general nutrition criteria described here. The Patient Bill of Rights allows patients under therapeutic care to request specific food items.

Donated Foods

Foods that are donated or provided at no cost to a program are not required to meet the standards outlined in Section 1. However, agencies accepting these foods are required to meet the nutrition standards outlined in Section 2.

Foster Care and Independent Living Programs

Foster care providers and independent living programs are not required to comply with these standards, but are still encouraged to consider offering healthier options.

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Section 34: Vending Standards for Beverages, Snacks and Meals

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 ~~and meals~~ 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 n~~No more than 250 calories per package, excluding nuts and seeds.
 - a. —
 - b. ~~The snack contains n~~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.
 - c. ~~The snack contains n~~No more than 13 grams of saturated fat per serving.
 - d. ~~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.~~ Zero grams of trans fat per serving.
 - d. —
 - e. ~~The snack contains n~~No more than 230 milligrams of sodium per serving.
 - f. No more than 18 grams of sugar per serving, except for 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.
 - e. —
 - f.g. The snack is not gum, candy, or non-baked chips.
3. *High fiber snack/meal*: a healthy snack or meal item 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.
8. *Healthy meal*: a meal item includes salads, sandwiches, burritos, mac and cheese, soups and combination packaged items such as tuna salad kits. Breakfast breads and pastries must meet the snack standards. Each item should meet all of the following criteria:
 - a. No more than 700 calories per package (all items ≤ 250 calories would have to meet the snack standards)
 - b. No more than 35% of calories from fat
 - c. No more than 10% of calories from saturated fat
 - d. Zero grams of trans fat
 - e. No more than 800 mg sodium per package. For soups, no more than 480 mg per 8 ounces.
 - f. No more than 25 g sugar per package, excluding meal items that contain only fresh or canned fruit in unsweetened juice or water
- 7-9. *Other meal*: any meal that is not a healthy meal.

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Standards

	Beverages	Snacks	Meals
Product Mix	<p>a. At least 65% of the beverages offered per machine must be <i>healthy beverages</i>.</p> <p>a-b. <u>Plain water must be an option in each machine. Naturally flavored, calorie-free seltzer water is also encouraged.</u></p>	<p>a. At least 65% of snacks offered per machine must be <i>healthy snacks</i>.</p> <p>b. At least one <i>high fiber snack</i> must be offered per machine.</p> <p>b-c. <u>At least five non-grain/potato based healthy snacks must be offered per machine.</u></p> <p>d. <u>At least one item must be unsalted or lightly salted nuts.</u></p> <p>e. <u>At least one item must be a dried or shelf-stable fruit item.</u></p> <p>e-f. In addition to the requirements in a, and b, <u>d and e</u>, it is strongly encouraged that as many snacks as possible comply with the recommended nutrition criteria.</p>	<p>a. <u>At least 65% of meals offered per machine must be <i>healthy meals</i>.</u></p> <p>b. <u>At least two items per machine should be fruit and/or vegetable-based.</u></p> <p>c. <u>At least one <i>high fiber meal</i> must be offered per machine.</u></p>
Recommended Nutrition Criteria	Not applicable	<p>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.</p> <p>b. At least five snacks in the machine 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. More than 65% of snacks meet sodium criteria of \leq 230</p>	<p>a. <u>At least five meals in each machine should contain 10-19% of Daily Value for calcium, iron, and Vitamins A, C, and E.</u></p> <p>b. <u>More than 65% of meals meet the sodium criteria of no more than 800 mg sodium per package. For soups, no more than 480 mg per 8 ounces.</u></p> <p>a-</p>

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			<u>mg of sodium per serving</u>
Product Display, Placement, and Promotion- <u>these criteria apply to beverages, snacks and meals</u>	<ul style="list-style-type: none"> a. <i>Healthy beverages, <u>snacks and meals</u></i> must be placed in positions with the highest selling potential. b. <i>Sugar-sweetened beverages <u>and other snacks and other meals</u></i> must be placed in positions with the lowest selling potential. c. Other than <u>beverage</u>-display or placement that conforms to the requirements in a and b, no beverage, <u>snack or meal</u> shall be specially advertised, promoted, or featured on, in, or immediately surrounding any machine unless that <u>beverage item</u> is water, or 100% juice <u>or a healthy snack or a healthy meal</u>. a. <i>Healthy snacks must be placed in positions with the highest selling potential.</i> b. <i>Other snacks must be placed in positions with the lowest selling potential.</i> c. <i>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 healthy snack.</i> d. a. 		
Product Size	<ul style="list-style-type: none"> a. <i>Healthy beverages</i> may be 12 oz. or larger. b. <i>Sugar-sweetened beverages</i> must not be larger than 12 oz. each. Sodas no larger than 8.575 8.575 oz. each are strongly encouraged. 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. 	Not applicable	<u>Not applicable</u>
Nutritional Labeling*- <u>these criteria apply to beverages, snacks and meals</u>	<ul style="list-style-type: none"> 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. b. Calorie font size shall not be 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 		

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is as conspicuous as the name, price, or selection button.

- 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.
- e-d. All healthy beverages, snacks and meals in each machine must be clearly and conspicuously labeled using green spirals, green stickers or other labeling system that has been approved by the Department of Public Health; labels must be placed adjacent to or in close proximity to the item so as to be clearly associated with the item; other beverages, snacks and meals shall be placed in and labeled by metal (uncolored) spirals, if applicable; each machine shall make clear that green spirals, stickers or other labels denote healthy snacks
 - a. All healthy snacks in each machine must be clearly and conspicuously labeled by choosing one of the following two methods:
 - i. Healthy snacks shall be placed in and labeled by green spirals; other snacks shall be placed in and labeled by metal (uncolored) spirals; each machine shall make clear that green spirals denote healthy snacks; or
 - ii. Healthy snacks 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 healthy snacks.
 - 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."

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Price- these criteria apply to beverages, snacks and meals

- a. Pricing models that promote healthy choices by establishing lower prices for *healthy beverages* relative to *sugar-sweetened beverages* are strongly encouraged.
- b. The price of water must not exceed the lowest price of any *sugar-sweetened beverage*.
- a. Pricing models that promote healthy choices by establishing lower prices for *healthy snacks and meals* -relative to *other snacks and meals* are strongly encouraged.
- b. The price of *healthy snacks and meals* must not exceed the highest price of *other snacks and meals*, except with the prior written consent of the Philadelphia Department of Public Health.

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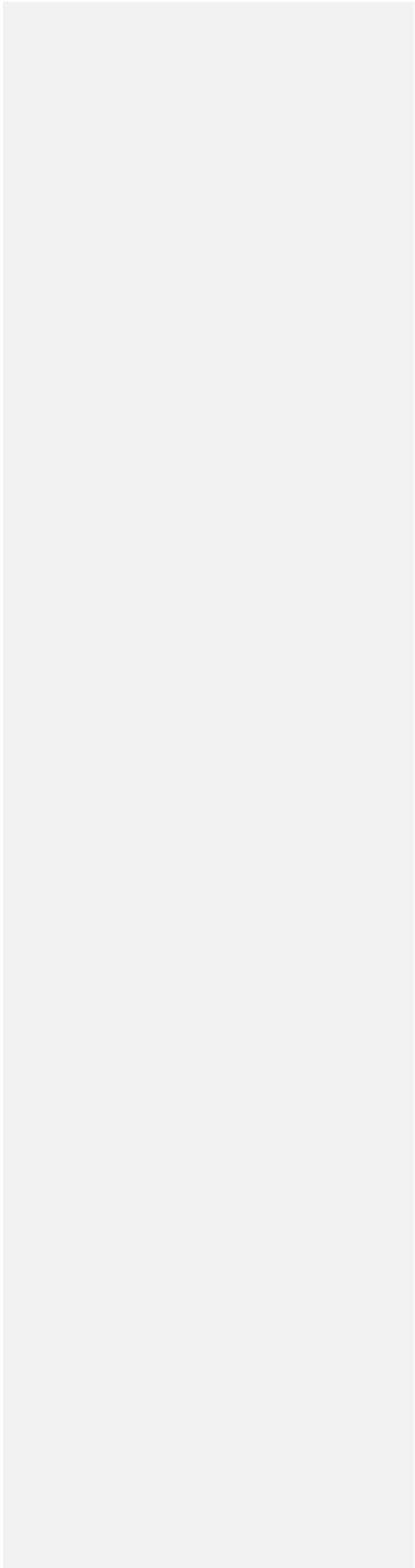
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*The calorie labeling requirements align with the Food and Drug Administration's (FDA) calorie labeling guidelines that are required for vending operators who own or operate 20 or more vending machines. For more specific details on these guidelines, visit <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm217762.htm>

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Section 54: Healthy Meeting/~~Party~~~~Special Occasion~~ Guidelines

Healthy Meeting/ Special Occasion Party Guidelines	
	Special occasion <i>These 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. <u>These guidelines will help you plan healthier meals and snacks for your office.</u></i>
	Healthy options such as fresh fruit, leafy green salad, and/or vegetable slices <u>or sides and/or whole grains</u> are should be available <u>at all events.</u>
	Water is available at all times. <u>Present water in a more appealing way- garnish pitchers of water with citrus wedges or cucumber slices</u> <u>No fried foods should be served.</u>
	Adopt a departmental policy for special occasion <u>healthy meeting/party</u> meals and snacks. Special occasion <u>Meeting/party</u> meals generally be limited (ex., once a month)
Required	Special occasion <u>Meeting/party</u> snacks generally be limited (ex., once a month)
Recommended	If serving sweets/desserts, offer in moderation <u>or smaller portions. Fresh fruit and fruit-based desserts are better options.</u>
	Adhere to beverage standards: <ul style="list-style-type: none"> • ≤ 40 calories per container for beverages other than 100% juice or milk. • Juice is only 100% juice, limited to 6 oz. portions, and served infrequently.
	Eliminate all foods that meet USDA definition of Foods of Minimal Nutritional Value (definition available at: http://www.fns.usda.gov/cnd/menu/fmnv.htm) http://www.fns.usda.gov/school-meals/foods-minimal-nutritional-value

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*See Appendix A for a sample menu

Section 65: Sustainability Guidelines²

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 [\(grown within approximately 250 miles of Philadelphia\)](#), 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, or (iv) other food products like coffee, grains, eggs, etc. that are sustainably harvested and sourced. Sustainable products come from producers that employ production systems that reduce or eliminate synthetic pesticides and fertilizers; avoid the use of hormones, antibiotics, and genetic engineering; conserve soil and water, protect and enhance wildlife habitat and biodiversity; and reduce on-farm energy consumption and greenhouse gas emissions.³

The best indicators of the sustainability of a product are third party certifications or USDA/FDA approved label claims since they are based on clear and meaningful standards. When possible, food and beverage products should carry one or more third party certifications or USDA/FDA label claims for sustainability. In the case of local farmers that don't have certifications or label claims, foods and beverages can be considered *sustainable* if appropriate documentation is provided to substantiate sustainable food production methods have been used.

Agencies may also request that their vendors offer fruit, vegetables, dairy products, meat, ~~and~~ seafood, and other products that is/are 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 sustainability guidelines 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.

² Adapted from New York City Food Standards

³ [Los Angeles Food Policy Council, *Good Food Purchasing Program for Food Service Institutions*.](#)

Section 76. Public Concessions, Catering, and Special Events Best Practices⁴

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. [The Philadelphia Food Policy Advisory Council \(FPAC\) will be releasing a list of good food caterers who meet healthy, sustainable sourcing, local ownership and fair labor criteria. Please review this list when selecting a caterer and menu for events to ensure you are making good and healthy choices. For more information, visit <http://phillyfpac.org/>.](#)

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~~ include fresh fruits and vegetables, whole grains, and vegetarian options.
- Offer water at all times. Limit sugar-sweetened beverages ~~as able.~~
- Offer menu selections ~~for patrons with special dietary considerations like~~ that are heart healthy- low sodium and low fat. cholesterol, low fat, low sodium and heart healthy.
- Offer fresh fruit and fruit-based desserts. Offer sweets/baked goods in smaller portions or limited amounts.
- ~~Involve a registered dietitian or nutritionist in the preparation of the menus, recipes and quality control process (recipe adherence, proper handling, etc.).~~
-

FOOD PREPARATION

- Maximize the use of healthier cooking techniques ([baking, sautéing, roasting, grilling, poaching, steaming](#)) in all food preparation. ~~No fried foods should be served.~~
- Eliminate ~~trans fats or greatly reducing trans fatty acids~~ and ~~greatly reduce~~ saturated fats ~~in food preparation and cooking. in addition to lowering of fat content without sacrificing taste or quality.~~
- ~~Reduce the amount of sodium in menu items.~~
- ~~Use scratch cooking. Prepare foods on-site from bulk, whole, unprocessed ingredients.~~

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 calorie, sodium, fat content, etc.) on food items at the point of choice to educate consumers about healthier food options.
- ~~Feature fruits and vegetables at the front of the serving line. Placing items in plain view and/or at eye level can help influence customers to choose healthy items.~~
- ~~Use catchy or appealing names for healthy menu items.~~
- 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.~~

⁴ Adapted from the Health and Human Services Health and Sustainability Guidelines for Federal Concessions and Vending Operations

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PORTIONS AND PRICING

- Feature a pricing strategy that favors healthier food options.
- Consider smaller portions for sugary drinks, [salty snacks, and sweets/desserts](#).

SUSTAINABLE FOODS

- Purchase locally grown [seasonal fruits and vegetables and other food and/or organic](#) food products [as well as all other food products whenever possible](#).
- Purchase from producers or vendors that demonstrate a commitment to [sustainable production](#) and fair labor practices.

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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

* Recipes obtained from: USDA recipes from Schools

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTewMiZpc01ncj10cnVI#c-f>

2,000 calorie (kcal) menu⁵

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

- ~~LF~~—Turkey Sandwich: 2-3 oz. Lean Turkey Breast, 2 slices whole grain bread, 1 slice cheese (~~LF~~, ~~LS~~), Lettuce, Tomato, 2 tsp.
- ~~LF~~ Low-fat Mayonnaise (~~LF~~), 1 tsp. Mustard
- Side Salad (lettuce, tomato, onion, carrot, cucumber, mushroom)
- 2 tbsp. dressing (~~LS~~, ~~LF~~ low-fat, low sodium)
- 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 whole wheat bread
- 1 tsp. margarine (~~LS~~, ~~TFF~~)
- 1 cup ~~LS~~ 1% or non-fat milk (~~FF~~)

Snack

- ½ cup applesauce
- 2 graham cracker squares

⁵ Adapted from NYC and Massachusetts Nutrition Standards

Sample Healthy Catering/Meeting Menu

Breakfast

Mini whole-wheat bagels, sliced and halved or quartered
Fruit spread, low-fat cream cheese or peanut butter on the side
Plain yogurt with low-fat granola and fresh berries
Bananas, apples or other whole fruit
Coffee, tea, water, 100% orange juice

Lunch

Grilled turkey or chicken breast, lettuce and tomato sandwiches on whole wheat or rye bread
Quinoa salad with tomato, bell pepper, red onion and black beans
Chopped salad with dark leafy greens, cucumbers, carrots, tomatoes and feta cheese
Vinaigrette dressing on the side
Fresh fruit salad
Oatmeal apple squares
Coffee, tea, fat-free or 1% milk, water, naturally flavored and calorie-free seltzer

Parties/celebrations

Mixed vegetable tray with hummus, salsa, and/or yogurt-based dip
Make-your-own trail mix with unsalted nuts, seeds, and dried fruit
Assorted cheese tray with whole-wheat crackers
Air-popped popcorn
Veggie chili with beans
Fresh fruit
Banana or zucchini bread, sliced
Coffee, tea, fat-free or 1% milk, water, naturally flavored and calorie-free seltzer

For more healthy meeting guidelines, visit:
American Heart Association Healthy Workplace Toolkit
Eat Smart Move More NC

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