

Philadelphia Nutrition Standards for Early Care and Education

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Prevention

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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. Given the importance of early childhood education and the funding of quality pre-K programs at over 130 centers throughout the city, the Philadelphia Department of Public Health (PDPH) adapted the existing standards to reflect the latest dietary guidance for birth through five. To see the Executive Order and full standards visit www.phila.gov/nutritionstandards.

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 children 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) federal guidelines such as HHS Food Service Guidelines for Federal Facilities and the Child and Adult Care Food Program (CACFP), 3) food standards adopted by other local governments like New York City and 4) review and feedback from City Agencies, program participants and external partners. As the Dietary Guidelines and other public health information are updated, 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. 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. Some examples of affected agencies include:

- correctional facilities
- youth detention centers
- city-funded afterschool and summer programming
- shelters
- congregate care facilities
- vending machines on City-owned or leased property
- PHLPreK programs funded through the City's Office of Children and Families

COVID-19

While the COVID-19 pandemic has affected food service operations for some City agencies, they should still make every 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.

Resources

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

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/BvMYcTniZjc>

-Food Procurement Staff: <https://youtu.be/jdfR8Fc2Gis>

-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/1FAIpQLSdtEYR1p6N8tgfvYnPo_SscazCHsYrad5acow_W1xS KkxfAow/viewform?usp=pp_url and PDPH will send you a certificate as training confirmation.

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

Nutrition Standards for Early Care and Education Facilities

Based on Science: The City’s existing Nutrition Standards (adopted via Executive Order in 2014) have been adapted to reflect best available science for early care and education facilities in regards to nutrition and breastfeeding. Currently, one in three children born in 2000 is expected to develop diabetes by 2050. For African American and Latino children, that figure is one out of two. But we can protect our children by making sure they develop healthy food preferences and stay active. Childcare providers play an important role in shaping our children’s future and helping them develop healthy habits. These nutrition standards are required for all City-funded programs, including PHLpreK. They provide guidance on what foods and beverages to purchase and serve and how to support breastfeeding mothers.

Balancing Nutrition and Health: Given that healthy child development requires regular physical activity and limited screen time in addition to well-balanced nutritious meals and snacks, the Philadelphia Department of Public Health’s Division of Chronic Disease and Injury Prevention also developed physical activity and screen time guidelines that reflect the best evidence for quality health and safety practices and policies in early care and education settings. While not mandatory, PDPH strongly recommends that early care and education programs work on implementation of these guidelines to provide high quality care.

Board of Health Resolution: In addition, these standards are supported by a non-binding resolution passed by the Philadelphia Board of Health in June 2017, which provides recommendations for nutrition and screen time in all early childcare settings. Key components of the recommendation include: no sweetened drinks (including artificially sweetened drinks); no fruit juice (including 100% juice); availability of water throughout the day; limiting screen time for children aged 2 years and older to 30 minutes per week; and no screen time for children under age 2. Currently, the Philadelphia Nutrition Standards and Child and Adult Care Food Program (CACFP) do allow 100% juice to be served, but in light of the Resolution it is recommended that providers take steps to phase out the use of 100% juice. While 100% juice does contain some nutrients, the high sugar content increases children’s risk of both oral caries and, in the longer run, obesity and type 2 diabetes, which are major health concerns in Philadelphia, particularly for youth of color. For more information about the Board of Health, visit <http://www.phila.gov/health/Commissioner/BoardofHealth.html>

Implementation: The City of Philadelphia recognizes that implementing the Nutrition Standards will be a gradual process and identified the standards in the chart below as priority areas for early care and education facilities. PDPH will work with PHLpreK partners and providers as they integrate the standards into their programs.

CACFP: In addition to the priority areas below, PDPH encourages all early care and education programs to participate in the Child and Adult Care Food Program (CACFP) whenever eligible and feasible. CACFP plays a vital role in improving the quality of early care and making it more affordable for many low-income families. The program provides reimbursement to child and adult care institutions and family and group day care homes for the provision of nutritious foods. Even if a child care program is unable to participate, they are still encouraged to follow the CACFP standards in addition to the Philadelphia Nutrition Standards.

The summary below explains how the Philadelphia Nutrition Standards and CACFP standards and best practices compare. More detailed tables outlining how the CACFP standards and best practices align with the Philadelphia Nutrition Standards are available in Appendix A.

- Overall, CACFP focuses on meal and snack components with minimum serving sizes whereas the Philadelphia Nutrition Standards target nutritional content of food products. There are no conflicts between the two and PDPH believes layering them together deepens the impact on health and wellness for the children served.
- The Philadelphia Nutrition Standards align with CACFP exactly in terms of:
 - Juice portions and serving frequency
 - Availability and promotion of water
 - Not allowing frying of foods on-site
 - Providing at least one serving of whole grain-rich grains per day
 - Sugar limits on breakfast cereal
 - Milk requirements
 - Snack standards
 - Infant feeding guidelines
 - Exclusive infant feeding of breastmilk or formula through 6 months of age
 - Within select priority areas, The Philadelphia Nutrition Standards layer on CACFP because they:
 - Specify that sugary drinks should not be served at all (currently a CACFP best practice), and that juice should not be served to infants or in bottles.
 - Address trans fats and partially hydrogenated oils
 - Incorporate paced feeding guidelines for bottle fed infants

- Encourage breastfeeding and providing a supportive environment for breastfeeding mothers
- Include guidelines around physical activity and screen time
- CACFP provides additional guidance regarding:
 - Serving fruits and vegetables as separate components at meals
 - Serving a variety of fruits and vegetables (as a best practice)
 - Serving processed meats no more than one time per week (as a best practice)
 - Providing at least two servings of whole grain-rich grains per week (as a best practice)

Breastfeeding/chestfeeding/formula feeding

Early care and education facilities play an important role in supporting lactating persons and the feeding practices they choose for their infants. Providers should welcome breastfeeding/chestfeeding persons by ensuring a supportive environment if they wish to breastfeed/chestfeed on-site and making sure staff members are trained to handle human milk and follow a lactating person’s feeding plan. The Child and Adult Care Food Program (CACFP) provides more guidance on how to accommodate breast-fed/chest-fed and formula-fed infants.

Note: To be mindful that not all people who give birth and lactate identify as female and that some of these individuals identify as neither male or female, we are using more inclusive language that refers to all breastfeeding, chestfeeding and human milk feeding individuals.

Water safety and promotion

The City of Philadelphia requires that each Philadelphia school (public or non-public), and each Philadelphia child care facility serving 13 or more children, test all potable water outlets for lead and submit results to the Department of Public Health every five years. While this requirement does not apply to group and family child care homes as they serve fewer than 13 children, it is recommended that they conduct water testing as able.

Water is essential for life, and for learning. Philadelphia’s high-quality tap water supply is tested regularly for safety, and your compliance in also testing the water at your site helps to ensure that pipes and fixtures connecting schools and child care centers to the City’s water supply do not compromise children’s health.

For more details and resources, see: www.phila.gov/documents/water-quality-requirements-for-schools-and-day-care-facilities

The Commonwealth also recently launched a program that can help your facility comply with this requirement – for free! Child care centers as well as group and family child care homes are able to utilize these resources for water safety testing. For more information, please visit: [Pennvest Lead Testing Program](#).

Priority Areas

	PDPH Priority Areas
Beverages: Sugary drinks	Sugary drinks such as soda, fruit punch, fruit drink, sweetened tea, and lemonade may not be served in the early care and education center. Drinks with artificial sweeteners such as diet soda or teas may not be served in the early care and education settings.
Juice	Juice must be 100% fruit or vegetable juice and is limited to a 4 oz serving one time per day. All juice served must be 100% juice. Serve 100% juice to children only if they are 2 years and older and limit to one 4 oz serving per day. Do not serve juice to infants or in infant bottles.
Water	Ensure clean, safe drinking water is offered and freely available at all times of the day to children. Present water in appealing ways to promote consumption: in pitchers, garnished with fresh fruit or vegetable slices, etc. Comply with the City of Philadelphia’s water safety testing requirement for child care facilities serving 13 or more children (which can currently be done through participation in the Pennvest Water Safety Testing program).
Fruits and Vegetables	Minimum of two servings per meal for lunch and dinner; fresh fruits and vegetables are preferred. Serve a wide variety of colored fruits and vegetables, including dark leafy greens, dark orange, or red/purple.
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. Serve no more than two times per week.
Breastfeeding/ chestfeeding/ formula feeding	Only human milk and infant formula may be served to infants 0 through 6 months old. The AAP/WHO recommend exclusive breastfeeding for the 1 st 6 months of life. As complementary foods are introduced, breastfeeding/chestfeeding may continue for 1 year or longer as mutually desired by mother and infant. Provide a supportive environment for lactating persons and staff who wish to breastfeed/chestfeed at an early care and education facility. Provide training for staff on proper handling and storage of human milk and infant formula. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding ¹ ” for breast-fed/chest-fed and formula-fed babies.

<p>Physical activity^{2,3}</p>	<p>Promote and encourage physical activity daily when children are both indoors and outdoors.</p> <p>Provide 60 to 90 minutes of physical activity per 5.5 hr day (90 to 120 mins per 8 hr day.)</p> <p>Infants should be given supervised “tummy time⁴” daily.</p> <p>All children should be offered outdoor play time (weather permitting). For infants and non-mobile children, outdoor activity should include opportunities to move outside without the restrictions of strollers or walkers.</p>
<p>Screen Time^{2,5}</p>	<p>No screen time for children under age 2.</p> <p>Limit screen time to 30 minutes or less per day of educational programming for children ages 2 and older.</p>

¹Paced bottle feeding is a technique that allows babies to control the feeding session and eat at their own pace. Find more information about paced bottle feeding at <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Infant-Food-and-Feeding.aspx>.

²The physical activity and screen time priority areas are not required as part of the Nutrition Standards, but it is recommended that early care and education facilities work towards implementation of these guidelines.

³Physical activity is any body movement that works muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga and gardening are a few examples of physical activity. Moderate physical activity makes your heart, lungs and muscles work harder than light activity and results in noticeable increases in breathing and heart rate. Vigorous physical activity makes your body work even harder. For vigorous activity, you can only say a few words without stopping to catch your breath.

⁴Tummy time is placing a baby on his or her stomach while awake and supervised. It can help babies develop strong head, neck and shoulder muscles and promote certain motor skills. **Infants should never be placed on their stomachs to sleep or when not directly supervised by an adult.**

⁵Screen time is time spent in front of a screen such as a computer, television, white board, Ipad, phone, etc.

General Nutrition Standards for Early Care and Education Facilities- Birth to 5 years old

Infant (12 months and under) Feeding Standards

	PDPH Required Standards
Juice	Infants under 12 months of age may not be served juice. Do not serve juice in infant bottles.
Solid Foods	Introduce gradually around 6 months of age, as developmentally appropriate.
Fruits/Vegetables	Serve a fruit or vegetable, or both, as a snack for infants 6 through 11 months old.
Cheese	No processed cheese product or cheese spread may be served. Only real cheese may be served.
Breastfeeding/chestfeeding/formula feeding	Only human milk and infant formula may be served to infants 0 through 6 months old. The AAP/WHO recommend exclusive breastfeeding for the 1 st 6 months of life. As complementary foods are introduced, breastfeeding/chestfeeding may continue for 1 year or longer as mutually desired by mother and infant.
	Provide a supportive environment for lactating persons who wish to breastfeed/chestfeed at an early care and education facility. Provide training for staff on proper handling and storage of human milk and infant formula. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding” for breast-fed/chest-fed and formula-fed babies.

Meal Standards¹ (Birth to 5 years old)

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 early care and education centers. These guidelines apply to the purchase of any single product and can be incorporated into product specifications in bids and contracts.

Nutrient and Food Product	PDPH Required Standards
Trans Fat	All products have "0 grams" trans fat and no partially hydrogenated oils in ingredient list.
Sodium	<p>All products have ≤ 480 mg sodium per serving, unless otherwise noted.</p> <p>All baby/toddler food products (i.e. Gerber) have ≤ 290 mg sodium per serving.</p> <p>For programs serving majority (51%) adults over 50 years old, all products have ≤ 360 mg sodium per serving.</p>
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	<p>No beverages with added sweeteners, natural or artificial, such as soda, fruit drink, fruit punch, sweetened teas, lemonade, and diet or low calorie sodas and teas. Natural sweeteners include sugar, honey, coconut sugar, agave syrup, etc. Artificial sweeteners include aspartame, sucralose, acesulfame K, saccharin, xylitol, etc.</p> <p>All juice is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 4 oz.</p> <p>Vegetable juice contains ≤ 230 mg sodium per serving</p>
Dairy	<p>All milk is 1% or non-fat, except children <2 years should be served whole milk.</p> <p>All milk is unsweetened and unflavored.²</p> <p>All yogurt is non-fat or low-fat.</p> <p>Plain or flavored yogurt contains ≤ 27g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13g per 4 oz .</p> <p>Yogurt has natural and added sugar. Choose yogurts with less added sugar and no artificial sweeteners.</p> <p>Any processed cheese food product (i.e. American cheese) contains ≤ 230 mg sodium per serving.</p> <p>Recommend purchasing unprocessed cheese that is low fat- part skim, 1% or 2%- and lower sodium.</p>
Bread, pasta, and other grains and starches	All sliced sandwich bread contains ≤ 180 mg sodium per serving, is whole wheat/whole grain rich ³ , and contains ≥ 2 g fiber per serving

	<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>
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 6 g sugar per serving, ≥ 2 g fiber per serving ⁴
Vegetables	All canned/frozen vegetables and canned beans have ≤ 290 mg sodium per serving (including baby/toddler food products).
Fruit	All canned and frozen fruit is packed in unsweetened juice or water (no syrup) with no added sugar (including baby/toddler food products).
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) Recommend not serving pork products to honor religious dietary practices.
Poultry	Canned/frozen poultry contain ≤ 290 mg sodium per serving All ground poultry must be lean (contain $\leq 10\%$ fat)
Processed meats⁵ (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.
Vegetable and/or blended protein products	All veggie burgers, patties, meatballs, sausages made with soy, peas, beans, grains, vegetable, and/or blended with meat contain ≤ 480 mg of sodium per serving
Soups/gravies	All soups/gravies contain ≤ 480 mg sodium
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

<p>Condiments and sauces</p>	<p>Salad dressings contain ≤ 290 mg sodium per serving</p> <p>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.</p>
<p>Desserts- grain and non-grain based</p>	<p>Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be purchased on a regular basis. If purchased occasionally, limit desserts to ≤ 200 calories per serving and $\leq 18g$ sugar per serving</p>
<p>Snacks</p>	<p>Snacks must meet all following criteria:</p> <ul style="list-style-type: none"> ≤ 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 <p>The snack is not gum, candy or non-baked chips⁵</p>

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. 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.
5. Processed meats are classified by the World Health Organization as a category 1 carcinogen and should be phased out from food service/purchasing entirely.
6. 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.

PDPH Required Standards	
Fruits and Vegetables	<p>Minimum of two servings² per meal for lunch and dinner. Fresh fruits and vegetables are preferred. Serve a variety of fruits and vegetables (i.e. dark leafy greens, dark orange, or red/purple).</p> <p>For centers serving three meals per day, minimum of five servings of fruits and vegetables a day.</p>
Whole grains	Serve at least one whole grain-rich food per day. ³
Water	Water, preferably tap water, is available and offered at all meals (in addition to or in place of other beverages regularly served). Promote water consumption. Present water in an appealing way.
Juice	<p>Juice must be 100% fruit or vegetable juice, limited to ≤ 4 oz per serving. Serve juice no more than one time per day. Juice may only be served to children 2 years and older. Juice may not be served to infants or in infant bottles.</p>
Processed meats (includes luncheon/deli meats, bacon, sausage, hot dogs, etc.)	<p>Serve processed meats no more than two times per week.</p> <p>Gradually phase out service of processed meats.</p>
Breaded, pre-fried products (includes chicken nuggets, patties, fish sticks, etc.)	<p>Serve breaded, pre-fried products no more than two times per week.</p> <p>Gradually phase-out service of breaded, pre-fried products.</p>
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	Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be served on a regular basis. If served occasionally, limit desserts to ≤ 200 calories per serving and ≤ 18g sugar per serving. (Please see Section “Families: Nutrition Guidelines for Foods Brought In to the Center”.)
Food preparation	Deep fryers must be eliminated. No deep frying may be used to prepare foods.
Cultural and religious food accommodations⁴	Serve food and beverage options that reflect diverse cultural traditions and preferences and religious practices.
Food Presentation and Marketing	If any promotional signage is posted, it should encourage the selection of healthy offerings at the point of choice.

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 Child and Adult Care Food Program meal patterns <https://www.fns.usda.gov/cacfp/meals-and-snacks>

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 Cultural tailoring of meals and menus means identifying how an individual or group’s food choices reflect place of birth, religion, language, socioeconomic status, social norms, and other characteristics, and developing menus that reflect these identities of eaters. 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. CDIP will collaborate with departments and other stakeholders to further define and implement culturally-tailored meals and menus.

Meals- Nutrient Standards for Full Day

These are guidelines for the recommended daily amount of nutrients for children. It is understood that some providers may not have the resources to do a complete nutrition analysis of their menus, but they can use this as a general guideline to purchase/menu foods that are lower in sodium, saturated fat, trans fat and added sugar and higher in dietary fiber.

Required	Daily Amount
Sodium¹²	
<i>children 2-3 years</i>	$\leq 1,200$ mg
<i>children 4-8 years</i>	$\leq 1,500$ mg
Saturated Fat	< 10% of calories
Trans Fat	0 grams trans fat from artificial sources
Added sugars	< 10% of calories
Fiber	
<i>children 1-3 years</i>	≥ 19 grams
<i>children 4-18 years</i>	≥ 25 grams

Snack Standards

These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP) for children 1-5 years old. Fresh fruit, vegetables, and cheese should be cut in appropriate small pieces for child consumption.

Required	<p>All items must be 0 g trans fat and have no partially hydrogenated oils in the ingredients list.</p> <p>Water, preferably tap water, is available and offered at all snack times, in addition to other beverages regularly served.</p>
Categories <i>(choose at least two items, each from a different category)</i>	Required
CATEGORY 1: Dairy Beverages	<p>Serving size is ½ cup (4oz).</p> <p>Milk must be 1% or non-fat and unflavored.^{3,4}</p> <p>Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.</p>
CATEGORY 2: Fruit or juice Acceptable choices include but are not limited to: fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water	<p>Serving is ½ cup.</p> <p>If juice must be served, it must be 100% juice and portion size limited to ≤ 4 oz. per serving.</p> <p>Serve juice no more than one time per day.</p> <p>Fresh fruit is preferred.</p>
CATEGORY 3: Vegetable Acceptable choices include but are not limited to: carrot sticks, celery sticks, pepper slices, salads	<p>Serving size is ½ cup.</p> <p>Fresh vegetables are preferred.</p>
CATEGORY 4: Bread or grain Acceptable choices include but are not limited to: whole wheat pita, whole grain cereal	<p>Serving size is 1 oz equivalent (1/4 cup or ½ slice).</p> <p>Sodium is ≤ 180 mg per serving for sliced sandwich bread, and is ≤ 230 mg for crackers, chips, salty snacks.</p> <p>Fiber ≥ 2 g per serving.</p>

and crackers, whole grain bread, plain popcorn	Grain or bread products should have ≤ 18 g sugar per serving and cannot be: doughnuts, pastries, croissants, cake, etc.
CATEGORY 5: Protein (meat or meat alternative) Acceptable choices include but are 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 ½ oz cheese; 1/8 cup beans; 2 oz or ¼ cup yogurt; 1 Tbsp nut butter; ½ oz meat.
Other Snack Considerations	Required
Condiments	Salad dressings or dips contain ≤ 290 mg sodium per serving.

Examples of acceptable snack choices (sliced or chopped for safe consumption) for children age 2-5 years, served with water or low-fat/non-fat milk:

- Sliced apples with mini rice cakes
- Tangerine and whole grain crackers
- Half of a tuna sandwich: tuna on one slice of whole wheat bread with lettuce and tomato
- Cheese slices or cubes, whole wheat pita triangles and sliced pears
- Milk and whole grain cereal, with fresh berries
- Yogurt topped with blueberries and mini rice cakes

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 calorie, sodium and other nutrient recommendations for children, see the 2020-2025 USDA Dietary Guidelines for Americans, www.dietaryguidelines.gov.
3. 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.
4. Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if ≤ 22grams of sugar per 8 oz serving.

Section 3: Other Considerations when Serving Meals

Participant Feedback on Meals and Menus

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 may include offering a suggestion box for participants to drop comments or conducting surveys periodically to gather feedback on meals. This feedback should be used to inform future menu planning, food purchasing and recipe development.

Culturally Tailored Meals and Menus

Cultural tailoring of meals and menus means identifying how an individual or group's food choices reflect place of birth, religion, language, socioeconomic status, social norms, and other characteristics, and developing menus that reflect these identities of eaters. 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. CDIP will collaborate with departments and other stakeholders to further define and implement culturally-tailored meals and menus.

Values-based Purchasing Guidelines

The City of Philadelphia values environmental sustainability, fair labor practices, and strengthening the local economy and regional food system in addition to promoting nutritionally appropriate foods. While not required, agencies are encouraged to consider how food is produced, where it comes from, and its impact on people and the planet as part of their purchasing practices. For recommendations on how to include values-based purchasing practices in food service, see Appendix B.

Vending and Healthy Meetings/Parties/Catering Guidelines

For guidelines related to Vending machines, healthy meetings, parties or catering see the Philadelphia Nutrition Standards document- Sections 4 and 5.

Nutrition Guidelines for Foods Brought into the Center

Early care and education providers work to provide children with well-balanced and nutritious meals and snacks at the center. If families are interested in sending food or drinks to the center, either for their child or for a celebration at the center, please ask them to make every effort to send healthy items, such as those in the Green (Always) column.

	Green (Always)	Yellow (Sometimes)	Red (Never)
Drinks	Water Plain seltzer	100% fruit or vegetable juice ¹	Sugary drinks such as soda, fruit drink, fruit punch, iced tea, lemonade, sports drinks
Dairy	1% or non-fat (skim) milk Cheese (not processed) Low fat yogurt (≤ 23 g sugar per 6 oz)	2% or whole milk ² Regular flavored yogurt	
Fruits	Any fresh fruit	Canned fruit in 100% juice or water, applesauce or dried fruit (with no added sugar)	Fruit snacks and fruit roll-ups with added sugars, canned fruit in light or heavy syrup, fruit syrup
Vegetables	Any cooked/raw vegetables	Tomato juice or sauce	Deep fried vegetables like french fries
Protein	Beans, tuna (in water), nuts and seeds (no salt or lightly salted), nut or seed butters (with no added sugar or salt), tofu, cooked eggs, baked chicken and turkey	Less processed meats like sliced turkey or roast beef	High fat/high sodium processed meats (salami, bologna, hot dogs), bacon, fried chicken/fish sticks or nuggets

Grains/starches	Whole wheat/whole grain bread, pita, pasta, cereal and crackers; oatmeal, brown rice, barley, quinoa	Refined (white) bread and grains, graham crackers, rice cakes, pretzels	Cookies, cakes, donuts, granola bars and cereal bars (with added sugar), toaster pastries, high-sugar cereal
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¹The City of Philadelphia’s Board of Health approved a Resolution on Childhood Obesity Prevention in Early Childhood Care on June 8, 2017, which provides recommendations on nutrition and screen time for early childhood care settings. One of these recommendations states that providers refrain from serving fruit juice or allowing its provision to children in their care, including 100% juice. Currently, the Philadelphia Nutrition Standards allow 100% juice to be served, but in light of the Resolution it is recommended that providers take steps to phase out the use of 100% juice. While 100% juice does contain some nutrients, the high sugar content increases children’s risk of both oral caries and, in the longer run, obesity and type 2 diabetes, which are major health concerns in Philadelphia, particularly for youth of color. For more information about the Board of Health, visit <http://www.phila.gov/health/Commissioner/BoardofHealth.html>

²Whole milk is allowed for children under 2 years old.

Breastfeeding/Chest feeding/Formula Feeding Guidelines

Child care providers should talk with lactating persons to learn their infant feeding plans. They should provide supportive environments for both breastfeeding/chestfeeding and formula feeding parents and follow proper guidelines for preparing, handling and storing both human milk and infant formula. It is important to let lactating persons know they can breastfeed/chestfeed their baby at a child care site or can provide pumped or expressed milk in bottles to be fed to their baby. As a best practice, the CACFP encourages providers to offer a quiet, private area that is comfortable and clean for the lactating person to feed their baby. As a CACFP provider, you will still receive reimbursement for meals and snacks when the lactating person has provided pumped milk or has fed their baby at your child care site even after the child’s first birthday.

The Philadelphia Department of Public Health offers workshops to support breastfeeding/chestfeeding in early childhood education settings. See more information here:

<https://www.phila.gov/media/20181004110716/Breastfeeding-and-early-childhood-education-workshops.pdf>

Providers (as employers) should make every effort to accommodate lactating staff as well by providing private sanitary lactation spaces (not a bathroom) with access to an electrical outlet and nearby access to running water. Providers should allow staff to use break and leave time to express milk. See the City’s [ordinance](#) for more specifics on providing reasonable breastfeeding accommodations.

Age	Breastfeeding/Chestfeeding Guideline
0 to 6 months	Only human milk and infant formula may be served to infants 0 through 6 months old. The AAP/WHO recommend exclusive breastfeeding for the 1 st 6 months of life.
6 months and above	As complementary foods are introduced, breastfeeding/chestfeeding may continue for 1 year or longer as mutually desired by mother and infant.
For mothers and staff	<p>Provide a supportive environment for parentss who wish to breastfeed/chestfeed at an early care and education facility.</p> <p>Provide training for staff on proper handling and storage of human milk and infant formula.</p> <p>Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding¹” for breast-fed/chest-fed and formula-fed babies.</p>

¹Paced bottle feeding is a technique that allows baby to control the feeding session and eat at their own pace.

Physical Activity¹ and Screen Time² Guidelines (Infant to 5 years old)

While the Physical Activity and Screen Time Guidelines are not mandatory, PDPH strongly recommends that early care and education programs work on implementation of these guidelines to provide high quality care. These guidelines align with Caring for Our Children, National Health and Safety Performance Standards, and Guidelines for Early Care and Education Programs 3rd Edition, which reflect the best evidence for quality health and safety practices and policies in early care and education settings. They are also informed by Pennsylvania’s Office of Child Development and Early Learning’s Eco-Healthy Early care and education © Improving Nutrition & Promoting Physical Activity, which defines appropriate amounts and types of physical activity and screen time by age group.

Age	Physical Activity Guideline
12 months and under	<p>No screen time.</p> <p>Outside play should include opportunities to move free of infant carrier, car seat, or stroller.</p> <p>Daily physical activity indoors should include “tummy time³”.</p> <p>Caregivers/teachers should interact with awake infants on their tummy for short periods of time (3 to 5 minutes), increasing the amount of time as the infant shows s/he enjoys the activity and building to 40 to 60 minutes spread throughout the day.</p> <p>Infants should not be left in high chairs, car seats, strollers, or other restrictive movement equipment for more than cumulative 30 minutes per day.</p>
13 months – 24 months	<p>No screen time.</p> <p>Promote physical activity when indoors.</p> <p>Children should be given opportunity to play outside each day (weather permitting) for at least 60 minutes.</p> <p>Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.</p>
25 months – 3 yrs.	<p>Limit screen time to 30 minutes per week.</p> <p>All screen time should be educational programming and/or programming that encourages active physical engagement.</p> <p>Children should be offered at least 60 minutes of outdoor play time each day (weather permitting).</p> <p>Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.</p>
36 months and up	<p>Limit screen time to 30 minutes per week.</p> <p>All screen time should be educational programming and/or programming that encourages active physical engagement.</p> <p>Provide 60 to 90 minutes of physical activity per 5.5 hr day (90 to 120 mins per 8 hr day)</p> <p>All will be offered outdoor play time daily (weather permitting).</p>

	Do not allow children to remain sedentary or to sit passively for more than 30 minutes continuously except during scheduled rest or naptime.
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¹Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity. Moderate physical activity makes your heart, lungs and muscles work harder than light activity and results in noticeable increases in breathing and heart rate. Vigorous physical activity makes your body work even harder. For vigorous activity, you can only say a few words without stopping to catch your breath.

²Screen time is time spent in front of a screen such as a computer, television, white board, Ipad, phone, etc.

³Tummy time is placing a baby on his or her stomach while awake and supervised. It can help babies develop strong head, neck and shoulder muscles and promote certain motor skills. **Infants should never be placed on their stomachs to sleep or when not directly supervised by an adult.**

Appendix A

Philadelphia Nutrition Standards and CACFP Comparison

The following table provides a more detailed comparison of the Philadelphia Nutrition Standards and CACFP standards and best practices.

	PDPH Required Standards Priority Areas	CACFP Standard	CACFP Best Practice
Beverages: Sugary drinks	Sugary drinks such as soda, fruit punch, fruit drink, sweetened tea, and lemonade may not be served in the early care and education center. Drinks with artificial sweeteners such as diet soda or teas may not be served in the early care and education center.	Sugary drinks non-creditable but doesn't officially state that they can't be served in facilities.	Avoid serving non-creditable foods such as sugar sweetened beverages.
Juice	Juice must be 100% fruit or vegetable juice and is limited to a 4 oz serving one time per day. All juice served must be 100% juice. Serve 100% juice to children only if they are 2 years and older and limit to one 4 oz serving per day. Do not serve juice to infants or in infant bottles.	Juice must be 100% and limited to 4oz per day.	
Water	Ensure clean, safe drinking water is freely available and offered at all times of the day to children. Present water in appealing ways to promote consumption: in pitchers, garnished with fresh fruit or vegetable slices, etc.	Drinking water must be made available and offered to children throughout the day.	
Fruits/Vegetables	Minimum of two servings per meal for lunch and dinner; fresh fruits and vegetables are preferred. Serve a wide	Serve a separate fruit component and a separate	Serve a variety of fruits and choose

	variety of colored fruits and vegetables, including dark leafy greens, dark orange, or red/purple.	vegetable component for lunch/supper.	whole more than juice. Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and others once per week.
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. Serve no more than two times per week.		Limit serving purchased pre-fried products to no more than one serving per week.
Breastfeeding/ Chestfeeding/ Formula feeding	Only human milk and infant formula may be served to infants 0 through 6 months old. As complementary foods are introduced, breastfeeding/chestfeeding is encouraged for 1 year or longer as mutually desired by mother and infant.	Only breast milk and infant formula are served to infants 0 through 6 months old.	
	Encourage breastfeeding/chestfeeding and provide a supportive environment for parentss who wish to breastfeed/chestfeed at an early care and education facility. Provide training for staff on proper handling and storage of human milk and formula. Early care and education staff members responsible for the feeding of infants should have training in “paced bottle feeding ¹ ” for breast-fed/chest-fed and formula-fed babies.	Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant.	Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who

			come to the center or day care home to breastfeed.
Physical activity^{2,3}	<p>Promote and encourage physical activity daily when children are both indoors and outdoors.</p> <p>Provide 90 minutes per day of physical activity, including at least 60 minutes of moderate to vigorous physical activity.</p> <p>Infants should be given supervised “tummy time⁴” daily.</p> <p>All children should be offered outdoor play time (weather permitting). For infants and non-mobile children, outdoor activity should include opportunities to move outside without the restrictions of strollers or walkers.</p>	Doesn’t address	
Screen Time^{2,5}	<p>No screen time for children under age 2.</p> <p>Limit screen time to 30 minutes or less per day of educational programming for children ages 2 and older.</p>	Doesn’t address	

¹Paced bottle feeding is a technique that allows babies to control the feeding session and eat at their own pace. Find more information about paced bottle feeding at <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Infant-Food-and-Feeding.aspx>.

²The physical activity and screen time priority areas are not required as part of the Nutrition Standards, but it is recommended that early care and education facilities work towards implementation of these guidelines.

³Physical activity is any body movement that works muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga and gardening are a few examples of physical activity. Moderate physical activity makes your heart, lungs and muscles work harder than light activity and results in noticeable increases in breathing and heart rate. Vigorous physical activity makes your body work even harder. For vigorous activity, you can only say a few words without stopping to catch your breath.

⁴Tummy time is placing a baby on his or her stomach while awake and supervised. It can help babies develop strong head, neck and shoulder muscles and promote certain motor skills. **Infants should never be placed on their stomachs to sleep or when not directly supervised by an adult.**

⁵Screen time is time spent in front of a screen such as a computer, television, white board, Ipad, phone, etc.

Meal¹ Standards (Birth to 5 years old)

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 early care and education centers. These guidelines apply to the purchase of any single product, and can be incorporated into product specifications in bids and contracts.

Nutrient and Food Product	PDPH Required Standards	CACFP Standard	CACFP Best Practice
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. All baby/toddler food products (i.e. Gerber) have ≤ 290 mg sodium per serving.		
	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.	Frying is not allowed as a way of preparing foods on-site.	Limit purchase of pre-fried foods to no more than one serving per week.
Beverages	No beverages with added sweeteners, natural or artificial, such as soda, fruit drink, fruit punch, sweetened teas, lemonade, and diet or low calorie sodas and teas. Natural sweeteners include sugar, honey, coconut sugar, agave syrup, etc. Artificial sweeteners include aspartame, sucralose, acesulfame K, saccharin, xylitol, etc.		Avoid serving sugar-sweetened beverages (non-creditable).
	All juice is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 4 oz.	All juices must be full-strength (100%) and limited to 4oz per day.	

	Vegetable juice contains \leq 230 mg sodium per serving		
Dairy	All milk is 1% or non-fat, except children <2 years should be served whole milk.	Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free must be served to 2 to 5 year olds.	Serve only unflavored milk to all participants.
	All milk is unsweetened and unflavored. ²	Unflavored low-fat or fat-free or flavored fat-free milk must be served to 6 year olds and older and adults	If flavored milk is served to children 6 years and older or adults limit to no more than 22 grams of sugar per 8 fluid ounces.
	All yogurt is non-fat or low-fat. Plain or flavored yogurt contains \leq 27g sugar per 8 oz, \leq 20 g sugar per 6 oz or \leq 13g per 4 oz. Yogurt has natural and added sugar. Choose yogurts with less added sugar and no artificial sweeteners. Any processed cheese food product (i.e. American cheese) contains \leq 230 mg sodium per serving. Recommend purchasing unprocessed cheese that is low fat- part skim, 1% or 2%- and lower sodium.	Yogurt must contain 23 grams of sugar or less per 6 oz.	No processed cheese or cheese spread to be served for infants. Serve only natural cheeses and choose low-fat or reduced fat-cheeses.
Bread, pasta, and other grains and starches	All sliced sandwich bread contains \leq 180 mg sodium per serving, is whole wheat/whole grain rich ³ , and contains \geq 2 g fiber per serving All flour tortillas and wraps are whole wheat/whole grain rich ³ , and contain \geq 2 g fiber per serving	At least one serving of grains per day must be whole grain-rich.	At least two servings of grains per day must be whole grain-rich.
	All other grains/starches (buns, hoagie rolls, dinner		

	rolls, muffins, bagels, tortillas, waffles, etc.) contain ≤ 290 mg sodium per serving.		
	All breakfast breads/pastries (muffins, bars, crumbles, croissants, etc.) contain ≤ 12 g sugar per serving		
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 6 g sugar per serving, ≥ 2 g fiber per serving ⁴	Breakfast cereals must contain 6 grams of sugar or less per dry ounce.	
Vegetables	All canned/frozen vegetables and canned beans have ≤ 290 mg sodium per serving (including baby/toddler food products).		
Fruit	All canned and frozen fruit is packed in unsweetened juice or water (no syrup) with no added sugar (including baby/toddler food products).	Canned fruits in light syrup or natural juices.	
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)	Some high fat/high salt items like bacon are non-creditable, but there is no overarching standard about providing lean meat.	Serve only lean meats, nuts, and legumes.
Poultry	Canned/frozen poultry contain ≤ 290 mg sodium per serving All ground poultry must be lean (contain $\leq 10\%$ fat)		Serve only lean meats, nuts, and legumes.
Vegetable and/or blended protein products	All veggie burgers, patties, meatballs, sausages made with soy, peas, beans, grains, vegetable, and/or blended with meat contain ≤ 480 mg of sodium per serving		

Processed meats⁵ (this includes luncheon/deli meats, bacon, sausage, hot dogs, etc.)	All luncheon/deli meats contain \leq 480 mg sodium per 2oz serving Bacon/other processed meats contain \leq 290 mg of sodium per serving		Limit serving processed meats to no more than one serving per week.
Soups/gravies	All soups/gravies contain \leq 480 mg sodium		
Nuts/seeds/ nut butters	All nuts, seeds, nut/seed butters contain \leq 230 mg sodium per serving All nut/seed butters contain \leq 4 g sugar per serving		
Condiments and sauces	Salad dressings contain \leq 290 mg sodium per serving Condiments/sauces contain \leq 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.	Condiments are non-creditable.	
Desserts- grain and non-grain based	Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be purchased on a regular basis. If purchased occasionally, limit desserts to \leq 200 calories per serving and \leq 18g sugar per serving	Grain-based desserts no longer count toward the grain component. Most sweets are non-creditable.	
Snacks	Snacks must meet all following criteria: \leq 250 calories per serving or package, excluding nuts and seeds \leq 7 g total fat per serving, excluding snacks containing only nuts and/or seeds		

	<p>0 g trans fat per serving and no partially hydrogenated oils in the ingredient list</p> <p>≤ 1 g saturated fat per serving</p> <p>≤ 230 mg sodium per serving</p> <p>≤ 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</p> <p>The snack is not gum, candy or non-baked chips⁶</p>		
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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 ≤ 22grams 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. 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.
5. Processed meats are classified by the World Health Organization as a category 1 carcinogen and should be phased out from food service/purchasing entirely.
6. 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.

	Required	CACFP Standard	CACFP Best Practice
Fruits and Vegetables	<p>Minimum of two servings per meal for lunch and dinner.</p> <p>Fresh fruits and vegetables are preferred.</p> <p>Serve a variety of fruits and vegetables (i.e. dark leafy greens, dark orange, or red/purple).</p>	<p>Provide one fruit and one vegetable serving at lunch and dinner.</p>	<p>Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.</p> <p>Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.</p>

			Incorporate seasonal and locally produced foods into meals.
	For centers serving three meals per day, minimum of five servings of fruits and vegetables a day.		
Whole grains	Serve at least one whole grain-rich food per day. ¹	Provide at least one serving of whole grain-rich grains per day. Grain-based desserts no longer count toward the grain component.	Provide at least two servings of whole grain-rich grains per day.
Water	Ensure clean, safe drinking water, preferably tap water, is offered and freely available at all times of the day to children (in addition to or in place of other beverages regularly served). Promote water consumption. Present water in an appealing way.	Make water available to children throughout the day.	
Juice	Juice must be 100% fruit or vegetable juice, limited to ≤ 4 oz per serving. Serve juice no more than one time per day. Juice may only be served to children 2 years and older. Juice may not be served to infants or in infant bottles.	Juice must be 100% and is limited to 4oz per day.	
Processed meats (includes luncheon/deli meats, bacon, sausage, hot dogs, etc.)	Serve processed meats no more than two times per week.		Limit serving processed meats to no more than one serving per week.
Breaded, pre-fried products (includes chicken nuggets, patties, fish sticks, etc.)	Serve breaded, pre-fried products no more than two times per week.		

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	Desserts (cookies, cakes, brownies, ice cream, water ice, etc.) should not be served on a regular basis. If served occasionally, limit desserts to ≤ 200 calories per serving and ≤ 18g sugar per serving. (Please see Section “Families: Nutrition Guidelines for Foods Brought In to the Center”.)		
Food preparation	Deep fryers must be eliminated. No deep frying may be used to prepare foods.	Frying is not allowed as a way of preparing foods on-site.	Limit serving purchased pre-fried foods or foods fried off-site to no more than one serving per week.
Cultural food accommodations	Serve food and beverage options that reflect diverse cultural traditions and preferences.		
Food Presentation and Marketing	Any promotional signage should encourage the selection of healthy offerings at the point of choice.		

Notes for Meals- Food Standards

¹Definition 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.

Please note: The Infant (12 months and under) Feeding Guidelines, Snack Standards, and Breastfeeding Guidelines are not included here as they all fully align with CACFP.

Appendix B

Values-based Purchasing Guidelines

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, 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 less than 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.

Appendix C

Resources

CACFP Infant Resources: This section provides information and resources on the Child and Adult Care Food Program infant meal patterns. It connects to the USDA's comprehensive guide for feeding infants in the Child and Adult Care Food program which touches on what is creditable in the infant meal pattern, handling and storing breast milk and infant formula, hunger and fullness signs, solid foods, and developmental readiness.

- [Feeding infants in Child and Adult Care Food Program Guide](#)
- [CACFP Infant Meal Pattern](#)

CACFP Child and Adult Resources: This section provides information and resources on the Child and Adult Care Food Program child meal patterns. It also connects to an overview of the Child and Adult Care Food Program which details who may participate, who is eligible, and reimbursement.

- [Overview of the Child and Adult Care Food Program](#)
- [Child and Adult Care Food Program Children and Adult Meal Pattern](#)

Breastfeeding/Chestfeeding Supports/Resources: This section provides information and resources for parents, families, and caregivers about breastfeeding/chestfeeding. It contains information on how to receive 24/7 lactation support, proper storage and preparation of human milk, and information on breastfeeding/chestfeeding policies.

- [Proper storage and preparation of breastmilk](#)
- [24/7 Virtual Lactation support](#)
- [Breastfeeding and returning to work](#)
- [New parent family support](#)
- [Everything you wanted to know about exclusive pumping](#)
- [Breastfeeding policies, resources and educational materials](#)
- [Pregnancy, breastfeeding, and toddler support](#)

Natural vs Added Sugar: This provides information on the difference between natural sugar in a product versus sugar that is added artificially.

- [Sugar 101](#)
- How to identify if yogurt is in the sugar limit

