

PHILADELPHIA NUTRITION STANDARDS FOR EARLY CARE AND EDUCATION IMPLEMENTATION GUIDE

DIVISION OF CHRONIC DISEASE AND INJURY PREVENTION · PHILADELPHIA DEPARTMENT OF PUBLIC HEALTH



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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 150 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.

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. Where possible, agencies are encouraged to incorporate non-mandatory best practices for healthy meetings, values-based purchasing and non-vending concessions.

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



WHY NUTRITION STANDARDS FOR EARLY CARE AND EDUCATION FACILITIES?

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. 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.

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.

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 <https://www.phila.gov/departments/board-of-health/>.

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_W1xSKkxfAow/viewform?usp=pp_url and PDPH will send you a certificate as training confirmation.

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 childcare 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 childcare 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.

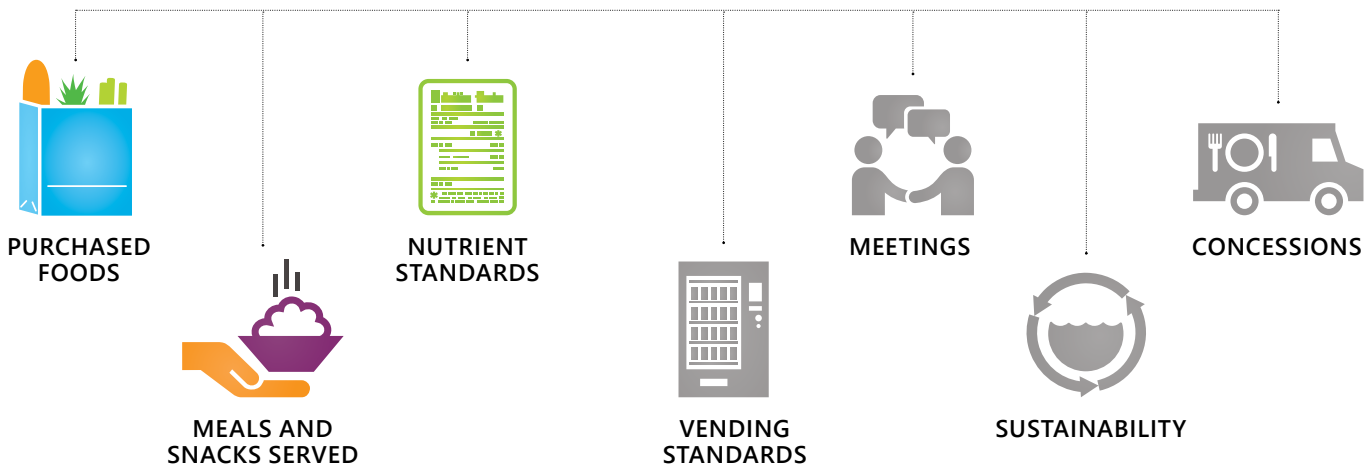
The Commonwealth also recently launched a program that can help your facility comply with this requirement – for free! Childcare centers as well as group and family childcare homes are able to utilize these resources for water safety testing. For more information, please visit: Pennvest Lead Testing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

WHAT'S IN THIS GUIDE?

This guide includes:

- Nutrition Standards for purchased foods and meals and snacks served and
- How the Nutrition Standards compare to CACFP guidelines
- Guidelines on Breastfeeding/chestfeeding, physical activity and screen time
- Tools to assist you in planning, purchasing or serving food at your site

PHILADELPHIA NUTRITION STANDARDS



Find comprehensive tools and tips on these topics in this guide!

Find standards and best practices on these topics at: www.phila.gov/nutritionstandards

PRIORITY AREAS

These are the key areas of the standards that departments/providers should work to prioritize.

	PDPH PRIORITY AREAS
BEVERAGES: Sugary drinks Juice Water	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 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.
	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 childcare 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 1st 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" for breast-fed/chest-fed and formula-fed babies.
Physical activity ^{2,3}	Promote and encourage physical activity daily when children are both indoors and outdoors. Provide 60 to 90 minutes of physical activity per 5.5 hr day (90 to 120 mins per 8 hr day.) Infants should be given supervised "tummy time" ⁴ daily. 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.
Screen Time ^{2,5}	No screen time for children under age 2. Limit screen time to 30 minutes or less per day of educational programming for children ages 2 and older.

1. Paced 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>.
2. The 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.
3. Physical 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.
4. Tummy 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.
5. Screen 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	<p>Infants under 12 months of age may not be served juice.</p> <p>Do not serve juice in infant bottles.</p>
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 1st 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)

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.



PURCHASED FOODS

	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	<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>
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 6 g sugar per serving, ≥ 2 g fiber per serving ⁴

MEAL STANDARDS¹ (BIRTH TO 5 YEARS OLD) CONTINUED

	PDPH REQUIRED STANDARDS
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 ≤ 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 ≤ 10% fat)
Processed meats ⁵ (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
Condiments and sauces	Salad dressings contain ≤ 290 mg sodium per serving 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.
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 ≤ 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 ⁶

Notes for Purchased Foods

- The Nutrition Standards shall not apply if conformance will result in the loss of state or federal government funding.
- 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.
- 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.
- 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.
- Processed meats are classified by the World Health Organization as a category 1 carcinogen and should be phased out from food service/purchasing entirely.
- Chips prepared by frying that meet specific ingredient criteria in addition to the snack criteria may be allowable dependent on PDPH product review.



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.</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>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.</p> <p>Serve juice no more than one time per day.</p> <p>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>
Cereal, hot or cold	All cereal has ≤ 215 mg sodium per serving, ≤ 6 g sugar per serving, ≥ 2 g fiber per serving ⁴
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 accommodations ⁴	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.



MEALS: NUTRIENT STANDARDS FOR FULL DAY

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.

REQUIRED	DAILY AMOUNT
Sodium ^{1,2}	
children 2-3 years	≤ 1,200 mg
children 2-3 years	≤ 1,500 mg
Saturated Fat	< 10% of calories
Trans Fat	0 grams trans fat from artificial sources
Added sugars	< 10% of calories
Fiber	
children 2-3 years	≥ 19 grams
children 2-3 years	≥ 25 grams

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.

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

- ✓ All items must be 0 g trans fat and have no partially hydrogenated oils in the ingredients list.
- ✓ Water, preferably tap water, is available and offered at all snack times, in addition to other beverages regularly served.



CATEGORIES (choose at least two items, each from a different category)	REQUIRED
CATEGORY 1: Dairy Beverages	Serving size is ½ cup (4oz). Milk must be 1% or non-fat and unflavored. ^{3,4} Fluid milk substitute (e.g., soy milk) must be ≤ 100 calories per serving.
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	Serving is ½ cup. If juice must be served, it must be 100% juice and portion size limited to ≤ 4 oz. per serving. Serve juice no more than one time per day. Fresh fruit is preferred.
CATEGORY 3: Vegetable Acceptable choices include but are not limited to: carrot sticks, celery sticks, pepper slices, salads	Serving size is ½ cup. Fresh vegetables are preferred.
CATEGORY 4: Bread or grain Acceptable choices include but are not limited to: whole wheat pita, whole grain cereal and crackers, whole grain bread, plain popcorn	Serving size is 1 oz equivalent (1/4 cup or ½ 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 ≤ 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.

Notes for Meals- Nutrient Standards and Snacks Served

- Agencies should aim to reduce sodium by 5-10% each year until the standard is met.
- For calorie, sodium and other nutrient recommendations for children, see the 2020-2025 USDA Dietary Guidelines for Americans, www.dietaryguidelines.gov.
- 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.
- Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if ≤ 22grams of sugar per 8 oz serving.

SNACK STANDARDS CONTINUED

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



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. 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 wholefood, 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.

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.

CHILD AND ADULT CARE FOOD PROGRAM:

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 childcare 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 the chart below.

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).

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 variety of colored fruits and vegetables, including dark leafy greens, dark orange, or red/purple.	Serve a separate fruit component and a separate vegetable component for lunch/supper.	Serve a variety of fruits and choose 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.

PHILADELPHIA NUTRITION STANDARDS AND CACFP COMPARISON CONTINUED

	PDPH REQUIRED STANDARDS PRIORITY AREAS	CACFP STANDARD	CACFP BEST PRACTICE
Breastfeeding/ Chestfeeding/ Formula feeding	<p>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.</p> <p>Encourage breastfeeding/chestfeeding and provide a supportive environment for parents 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.</p>	<p>Only breast milk and infant formula are served to infants 0 through 6 months old.</p> <p>Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant.</p>	<p>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.</p>
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 time”⁴ 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	

1. Paced 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>.

2. The 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.

3. Physical 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.

4. Tummy 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.**

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

CACFP INFANT MEAL PATTERNS

INFANTS	BIRTH THROUGH 5 MONTHS	6-11 MONTHS
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk ¹ or formula ²	8 fluid ounces breastmilk ¹ or Supper formula ² ; 2 and 0-½ ounce equivalent infant cereal; ^{2,3} or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; ⁴ or a combination of the above; ⁵ and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula; 2 and 0-½ ounce equivalent bread; ^{3,7} or 0-¼ ounce equivalent crackers; ^{3,7} or 0-½ ounce equivalent infant cereal; ^{2,3} or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and 0-2 tablespoons vegetable or ^{5,6} fruit, or a combination of both.

1. Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Refer to FNS guidance for additional information on crediting different types of grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. A serving of this component is required when the infant is developmentally ready to accept it.
6. Fruit and vegetable juices must not be served.
7. A serving of grains must be whole grain-rich, enriched meal, or enriched flour.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

BREASTFEEDING/CHEST FEEDING/FORMULA FEEDING GUIDELINES

Childcare 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 childcare 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 childcare 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 1st 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>

1. Paced 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". 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</p> <p>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> <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>

1. Physical 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.

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

3. Tummy 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.**

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	2% or whole milk ² Regular flavored yogurt	
Fruits	Cheese (not processed)	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	Low fat yogurt (≤ 23 g sugar per 6 oz)	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

1. The 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>

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

MENU PLANNING: MEAL APPEAL

Use some of the following strategies when developing a meal for children to help create a healthy meal that will boost appeal, taste great, and comply with nutrition guidelines.

HEALTHY TIPS

Flavor: Different flavor combinations can help stimulate taste buds and make meal more enjoyable. Consider foods with sweet, salty, sour, tart, spicy and mild flavors.

Color: “Eat the rainbow” add different colors to the plate to vary nutrients and make meal more interesting to eat. Avoid meals that are all the same color. A variety of different colors on the plate is associated with freshness.

Texture: The plate should contain a variety of textures from smooth, chewy, soft or crunchy. Children often dislike lumpy or stringy foods. Avoid overcooking vegetables.

Shape: Try to add a variety of different shapes to the plate for this age group which can help make the meal fun and more appealing. Fun shapes can create intrigue and interest. Choose round crackers or cherry tomatoes. Cut sandwiches into triangles. Serve square chunks of cheese and apple wedges.

Temperature: Most children do not like very hot or very cold foods. Foods can be served at various temperatures to add to the appeal of a meal ex. a salad with warm meal.



Avoid meals that are all the same color. Children may find this less appealing.



Choose a variety of foods from different food groups to get the most nutrients. The greater the color the more the appeal.

PICKY EATERS: STRATEGIES FOR TRYING NEW FOODS

HEALTHY TIPS

Children can be notoriously finicky eaters. What we know is that it can take children up to eleven times before they try a new food item. One of the keys is to not get frustrated. Remember that getting children to try new foods is a process, and with any process it takes time. Try some of the strategies below to help get that picky eater to try new food items.










- Offer children choices, variety and options
- Offer the same food in a variety of different ways many times
- Pair new unfamiliar foods with familiar well-liked foods
- Start with small portions
- Offer one new food at a time
- Don't use food as a reward
- Don't pressure children to eat
- Role model for the children
- Getting children involved in preparing the food
- Let children play with their food
- Encourage eating with others
- Make food activities
- Use different shapes and textures of foods



SERVE HEALTHY SNACKS

Snacks are an important part of the daily diet. They provide energy and nutrients to help get you through the day. Serve fruits and vegetables, low-fat dairy, whole grains and lean proteins as healthy snacks.

**HEALTHY
TIPS**

HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2-3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
 <p>Low-Fat or Fat-Free Dairy</p>	 <p>Plain Popcorn</p>	 <p>Snacks High in Sugar/Fat</p>
 <p>Hummus</p>	 <p>Whole-Wheat Crackers</p>	 <p>Pastries and Donuts</p>
 <p>Fresh Fruit</p>	 <p>Fruit in its own Juice</p>	 <p>Fruit in Syrup</p>

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

HOW TO READ THE NUTRITION FACTS LABEL

You can use the Nutrition Facts label to determine if an item is a healthy choice or not.
Read below to learn how.

HEALTHY
TIPS

1. START AT THE SERVING SIZE

Notice how much counts as one serving.
The container or bag may have more than one serving.

2. CHECK TOTAL CALORIES

Look at the serving size to see how many calories you're consuming. If you eat double the amount of servings, you eat double the amount of calories.

3. LIMIT FAT, CHOLESTEROL AND SODIUM

Eating too much saturated and trans fat can lead to heart disease. Too much sodium can increase your risk for high blood pressure. Choose foods with a Daily Value of 5% or less of these nutrients.

4. GET ENOUGH FIBER AND VITAMINS

Choosing foods with a high % Daily Value (20% or higher) of Vitamin A, C, calcium, iron and fiber will keep you on a healthy diet.

5. QUICK GUIDE TO THE PERCENT DAILY VALUE

The % Daily Value section tells you the % of each nutrient per serving, based on how much you need each day. Choose foods with a high % of healthy nutrients (such as fiber and calcium) and a low % of unhealthy nutrients (such as trans fat, cholesterol and sodium).

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0g	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber < 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

The Nutrition Facts Label is based on a daily diet of 2,000 calories. The amount of calories you need each day depends on your gender, age and level of physical activity.

Adapted with permission from the Massachusetts State Agency Food Standards, Massachusetts Department of Public Health.

HOW TO USE THE NUTRITION FACTS LABEL

You can use the Nutrition Facts label to determine if products you are purchasing meet the Comprehensive Food Standards for purchased foods. The Nutrition Facts label is typically found on the product packaging. If a label is not visible, ask your vendor or the food manufacturer for the nutrition information. Look at the label to see if it meets the standards. See the sample below.

HEALTHY
TIPS

Does this product meet the standards?

STANDARDS FOR WHOLE WHEAT BREAD

- ✓ 0 g trans fat
- ✓ ≤ 180 mg sodium
- ✓ Be whole wheat/whole grain rich (per ingredients – whole wheat flour should be listed as first ingredient)
- ✓ ≥ 2 g fiber

Yes, this product can be purchased.

It meets the standards for **trans fat, sodium, whole wheat** and **fiber**.

Nutrition Facts

Serving Size 1 slice (26g)
Servings Per Container 22

Amount Per Serving

Calories 50 Calories from Fat 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 115mg 5%

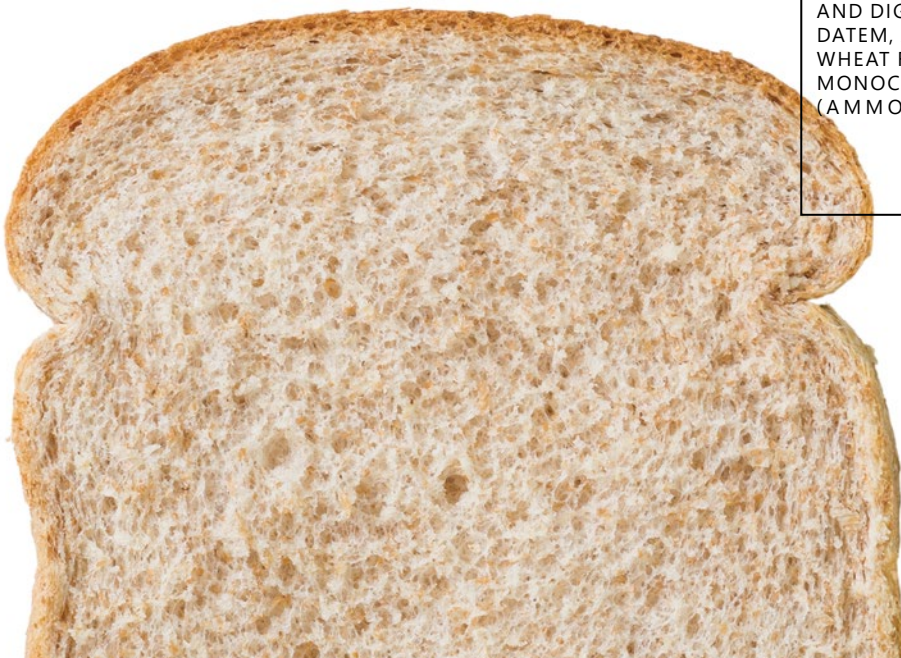
Total Carb 10g 3%

Dietary Fiber 2g 8%

Sugars 1g

Protein 4g

INGREDIENTS: STONE GROUND **WHOLE WHEAT** FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VEGETABLE OIL (SOYBEANOIL OR CANOLA OIL), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2 LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN.



Adapted with permission from the New York City Food Standards for Meals/Snacks Purchased and Served Implementation Guide.

HEALTHY EATING AND NUTRITION RESOURCES

NUTRITION AND HEALTHY EATING

TOPIC	SOURCE	INFORMATION
Food Fit Philly	Philadelphia Department of Public Health www.foodfitphilly.org	Links to various resources pertaining to nutrition and physical activity.
MyPlate	United States Department of Agriculture www.choosemyplate.gov	Provides information about MyPlate, tips on nutrition and planning healthy menus, and has a basic menu analysis tool and daily calorie calculator.
CDC: Nutrition	Centers for Disease Control and Prevention www.cdc.gov/nutrition/index.html	Provides information on a spectrum of topics. Includes data and statistics.
Dietary Guidelines	United States Department of Agriculture Center for Nutrition Policy and Promotion www.dietaryguidelines.gov	Provides basis for nutrition policy in Federal food, nutrition, education, and information programs.
Food and Nutrition	Academy of Nutrition and Dietetics www.eatright.org	Provides a variety of educational resources on nutrition topics.
Million Hearts	Centers for Disease Control and Prevention and Eating Well magazine recipes.millionhearts.hhs.gov	Provides recipes, healthy eating tips, easy meal plans and other resources.
USDA National Nutrient Database for Standard Reference	United States Department of Agriculture ndb.nal.usda.gov	Search food items to find nutrition information.
Salt and Sodium	Centers for Disease Control and Prevention www.cdc.gov/salt	Provides information about salt/sodium consumption and what can be done to reduce sodium intake.

HEALTHY EATING AND NUTRITION RESOURCES continued

HEALTHY FOODSERVICE

TOPIC	SOURCE	INFORMATION
Healthy Foodservice	Harvard School of Public Health www.hsph.harvard.edu/nutritionsource/healthy-food-service/	Provides toolkits, tips and recipes for successfully implementing healthy changes in a foodservice setting.
Menu Planning	US Department of Agriculture, Team Nutrition www.fns.usda.gov/team-nutrition	Provides resources and tools for menu planning; includes resources for specific foods like whole grains and beans and provides information on sodium reduction.
Child Nutrition Recipe Box	Institute of Child Nutrition https://theicn.org/cnrb/	Standardized recipes to be used in child nutrition programs.

FOOD SAFETY

TOPIC	SOURCE	INFORMATION
Food Safety	U.S. Department of Health & Human Services www.foodsafety.gov	Announces recalls and alerts for unsafe food. Provides instructions on keeping food safe and how to report cases of food poisoning.
CDC: Food Safety	Centers for Disease Control and Prevention www.cdc.gov/foodsafety	Provides information on foodborne illness and safe food handling and cooking procedures.
Food Facts for consumers	Food and Drug Administration www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm	Provides fact sheets on a wealth of food safety issues and topics including food allergies, foodborne illness and safe food handling.

HEALTHY EATING AND NUTRITION RESOURCES continued

CACFP

TOPIC	SOURCE	INFORMATION
Child and Adult Care Food Program Overview	https://www.education.pa.gov/Teachers%20-%20Administrators/Food-Nutrition/programs/Pages/Child-and-Adult-Care-Food-Program.aspx	Child and Adult Care Food Program (CACFP) is administered at the federal level by the USDA and at the state level by the PA Department of Education, Division of Food and Nutrition.
Child and Adult Meal Patterns	https://www.fns.usda.gov/cacfp/meals-and-snacks	Current meal pattern tables that detail requirements.
Snack Menu Planner	https://www.fns.usda.gov/tn/lets-make-snack	Easy to use menu planner and recipe booklet designed for Child and Adult Care Food Program operators that provide snacks for children 3–18 years of age.
Feeding Infants in the Child and Adult Care Food Program Guide	https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program	Useful guide that highlights tips for feeding breastfed and bottle-fed infants up to solid foods.
How to identify if yogurt is in sugar limit	https://growthzonesitesprod.azureedge.net/wp-content/uploads/sites/2039/2020/12/CACFP-Yogurt-Sugar-Limits-cacfp.org_.pdf	Tool to help determine if the product you use is creditable in CACFP base on limits.

BREASTFEEDING/CHESTFEEDING

TOPIC	SOURCE	INFORMATION
Proper Storage/Preparation of Breastmilk	https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm	Guidelines for storage and preparation to maintain the safety and quality of expressed breast milk.
Lactation Support	https://www.pacify.com/pdph/	Get 24/7 free virtual lactation support.
New parent family support	https://phillyfamiliescan.com/	Access to expert resources and support through pregnancy up to early learning
Breastfeeding Policies, Resources, and educational Materials	https://www.phila.gov/departments/departments-of-public-health/breastfeeding-guides-policies-and-fact-sheets/	Services for parents who are breastfeeding or planning to breastfeed their baby.