

Philadelphia Nutrition Standards

The City of Philadelphia adopted comprehensive nutrition standards via Executive Order in 2014 to ensure that the City offers a broad range of healthy food and beverages to employees and constituents. These standards provide guidance for all meals purchased, served, sold, or prepared through City-funded programming. 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.

Why nutrition standards?

PDPH values health justice. Our work is guided by a commitment to all people's health and humanity. We recognize the complexity of the environmental and systemic roots of poor health and the fact that impacting those will require multi-faceted interventions. We target both the direct causes of poor health, most important of which are tobacco use, unhealthy diet, physical inactivity, and violence, and the "causes of those causes": the ubiquity of unhealthy foods, beverages, and tobacco products in low-income neighborhoods that make healthy lifestyles difficult, the barriers to the physical and emotional benefits of physical activity in those same neighborhoods, and most of all, the economic injustice and structural racism that have led to entrenched poverty in our city.

Food provides nourishment for our bodies and minds and should be easily accessible to all Philadelphians. The more than 20 million meals served every year by City agencies and city-funded programs are an opportunity to provide nourishing meals and help improve the health of residents throughout the City. Comprehensive nutrition 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 2020-2025 USDA Dietary Guidelines for Americans, 2) HHS Food Service Guidelines for Federal Facilities, 3) food standards adopted by other local governments like New York City and 3) review and feedback from City Agencies, program participants and external partners. As the Dietary Guidelines and other nutrition and public health information are updated, the Philadelphia Department of Public Health (PDPH) will make periodic revisions to the standards to ensure they align with the latest dietary guidance.

Who do the standards impact?

All agencies that purchase, serve, sell, or otherwise provide food to clients, patients, employees and the general public will integrate these standards into their foodservice programs (Sections 1-4). This includes contracted vendors.¹ Where possible, agencies are encouraged to incorporate non-mandatory best practices for healthy meetings, values-based purchasing and non-vending concessions (Sections 5-7). Some examples include:

- correctional facilities
- youth detention centers
- city-funded afterschool and summer programming
- shelters
- early care and education facilities funded through the Office of Children and Families PHLpreK Program
- congregate care facilities
- vending machines on City-owned or leased property

¹ 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 1-4: 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, and saturated fat; standards for servings, portions, and preparation).
3. **Population-specific Standards and Exceptions:** standards for specific populations and exceptions for certain settings and circumstances.
4. **Vending:** nutrient standards for foods and beverages offered for sale on City-owned or leased property through vending machines.

Sections 5-7: Best Practices (non-mandatory)

5. **Healthy Meetings/Party/Catering Guidelines:** nutrition recommendations for internal trips, holiday parties, meetings and special events
6. **Values-based Purchasing Guidelines:** recommendations for departmental purchasing related to local, fair labor and sustainability criteria.
7. **Public Concessions, 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 foods purchased for preparation on site meet nutrient criteria. The meal and snack standards ensure that all meals and snacks served are healthy and well-balanced. Healthy vending standards offer and promote healthy choices among City employees and Philadelphia residents who use City buildings. These standards apply to all beverages, snacks, and meals sold in vending machines on public property. Healthy meeting/catering/party guidelines apply to internal meetings, trips, parties for holidays and other special events where food is purchased from vendors not routinely used by the department for normal food service.

Values-based Purchasing 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 minimize 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 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 as well as the American Heart Association's Healthy Workplace Toolkit.

Implementation

The City of Philadelphia acknowledged that implementation of the Nutrition Standards is a gradual process and identified key areas of the standards (listed below) for departments to prioritize. PDPH will

work with departments to provide technical assistance and support to meet these priority areas and the broader standards. Technical assistance varies by department but could include menu review, nutrition analysis, contract review, trainings, product sourcing and vendor outreach.

Priority areas

- Reduce sodium
- Eliminate trans fats
- Increase freshness and variety of fruits and vegetables
- Make water available at all meals
- Increase whole grains
- Healthier food preparation: no frying, no pre-prepared fried foods, reduce sugar
- Quality of food

Commented [JA1]: New sections

COVID-19 Considerations

While the COVID-19 pandemic has affected food service operations for some City departments, departments should still make an effort to comply with the Philadelphia Nutrition Standards, unless otherwise directed by federal, state or city guidelines. For specific guidance and updates related to COVID-19, visit www.phila.gov/COVID19.

Commented [JA2]: New section to acknowledge COVID's potential impact on food service.

Resources

You can find resources and toolkits to assist with implementation of the standards here www.phila.gov/nutritionstandards.

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The Philadelphia Department of Public Health (PDPH) has developed online training modules to offer food procurement staff (City staff who purchase food), food service managers and purchasing staff (those who develop menus, purchase, prepare and serve the food), and food vendors (those who provide/sell the food to City departments) the information needed to comply with Standards implementation. Select the module that best aligns with your role.

-Kitchen Managers & Purchasing Staff: <https://youtu.be/BvMYcTniZic>

-Food Procurement Staff: <https://youtu.be/idfR8Fc2Gis>

-Food Vendors: <https://youtu.be/mAyFZsq-kLU>

Once you finish taking the relevant module, please complete this survey at https://docs.google.com/forms/d/e/1FAIpQLSdtEYR1p6N8tqfvYnPo_SsczCHsYrad5acow_W1xSKkxfAow/viewform?usp=pp_url and PDPH will send you a certificate as training confirmation.

Section 1: Purchased Foods

These standards require that foods purchased for preparation on site meet nutrient criteria and ensure that healthier foods are a regular part of meals provided by City agencies. 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.	
Sodium	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.	
Breaded, pre-fried products	Limit purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products like chicken nuggets, chicken patties, fish sticks, etc.	
Beverages	All beverages have ≤ 40 calories per serving (except 100% juice and milk). Limit products with artificial sweeteners. All juice is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 6 oz. Vegetable juice contains ≤ 230 mg sodium per serving No artificially sweetened beverages for programs serving a majority (51%) of children ages 2-18.	Purchase and offer fruit or vegetables instead of juice wherever possible.
Dairy	All milk is 1% or non-fat, except children <2 years should be served whole milk. All milk is unsweetened and unflavored. ² All yogurt is non-fat or low-fat. Plain or flavored yogurt contains ≤ 27g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13g per 4 oz . Yogurt has natural and added sugar. Choose yogurts with less added sugar.	Recommend purchasing yogurts without artificial sweeteners Recommend cheese be low fat- part skim, 1% or 2% and lower sodium
	Any processed cheese food product (I.e. American cheese) contains ≤ 230 mg sodium per serving	

Commented [JA4]: Changed to include a limit on purchasing breaded, pre-fried products

Commented [JA5]: Added a limit on purchasing products with artificial sweeteners.

Commented [JA6]: Added guideline to choose options with less added sugar.

Bread, pasta, and other grains and starches	<p>All sliced sandwich bread contains ≤ 180 mg sodium per serving, is whole wheat/whole grain rich³, and contains ≥ 2 g fiber per serving</p> <p>All flour tortillas and wraps are whole wheat/whole grain rich³, and contain ≥ 2 g fiber per serving</p> <p>All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) contain ≤ 290 mg sodium per serving.</p> <p>All breakfast breads/pastries (muffins, bars, crumbles, croissants, etc.) contain ≤ 12 g sugar per serving</p>	Recommend purchasing whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, English muffins), brown rice, etc.
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, ≥ 2 g fiber per serving ^{4 5} . Youth-serving facilities serve cereals with ≤ 6 sugar per dry ounce to align with CACFP and WIC standards.	Recommend gradual decrease to ≤ 6 sugar per dry ounce for cereals for adult-serving facilities.
Vegetables	All canned/frozen vegetables and canned beans have ≤ 290 mg sodium per serving.	<p>Purchase a wide variety of colored fruits and vegetables, including dark orange, leafy green and red/purple.</p> <p>Purchase fresh or frozen vegetables.</p> <p>Purchase seasonal and locally grown when possible.</p>
Fruit	All canned and frozen fruit is packed in unsweetened juice or water (no syrup) with no added sugar.	<p>Purchase fresh raw fruit 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> <p>Recommend not serving pork products to honor religious dietary restrictions.</p>
Poultry	<p>Canned/frozen poultry contain ≤ 290 mg sodium per serving</p> <p>All ground poultry must be lean (contain $\leq 10\%$ fat)</p>	
Vegetable and/or blended	All veggie burgers, patties, meatballs, sausages made with soy, peas, beans,	

Commented [JA7]: Added a sugar standard for breakfast breads/pastry items.

Commented [JA8]: Added that all youth-serving facilities should serve cereals with less sugar to align with CACFP and WIC standards. Also included a recommendation to gradually decrease sugar for adult-serving facilities.

Commented [JA9]: Added recommendation regarding service of pork products

protein products	grains, vegetable, and/or blended with meat contain ≤ 480 mg of sodium per serving	
Processed meats⁶ (this includes luncheon/deli meats, bacon, sausage, hot dogs, etc.)	All luncheon/deli meats contain ≤ 480 mg sodium per 2oz serving Bacon/other processed meats contain ≤ 290 mg of sodium per serving	Recommend phasing out purchase of processed meats.
Frozen whole meals	All frozen whole meals contain ≤ 35% of the daily sodium limit (adults ≤ 800 mg; seniors ≤ 525 mg)	
Soups/gravies	All soups/gravies contain ≤ 480 mg sodium per serving	
Nuts/seeds/nut butters	All nuts, seeds, nut/seed butters contain ≤ 230 mg sodium per serving All nut/seed butters contain ≤ 4 g sugar per serving	
Condiments and sauces	Salad dressings contain ≤ 290 mg sodium per serving	Purchase bulk ingredients to prepare sauces and dressings from scratch.
	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.	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)
		Limit individual packets of condiments (sugar, salt, etc)
Desserts- grain and non-grain based	Limit desserts (cookies, cakes, brownies, ice cream, water ice, etc.) to ≤ 200 calories per serving and ≤ 18g sugar per serving.	
Snacks	Snacks must meet all following criteria: ≤ 250 calories per serving or package, excluding nuts and seeds ≤ 7 g total fat per serving, excluding snacks containing only nuts and/or seeds 0 g trans fat per serving and no partially hydrogenated oils in the ingredient list ≤ 1 g saturated fat per serving ≤ 230 mg sodium per serving ≤ 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 The snack is not gum, candy or non-baked chips ⁸	

Commented [JA10]: Added a category specific to blended/vegetarian meat-type products.

Commented [JA11]: Changed this to more broadly encompass all processed meats. Originally just applied to luncheon/deli meats.

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. For Departments serving a majority of children age 6 – 18, flavored fat-free milk and flavored fluid milk substitutes can be served, if ≤ 22 grams of sugar per 8 ounce serving. Recommend phasing out over time.
3. 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.
4. In child care facilities (day care facilities, Head Start, Early Head Start, other pre-K programs), cereal has ≤ 6 grams sugar per serving.
5. 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.
6. Processed meats have been identified by the World Health Organization as a Category 1 carcinogen and should be phased out of meal service/purchasing entirely.
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>
8. Chips prepared by frying that meet specific ingredient criteria in addition to the snack criteria may be allowable dependent on PDPH product review.

Section 2: Meals and Snacks Served

The meal and snack standards ensure that all meals and snacks served are healthy and well-balanced. The Dietary Guidelines for Americans recommend following a healthy dietary pattern at every stage of life to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease. A healthy dietary pattern consists of nutrient-dense forms¹ of foods and beverages across all food groups, including fruits, vegetables, whole grains, protein, dairy and oils.

Meals – Food Standards		
	Required	Recommended
Fruits and Vegetables	Minimum of two servings ² 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.
	Offer a variety of fruits and vegetables such as dark orange, red/purple, or dark green leafy.	For breakfast, serve at least one fruit 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.
Whole grains	Serve at least one whole grain-rich food per day ³	Serve whole-grain rich items whenever possible
Water	Water, preferably tap 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.
Artificially sweetened beverages	If serve artificially sweetened beverages for adults, limit to no more than one serving per day. No artificial sweetened beverages for programs serving a majority (51%) of children ages 2-18.	
Processed meats (includes luncheon/deli meats, bacon, sausage, hot dogs, etc.)	Serve processed meats no more than two times per week.	Gradually phase-out service of processed meat products.
Breaded, pre-fried products (includes chicken nuggets, patties,	Serve breaded, pre-fried products no more than two times per week.	Gradually phase-out service of breaded, pre-fried products.

Commented [JA12]: Added this as required instead of recommended.

Commented [JA13]: Added a category specific to artificially sweetened beverages. They are already limited for youth. This applies to adults.

Commented [JA14]: Changed to encompass all processed meats, originally just applied to luncheon/deli meat.

fish sticks, etc.)		
Vegetarian/plant-based entrees	Serve at least one vegetarian or plant-based entrée for lunch and dinner per week.	
Desserts- grain and non-grain based	Maximum of two servings of desserts (doughnuts, pastries, cookies, cake, brownies, ice cream, water ice, etc.) per week No more than 200 calories per serving and ≤ 18 g sugar per serving Grain-based desserts cannot be substituted for grains on menu	Use fruit or low calorie/low fat items 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.
Cultural and religious food accommodations	Serve food and beverage options that reflect diverse cultural traditions and preferences and religious practices.	Recommend not serving pork products to honor religious dietary practices.
Food Presentation and Marketing	If promotional signage is used, it should encourage the selection of healthy offerings at the point of choice or point of sale.	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 a pricing strategy that favors healthier food options.
		Use catchy or appealing names for menu items.
Condiments		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 ⁴)

Commented [JA15]: Added category to limit and recommend gradually phasing out service of breaded pre-fried products

Commented [JA16]: Added a category specific to cultural and religious food accommodations

Purchase bulk ingredients to prepare sauces and dressings from scratch.

Notes for Meals- Food Standards

1. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.
2. For serving recommendations, see USDA Dietary Guidelines for Americans 2020-2025, Appendix 3: USDA Dietary Patterns https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf
3. 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.
4. 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>

Meals – Nutrient Standards				
Required	Daily Amount	Breakfast	Lunch	Dinner
Calories, adults	1800-2100 kcal	450-700 kcal	540-700 kcal	540-700 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}	$\leq 2,300$ mg	≤ 700 mg	≤ 800 mg	≤ 800 mg
<i>children 2-3 years</i>	$\leq 1,200$ mg			
<i>children 4-8 years</i>	$\leq 1,500$ mg			
<i>children 9-13 years</i>	$\leq 1,800$ mg			
<i>children 14-18 years</i>	$\leq 2,300$ mg			
<i>adults age 51 and over</i>	$\leq 2,300$ mg			
Saturated Fat	$< 10\%$ of calories			
Trans Fat	0 grams trans fat from artificial sources			
Added sugars	$< 10\%$ of calories (45-53 grams- based on 1800 – 2100 calories)			
Fiber, adults	≥ 28 grams			
<i>children 1-3 years</i>	≥ 19 grams			
<i>children 4-18 years</i>	≥ 25 grams			
Recommended, Adults	Daily Amount			
Protein	10-35% of total kcal			
Carbohydrate	45-65% of total kcal			

Commented [JA17]: Updated daily sodium requirements for children according to the 2020-2025 Dietary Guidelines for Americans

Commented [JA18]: Added daily amount of added sugars (in grams) to complement the % of total calories

Potassium	4,700 mg
Calcium	1,000 mg
Iron	> 8 mg
females	≥ 18 mg

Snack Standards		
<i>These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP) for children 6-18 years old, with the exception of low calorie beverages for sites serving adults.</i>		
Required	All items must be 0 g trans fat/no partially hydrogenated oils in ingredient list 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) Milk must be 1% or non-fat and unflavored. ^{4 5 6} Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.	Phase out flavored milk over time
CATEGORY 2: Fruit or juice Acceptable choices include but not limited to: fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water	Serving is ¾ cup If juice must be served, it must be 100% juice and portion size limited to ≤ 6 oz per serving. If provide only snacks, serve 100% juice no more than 2 times per week.	Serve fresh fruit whenever possible Serve local seasonal fruit whenever possible
CATEGORY 3: Vegetable Acceptable choices include but not limited to: carrot sticks, celery sticks, pepper slices, salads	Serving size is ¾ cup	Serve fresh vegetables whenever possible Serve local seasonal vegetables whenever possible
CATEGORY 4: Bread or grain Acceptable choices include but not limited to: whole wheat pita, whole grain cereal and crackers, whole grain	Serving size is 1 oz equivalent (½ cup or 1 slice). Sodium is ≤ 180 mg per serving for sliced sandwich bread, and is ≤ 230 mg for crackers, chips, salty snacks. Fiber ≥ 2 g per serving Grain or bread products should have	Serve whole grain items whenever possible

bread, plain popcorn	≤ 18 g sugar per serving and cannot be: doughnuts, pastries, croissants, cake, etc.	
CATEGORY 5: Protein (meat or meat alternative) Acceptable choices include 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	Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt; 2 Tbsp nut butter; 1 oz meat.	
Other Snack Considerations	Required	Recommended
Beverages for sites serving adults Acceptable choices including but not limited to: plain water, plain or artificially sweetened seltzer water or tea	≤ 40 calories per container or serving for beverages other than 100% juice or milk.	
Condiments	Salad dressings or dips contain ≤ 290 mg sodium per serving	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')
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 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 on one slice of whole wheat bread with lettuce and tomato
- Turkey served with whole wheat pita triangles and one serving carrot sticks
- Milk and whole grain cereal, with fresh berries
- Mixed nuts and a medium-sized banana
- Yogurt topped with blueberries and served with one serving rice cakes
- Hummus with pita and one serving sliced red peppers

Notes for Meals- Nutrient Standards and Snacks Served

1. Agencies should aim to reduce sodium by 5-10% each year until the standard is met
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
4. Children 12 months to <2 years old should be served unflavored whole milk. Children 2-5 years old should be served unflavored skim/non-fat or 1% milk.
5. Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if \leq 22grams of sugar per 8 oz serving .
6. No artificial sweeteners for programs serving a majority (51%) of children ages 2-18.
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 3: Population-specific Standards and Exceptions

To be supportive of program participant's needs and experiences, recognizing that some participants in City programs may have experienced or are experiencing traumatic situations City departments should involve participants in the decision-making process around food and collect feedback from them at least annually on food service, food quality, and variety. This feedback can be used to inform future menu planning, food purchasing and recipe development. City departments should be open to participant's feedback on the food that is served and provide opportunities for choice and cultural and religious food preferences.

Commented [JA19]: New language added to promote incorporating participant feedback into meal planning.

School-age Children

For City agencies or programs serving school-age children but not participating in the National School Breakfast Program (NSB) or National School Lunch (NSL) Program, use the NSB/NSL program July 1, 2024 target sodium limits as a guideline. For agencies or programs serving multiple age groups, use the sodium limit for the oldest age group.

Commented [JA20]: Updated the requirements for agencies that serve school-age children to align with National School Breakfast and School Lunch program

Sodium	Breakfast	Lunch
Children 5-10 years (grades K-5)	$\leq 485mg$	$\leq 935mg$
Children 11-13 years (grades 6-8)	$\leq 535mg$	$\leq 1035mg$
Children 14-18 years (grades 9-12)	$\leq 570mg$	$\leq 1080mg$

Pregnant and Lactating Persons

Agencies serving pregnant and lactating persons should refer to the 2020-2025 USDA Dietary Guidelines for Americans (Chapter 5) for important nutritional considerations and guidance during pregnancy and lactation.

https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Agencies (as employers) should make every effort to accommodate lactating staff by providing private sanitary lactation spaces (not a bathroom) with access to an electrical outlet and nearby access to running water and allow staff to use break and leave time to express milk. See the City's ordinance for more specifics on providing reasonable breastfeeding accommodations. The City also has a lactation support policy for City employees.

Infants and Children under 5 Years Old in Early Childhood Education Facilities

Agencies serving infants and children under 5 years old should refer to the Philadelphia Nutrition Standards for Early Care and Education for specific recommendations.

Commented [JA21]: New sections

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. Agencies should not serve foods with artificial trans fat/partially hydrogenated oils. Read food labels to determine if products contain these ingredients.

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 offer healthier options.

Section 4: Vending Standards for Beverages, Snacks and Meals

Healthy Vending Standards offer and promote healthy choices among City employees and Philadelphia residents who use vending machines in City buildings. These standards apply to all beverages, snacks and meals sold in vending machines that are 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. No more than 250 calories per package, except that snacks containing **only** nuts and seeds can exceed 250 calories per package.
 - b. 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. No more than 1 gram of saturated fat per serving, except that snacks containing **only** nuts and/or seeds may exceed 1 gram of saturated fat per serving.
 - d. Zero grams of trans fat per serving and no partially hydrogenated oils in ingredient list.
 - e. 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.
 - g. The snack is not gum, candy, or non-baked chips¹.
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 might include 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 and no partially hydrogenated oils in ingredient list
 - 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
9. *Other meal*: any meal that is not a healthy meal.

¹ Chips prepared by frying that meet specific ingredient criteria in addition to healthy snack criteria may be allowable dependent on PDPH product review.

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>b. Plain water must be an option in each machine. Naturally flavored, calorie-free seltzer water is also encouraged.</p>	<p>a. 100% of snacks offered per machine must have zero grams of trans fat per serving and no partially hydrogenated oils in the ingredient list</p> <p>b. 100% of snacks offered per machine must have no more than 230 mg sodium per serving.</p> <p>c. At least 65% of snacks offered per machine must meet the <i>healthy snack criteria</i>.</p> <p>d. At least one <i>high fiber snack</i> must be offered per machine.</p> <p>e. At least five non-grain/potato based <i>healthy snacks</i> must be offered per machine.</p> <p>f. At least one item must be unsalted or lightly salted nuts.</p> <p>g. At least one item must be a dried or shelf-stable fruit item.</p> <p>h. In addition to the requirements in a, b, c, d, e, f and g, it is strongly encouraged that as many snacks as possible comply with the recommended nutrition criteria.</p>	<p>a. 100% of meals offered per machine must have zero grams of trans fat per serving and no partially hydrogenated oils in the ingredient list</p> <p>b. 100% of meals offered per machine must have no more than 800 mg sodium per package.</p> <p>c. At least 65% of meals offered per machine must meet the <i>healthy meal criteria</i>.</p> <p>d. At least two items per machine should be fruit and/or vegetable-based.</p> <p>e. At least one <i>high fiber meal</i> must be offered per machine.</p>
Recommended Nutrition Criteria	Not applicable	<p>a. 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>a. At least five meals in each machine should contain 10-19% of Daily Value for calcium, iron, and Vitamins A, C, and E.</p>
Product Display, Placement, and	<p>a. <i>Healthy beverages, snacks and meals</i> must be placed in positions with the highest selling potential.</p>		

Promotion- these criteria apply to beverages, snacks and meals	<p>b. <i>Sugar-sweetened beverages</i> and <i>other snacks</i> and <i>other meals</i> must be placed in positions with the lowest selling potential.</p> <p>c. Other than display or placement that conforms to the requirements in a and b, no beverage, snack or meal shall be specially advertised, promoted, or featured on, in, or immediately surrounding any machine unless that item is water, 100% juice or a <i>healthy snack</i> or a <i>healthy meal</i></p>
Product Size	<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 8.5 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>
Nutritional Labeling*- these criteria apply to beverages, snacks and meals	<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. Front of package (FOP) labeling may be used to meet calorie declaration requirements for foods sold from glass-front vending machines. The FOP calorie declaration type size must be at least 150 percent (one and one-half times) the minimum required size of the net quantity of contents (<i>i.e.</i>, net weight) declaration on the package of the vended food.</p> <p>c. 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 is as conspicuous as the name, price, or selection button.</p> <p>d. 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</p>

Commented [JA22]: Updated front of pack labeling according to FDA calorie labeling guidelines.

	<p>content labeling will likely lead to consumer confusion.</p> <p>e. All <i>healthy beverages, snacks and meals</i> 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; <i>other beverages, snacks and meals</i> 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 <i>healthy snacks</i></p>
<p>Price- these criteria apply to beverages, snacks and meals</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 and meals</i> relative to <i>other snacks and meals</i> are strongly encouraged.</p> <p>b. The price of <i>healthy snacks and meals</i> must not exceed the highest price of <i>other snacks and meals</i>, except with the prior written consent of the Philadelphia Department of Public Health.</p>

*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 <https://www.fda.gov/food/food-labeling-nutrition/vending-machine-labeling-requirements#:~:text=Vending%20Machine%20Final%20Rule%3A%20Food,the%20rule%2C%20to%20disclose%20calorie>

Section 5: Healthy Meeting/Party/Catering Guidelines

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. These guidelines will help you plan healthier meals and snacks for your office. Healthy choices should be an option whenever foods and beverages are served.

Commented [JA23]: •Added more context for this section and included Catering
•Aligned guidelines with the Philadelphia Department of Public Health's Healthy Meeting Policy

Minimum criteria for foods:

- If offering breakfast:
 - Include fresh fruit as an option
 - If serving bread/bagels/cereal, offer a whole grain option
 - Do not serve donuts, pastries, muffins, or other high sugar/high fat options more than once per month
- If offering lunch or dinner:
 - Include at least one fresh fruit and/or vegetable/salad as an option
 - Offer whole grain option if serving sandwiches/wraps
 - Do not offer fried foods
 - If offering pizza, consider including tomato pie (cheese free option)
- If serving sweets/desserts, place off to the side as an option rather than in prepared box lunches
 - Offer fresh fruit as an option
- If serving chips, place off to the side as an option rather than in prepared box lunches.
 - Consider baked chips as an option

Minimum criteria for beverages:

- Water, preferably tap water, is available at all times when beverages are served.
- Other beverages:
 - Do not offer sugar sweetened beverages (sodas, fruit punch, sweetened iced teas)
 - Consider offering 100% juice and seltzer (naturally-flavored, calorie free) if beverages other than water are served

Special Occasions: Many offices hold special events once or twice per year at which they may want to have exceptions to the above standards. The following special occasion standards should still apply to these events:

- Special occasion rules should not be used more than 4 times per year.
- Make sure healthy food and drink options are still available and as attractive as possible at special events.

Other best practices:

- Consider using the Good Food Caterer Guide: <https://phillyfpac.org/good-food-caterer-guide/> to identify businesses that carry healthy foods. Look for the "apple" icon that indicates caterers offering healthy options. The Guide was developed in collaboration with the Philadelphia Food Policy Advisory Council to identify businesses that offer healthy foods,

adhere to fair labor practices, are locally owned and purchase sustainable options.

- Consider Movement Breaks during meetings that last more than 1 hour. These are brief (5-10 minute) opportunities to interject valuable minutes of activity into otherwise sedentary events. Movement breaks can be choreographed/programmed, or informal opportunities for standing (or pushing back from the table for those with limited abilities) and walking around (i.e. networking or bathroom breaks).

*See Appendix A for a sample menu

Section 6: Values-based Purchasing Guidelines¹

Commented [JA24]: Changed from sustainability to broader values-based purchasing guidelines to align with the Philadelphia Food Policy Advisory Council's recommendations.

The City of Philadelphia values environmental sustainability, fair labor practices, and strengthening the local economy and regional food system. [Greenworks](#), the City's long-term vision for a healthy, efficient, and green Philadelphia, names food and water as one of its priorities. In 2021, the City signed on to the [Glasgow Food and Climate Declaration](#) to state its intention to address climate change through food system actions. Meanwhile, the Philadelphia Food Policy Advisory Council has worked for many years to direct City departments and others to purchase from food providers that demonstrate care for health, sustainability, fair workers, and local impact through its [Good Food Caterer Guide](#).

As such, agencies are encouraged to consider how food is produced, where it comes from, and what its impact is on people and the planet. The Philadelphia Food Policy Advisory Council recommends the following values be considered:

Sustainable Sourcing: make purchase and menu decisions that reduce greenhouse gas emissions and land and water degradation. Choices include:

- Fruits, vegetables, beans, and grains that are grown without low or no pesticides
- Meat, fish, and poultry that were not raised in a contained animal feeding operation (CAFO) and/or were raised without hormones or sub-therapeutic antibiotics
- Develop bid specifications that require producers' sustainability practices be certified via third party certifications, or who can provide proof of practices that conserve soil and water, protect and enhance wildlife habitat and biodiversity, and reduce on-farm energy consumption and greenhouse gas emissions
- Develop menus that include one whole-food, plant-based entrée per day (for programs serving more than one meal/snack per day) or one per week (for programs serving one meal/snack per day)

Fair Labor Practices: consider the following options:

- Require that awarded vendors and their suppliers show proof of compliance with basic labor laws by submitting OSHA records
- Require that awarded vendors' minimum wage for employees who will service the awarded contract match or exceed the City prevailing wage
- Purchase from producers who meet third party fair labor certifications

Local Economic Impact:

- Include the Local Business Preference for food and food-service contracts to prioritize Local Business Entities
- Advertise bid opportunities to local BIPOC-owned and cooperatively-owned businesses
- Designate a preference for food grown or raised by Small or Midsize family farms as [defined by USDA](#), or for food grown, raised, or produced in Pennsylvania, New Jersey, Maryland, or Delaware.

Agencies are encouraged to educate their customers about these sustainably-sourced, fairly-produced, local foods through labeling or other mechanisms.

These values-based purchasing guidelines 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.

Section 7. Public Concessions and Special Events Best Practices²

For City-managed concessions, cafeterias, 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) has a Good Food Caterer Directory with a list of 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

- Offer variety in menu choices to include fresh fruits and vegetables, whole grains, and vegetarian options.
- Offer water at all times. Limit sugar-sweetened beverages.
- Offer menu selections that are heart healthy- low sodium and low saturated fat.
- 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 artificial trans fats and greatly reduce saturated fats in food preparation and cooking.
- Reduce the amount of sodium in menu items.
- Use scratch cooking. Prepare foods on-site from bulk, whole, unprocessed ingredients.

CRITERIA FOR PREPACKAGED SNACKS, BEVERAGES, AND MEALS

- When freshly prepared items cannot be served or sold, offer healthier options that meet the criteria below.
- Offer snacks that meet the following criteria:
 - ≤ 250 calories per package, except for snacks containing **only** nuts and/or seeds
 - ≤ 7 grams total fat per serving, except for snacks containing **only** nuts and/or seeds
 - ≤ 1 gram of saturated fat per serving, except for snacks containing **only** nuts and/or seeds
 - 0 grams of trans fat per serving and no partially hydrogenated oils in the ingredient list
 - ≤ 230 milligrams of sodium per serving
 - ≤ 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
- Offer the following beverages:
 - Water
 - Naturally-flavored, non-caloric seltzer water
 - 100% juice, limited to a 10 ounce bottle or smaller
 - Unflavored 1% or skim milk
 - Other non-caloric beverages
 - Limit sugar-sweetened beverages to 12 ounces or smaller

² Adapted from the Health and Human Services Health and Sustainability Guidelines for Federal Concessions and Vending Operations and the American Heart Association Healthy Workplace Toolkit
Philadelphia Department of Public Health www.phila.gov/nutritionstandards

- Offer meals that meet the following criteria:
 - ≤ 700 calories per package
 - ≤ 35% of calories from fat
 - ≤ 10% of calories from saturated fat
 - 0 grams of trans fat and no partially hydrogenated oils in the ingredient list
 - ≤ 800 milligrams of sodium per package. For soups, ≤ 480 milligrams per 8 ounces.
 - ≤ 25 grams of sugar per package, excluding meal items that contain only fresh or canned fruit in unsweetened juice or water
- Offer high fiber snacks or meals that contain ≥ 5 grams of fiber per serving and meet the above criteria.
- Offer at least one unsalted or lightly salted nut and/or seed snack.
- Water should always be offered as an option.

MARKETING

- 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.

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 products whenever possible.
- Purchase from producers or vendors that demonstrate a commitment to sustainable production and fair labor practices.

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=cEIEPTewMiZpc01ncj10cnVl#c-f>

2,000 calorie (kcal) menu

Breakfast

- 1 egg or 1/4c egg substitute
- 2 slices whole wheat toast
- 1 tsp. margarine
- 8 oz. yogurt
- Whole orange
- Coffee

Lunch

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

Dinner

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

Snack

- ½ cup applesauce
- 2 graham cracker squares

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 or cut fresh 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](#)