

## MEMORANDUM

**To: City agencies**

**From: Philadelphia Department of Public Health, Division of Chronic Disease Prevention**

**RE: Revisions to the Nutrition Standards as mandated by Executive Order No. 4-14**

**Date: February 3, 2016**

Executive Order No. 4-14, passed in June 2014, directed the Health Commissioner's Office to develop nutrition standards to ensure that the City offers a broad range of healthy food and beverages to employees and constituents. Any contract awarded or executed by a City agency pursuant to solicitation commenced on or after July 1, 2014, that either calls for the provision of food or that provides for direct or indirect funding of the purchase, preparation, or service of food or beverages is required to comply with the standards. The Philadelphia Department of Public Health (PDPH) has been working with affected City agencies since 2014 to help them implement the standards into their contracts and food purchasing, preparation and service activities. Prior to the official release of the standards, City agencies reviewed drafts and provided feedback.

Per the Executive Order, the Health Commissioner's Office can, as appropriate, amend the standards in accordance with the latest scientific data and dietary guidance. In light of the newly released 2015 USDA Dietary Guidelines for Americans and the recommended Child and Adult Care Food Program (CACFP) meal pattern revisions, the Nutrition Standards have been revised to align with these and other science-based recommendations. This memorandum details the revisions both generally and by section. Additionally, the standards document shows all revisions in red text.

The Department of Public Health will be soliciting comments on the revised standards. Please submit comments using the typeform posted on [www.phila.gov/nutritionstandards](http://www.phila.gov/nutritionstandards) by **March 5, 2016**. Email any questions to [nutritionstandards\\_PDPH@phila.gov](mailto:nutritionstandards_PDPH@phila.gov).

For more information about the Executive Order, Nutrition Standards or the Health Department's work with City departments to implement the standards, visit [www.phila.gov/nutritionstandards](http://www.phila.gov/nutritionstandards).

### **General revisions:**

- Aligned with the 2015 USDA Dietary Guidelines, CACFP meal pattern recommendations, the Good Food, Healthy Hospital standards, American Heart Association's Healthy Workplace Food and Beverage Toolkit and other existing standards
- Included sugar restrictions for yogurt, flavored milk and snacks
- Added more food categories and specific foods to the purchased food standards
- Added population-specific standards and exceptions
- Added meal standards to the vending standards
- Tightened up the language to be more direct and specific
- Added more detail to meetings, sustainability and public concessions sections

## Specific revisions by section:

### Section I: Purchased Foods

- Beverages- added vegetable juice with a sodium limit
- Dairy- added sugar limit for yogurt as required; added sodium limit on processed cheese food products; added sugar restriction for flavored milk and require that it only be served to children 5-18 years old
- Grains/starches- Added flour tortillas to the whole grain/sodium requirement
- Fruit- added frozen fruit with no sugar added
- Poultry- added ground poultry must be lean
- Added a category for luncheon/deli meats- with a sodium limit
- Added a category for soups/gravies- with a sodium limit
- Added a category for nut/seeds/nut or seed butters- with a sodium and sugar limit
- Added a category for grain-based and non-grain based desserts to align with the snack section
- Condiments and sauces- added sodium limit, but excluded soy sauce due to limited market availability. Recommended using low or reduced sodium soy sauce.
- Snacks- added sugar and trans fat limits, excluded nuts and seeds from the 250 calorie limit, and changed saturated fat limit from 3 grams to 1 gram

### Section II: Meals and Snacks Served

- Meal standards
  - Fruits and vegetables- added as a recommended standard that at least one fruit must be served for breakfast whenever possible and that a variety of fruits and vegetables should be served
  - Juice- added vegetable juice
  - Added a luncheon/deli meat category- serve no more than 2 times per week
  - Added a vegetarian/bean-based entrée category- should be served at least one time per week for lunch and dinner
  - Added Grain and non-grain based desserts- added calorie limit and that grain-based desserts cannot be substituted for grains on menu
  - Food presentation and marketing- added more specific language around promotional signage, placement and pricing of healthier options
- Nutrient standards
  - Updated per meal calorie and sodium limits to adhere with the American Heart Association's recommendations
  - Added a calorie increase for juveniles in youth detention facilities- up to 2500 calories per day
  - Updated age ranges for children for sodium limits
  - Removed the sodium limits per meal for children and added as population-specific standards in Section III- sites should follow these guidelines if serving children. These standards align with National School Breakfast and Lunch (NSBP & NSLP) guidelines.

- Removed the fiber amounts for adults per meal
- Snack standards
  - Added acceptable choices in the category section and added recommended standards to dairy and fruit and vegetable categories
  - For snack examples, removed the serving amounts. Servings are listed in the individual category sections.
- Added note that agencies should aim to reduce sodium by 5-10% each year until standard is met
- Added note to see Dietary Guidelines for specific calorie and nutrient guidelines for children
- Added note that children 2-4 years old should be served unflavored skim or 1% milk
- Added note that children 5-18 years old can be served flavored milk but must be less than 22g sugar per 8oz serving

### **Section III: Population-specific Standards and Exceptions (new section)**

- Added specific sodium recommendations for agencies serving children that align with the NSBP and NSLP (2017 targets)
- Added calorie exception for youth detention facilities (up to 2500 calories per day), given their increased calorie needs
- Added exception for patients under therapeutic care- these patient may have more flexibility as dictated by their physician and allowed by the Patient Bill of Rights
- Added exception for donated foods- these items do not need to meet the purchased food standards but agencies must still meet the meals served standards
- Added exception for foster homes and independent living facilities- these settings do not need to meet the standards, but are encouraged to consider adopting healthier choices as able

### **Section IV: Vending Standards for Beverages, Snacks and Meals**

- Changed requirement to broadly include all vending machines located on city owned or leased property versus those that are just part of the City's centralized contract
- Excluded nuts and seeds from the 250 calorie limit
- Changed saturated fat limit to 1g
- Added sugar restriction, but have exception for snacks containing fresh fruit or vegetables, dried fruit or canned fruit in juice in water.
- Added no trans fat requirement for snacks and meals
- For beverages, added that at least one option must be water in each machine and that calorie-free naturally flavored seltzer water is encouraged as an option
- For snacks, added that at least 5 non-grain/potato-based options must be offered in each machine, at least one item must be unsalted or lightly salted nuts, and at least one item must be a dried or shelf stable fruit item
- For snacks, added that more than 65% of snacks in the machine could meet the sodium limit as a recommended criteria

- Added meal standards (based on New York City’s Vending Standards)
  - Nutrient requirements: less than 700 calories per package, no more than 35% calories from fat, no more than 10% calories from saturated fat, no more than 800mg sodium, for soups no more than 480mg sodium per 8oz, no more than 25 g of sugar
  - At least 65% of meals must meet healthy meal standards
  - At least two items per machine should be fruit or vegetable based
  - At least one high fiber item per machine
  - At least 5 meals per machine should contain 10-19% Daily Value for calcium, iron, Vitamins A, C and E as recommended criteria
  - More than 65% of meals in machine should meet the sodium limit as recommended criteria
  - Standards around display/placement, pricing and labeling as well
- Added calorie labeling to snacks and meals to align with beverages; calorie labeling will be required by FDA regulation as of December 2016

#### **Section V: Healthy Meeting/Party Guidelines**

- Changed some language to make clear that these refer to internal work meetings, parties, trips
- Added more specific language to fruits/vegetables and water categories
- Added that no fried foods should be served

#### **Section VI: Sustainability Guidelines**

- Aligned language with the PDPH Good Food, Healthy Hospital standards

#### **Section VII: Public Concessions, Catering, and Special Events Best Practices**

- Added more specific language to sections around the following:
  - Offering fruits and vegetables, whole grains, vegetarian options and water at all meals
  - Limiting sugar-sweetened beverages and fried foods
  - Offering heart healthy (low fat, low sodium) options
  - Limiting portions of sweets/desserts
  - Using healthier cooking techniques
  - Placement of healthy items
  - Sustainability practices
- Added sample catering/meeting menus