

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: June 20, 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 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.

The Department of Public Health solicited public comments on the revised standards in February 2016 and incorporated feedback into the revisions as able.

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.

Implementation Process:

Get Healthy Philly has identified 5 areas of focus for all City departments to fully implement in the coming year. Each department shall prioritize full implementation of these goals while working towards incorporating all required standards into foodservice operations. Get Healthy Philly will continue to provide support and track achievement of the following priorities over the course of this year.

1. Sodium reduction
2. Serving whole grain items daily
3. Availability of water free of charge at all meals
4. Eliminating artificial trans fats (includes partially hydrogenated oils)
5. Increasing variety and freshness of fruits and vegetables

General revisions:

- Aligned with the 2015 USDA Dietary Guidelines, CACFP meal pattern revisions, the Good Food, Healthy Hospitals 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, added that snacks can't be gum, candy or non-baked chips and added an exception for chips that are prepared by frying if they meet all the snack criteria as well as specific ingredient criteria per PDPH product review

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
 - Added whole grains category- serve at least one whole grain rich food per day and recommend serving whole grains whenever possible- per CACFP meal pattern revisions
 - 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 to 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 total fat standard
 - Added trans fat standard- 0 grams trans fat from artificial sources
 - Added standard for added sugars- less than 10% of calories
 - Removed the fiber amounts for adults per meal
 - In recommended section, removed cholesterol limit
- Snack standards
 - Added that the snack guidelines are in compliance with the requirements of CACFP for children 6 – 18 years old
 - Added acceptable choices in the category section and added recommended standards to dairy and fruit and vegetable categories
 - Added preferably tap water is available at all snack times
 - For snack examples, removed the serving amounts. Servings are listed in the individual category sections.
 - Separated fruit/vegetable into two separate categories per CACFP meal pattern revisions
- 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 2-5 years old should be served unflavored skim or 1% milk
- Added note that children 6-18 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 patients 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 and should make every effort to serve foods with no artificial trans fats
- Added exception for foster homes and independent living facilities- these settings do not need to meet the standards, but are encouraged to adopt 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 from 3g to 1g
- Added sugar restriction, but have exception for snacks containing fresh fruit or vegetables, dried fruit or canned fruit in juice or in water.
- Added a no trans fat/partially hydrogenated oils 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 an exception for fried chips if they meet the healthy criteria as well as specific ingredient criteria as determined by PDPH.
- 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
- For snacks and meals, added that 100% of items in the machines must be trans fat free and meet the sodium criteria (\leq 230 mg sodium per serving).
- 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 Hospitals standards

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

- Added that the Philadelphia Food Policy Advisory Council (FPAC) is developing a list of good food caterers that can be shared with departments to help inform good food purchasing for events
- 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
 - Added criteria for pre-packaged snacks, beverages and meals
 - Placement of healthy items
 - Sustainability practices
- Added sample catering/meeting menus