

# NUTRITION STANDARDS AND 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. The Philadelphia Department of Public Health (PDPH) has been working with affected City agencies since 2014 to help them implement the standards into their contracts and food purchasing, preparation and service activities.

Food provides nourishment for our bodies and minds and should be easily accessible to all Philadelphians. The more than 20 million meals served every year by City agencies and city-funded programs are an opportunity to provide nourishing meals and help improve the health of residents throughout the City. Comprehensive nutrition standards reflect the shared values of all agencies and staff that food provided or funded by the City is healthy, appealing, and locally grown when possible.

**By implementing these standards, the City of Philadelphia will:**

- improve the health of Philadelphians, including nutritionally vulnerable populations such as youth and seniors;
- reduce the economic burden of health care costs associated with heart disease, stroke, and heart and kidney failure; and
- serve as a model for other large institutions, employers, and programs.

The nutrition standards are based on 1) the 2020-2025 USDA Dietary Guidelines for Americans, 2) HHS Food Service Guidelines for Federal Facilities, 3) food standards adopted by other local governments like New York City and 3) review and feedback from City Agencies, program participants and external partners. As the Dietary Guidelines and other nutrition and public health information are updated, the Philadelphia Department of Public Health (PDPH) will make periodic revisions to the standards to ensure they align with the latest dietary guidance.

## WHO DO THE STANDARDS IMPACT?

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

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



## IMPLEMENTATION

The City of Philadelphia acknowledged that implementation of the Nutrition Standards is a gradual process and identified key areas of the standards (listed below) for departments to prioritize. PDPH will work with departments to provide technical assistance and support to meet these priority areas and the broader standards. Technical assistance varies by department but could include menu review, nutrition analysis, contract review, trainings, product sourcing and vendor outreach.

### Priority areas

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

## RESOURCES

You can find resources and toolkits to assist with implementation of the standards here [www.phila.gov/nutritionstandards](http://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\\_SsczCHsYrad5acow\\_W1xSKkxfAow/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSdtEYR1p6N8tgfvYnPo_SsczCHsYrad5acow_W1xSKkxfAow/viewform?usp=pp_url) and PDPH will send you a certificate as training confirmation.

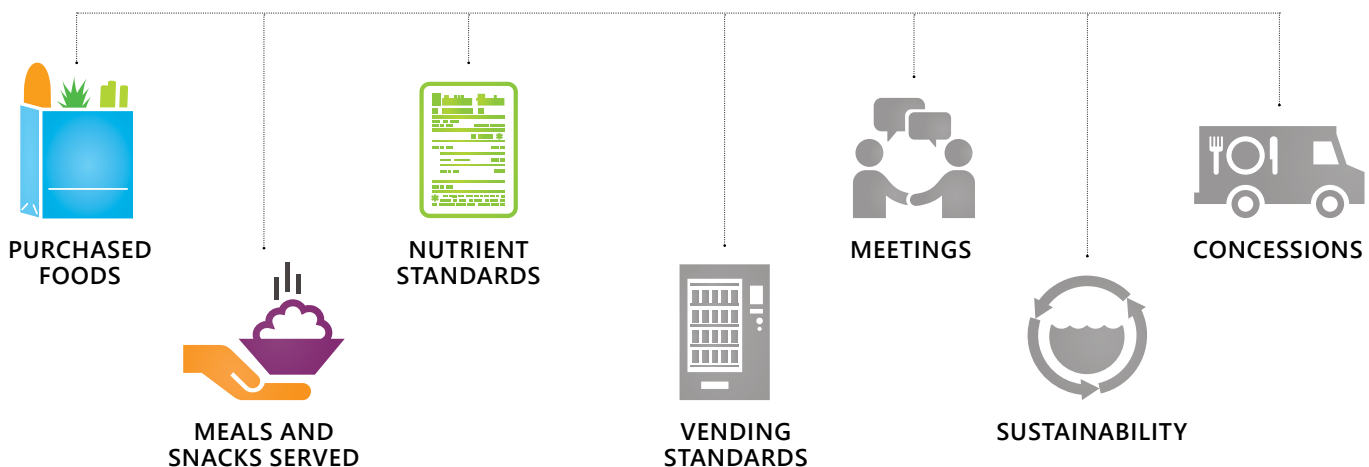
## WHAT'S IN THIS GUIDE?

This guide includes:

- Nutrition Standards for purchased foods and meals and snacks served and
- tools to assist you in planning, purchasing or serving food at your site.

Vending standards and best practices for healthy meetings, sustainability and non-vending concessions can be found at [www.phila.gov/nutritionstandards](http://www.phila.gov/nutritionstandards).

## 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](http://www.phila.gov/nutritionstandards)



# PURCHASED FOODS

Purchased food standards ensure that healthier foods such as fruits and vegetables and lean proteins, are a regular part of people's diets and that people who only eat a few items of each meal are still eating healthy options. These guidelines apply to the purchase of any single product, and can be incorporated into product specifications in bids and contracts.<sup>1</sup>

## PURCHASED FOOD STANDARDS

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Trans Fat	All products must have "0 grams" trans fat <b>and</b> no partially hydrogenated oils in ingredient list.	–
Sodium	All products must have ≤ 480 mg sodium per serving, unless otherwise noted.  For programs serving majority (51%) adults over 50 years old, all products must have ≤ 360 mg sodium per serving.	Whenever feasible, purchase "low sodium" (≤ 140 mg sodium per serving) or "reduced sodium" (original sodium level reduced by 25%).
Breaded, pre-fried products	Limit purchase of food products that are prepared by deep frying; this includes breaded, pre-fried products like chicken nuggets, chicken patties, fish sticks, etc.	–
Beverages	All beverages must have ≤ 40 calories per container or serving (except 100% juice and milk).  Limit products with artificial sweeteners.  All juice is 100% fruit or vegetable juice; single-use containers like juice cups or boxes are limited to 6 oz.  Vegetable juice contains ≤ 230 mg sodium per serving.  No sugar sweetened beverages or artificially sweetened beverages for programs serving a majority (51%) of children ages 2–18.	Recommend eliminating purchase of all sugar sweetened beverages.  Purchase and offer fruit or vegetables instead of juice wherever possible.
Dairy	All milk must be 1% or non-fat, except children < 2 years should be served whole milk.  All milk is unsweetened and unflavored. <sup>2</sup>  All yogurt must be non-fat or low-fat. Plain or flavored yogurt contains ≤ 27 g sugar per 8 oz, ≤ 20 g sugar per 6 oz or ≤ 13 g 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 ≤ 230 mg sodium.	Recommend purchasing unprocessed cheese that is low fat- part skim, 1% or 2%- and lower sodium
Beef and Pork	All beef and pork must be lean (contain ≤ 10% fat).	Purchase "extra lean" beef and pork (total fat ≤ 5%).  Bacon contains ≤ 290 mg sodium per serving.  Recommend not serving pork products to honor religious dietary restrictions.
Poultry	Canned/frozen poultry must contain ≤ 290 mg sodium per serving.  All ground poultry must be lean. (contain ≤ 10% fat).	–
Processed meats <sup>6</sup> (this includes luncheon/deli meats, bacon, sausage, hot dogs, etc)	All luncheon/deli meats contain ≤ 480 mg sodium per 2 oz serving  Bacon/other processed meats contain ≤ 290 mg of sodium per serving	Recommend phasing out purchase of processed meats.
Seafood, canned and frozen	All canned/frozen seafood (e.g., tuna) must have ≤ 290 mg sodium per serving.	–
Soups/Gravies	All soups/gravies contain ≤ 480 mg sodium per serving	–
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	–



## PURCHASED FOOD STANDARDS CONTINUED

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Bread, Pasta and other grains and starches	<p>All sliced sandwich bread must contain <math>\leq 180</math> mg sodium per serving, be whole wheat/whole grain rich<sup>3</sup> and contain <math>\geq 2</math> g fiber per serving.</p> <p>All flour tortillas and wraps are whole wheat/whole grain rich<sup>3</sup>, and contain <math>\geq 2</math> g fiber per serving.</p> <p>All other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, waffles, etc.) must contain <math>\leq 290</math> mg sodium per serving.</p> <p>All breakfast breads/pastries (muffins, bars, crumbles, croissants, etc) contain <math>\leq 12</math> g sugar per serving</p>	Purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, English muffins), brown rice, etc.
Cereal, hot or cold	<p>All cereal has <math>\leq 215</math> mg sodium per serving, <math>\leq 10</math> g sugar per serving, <math>\geq 2</math> g fiber per serving.<sup>4,5</sup></p> <p>Youth-serving facilities serve cereals with <math>\leq 6</math> g sugar per dry ounce to align with CACFP and WIC standards.</p>	Recommend gradual decrease to $\leq 6$ g sugar per dry ounce for cereals for adult-serving facilities.
Vegetables	All canned/frozen vegetables and beans must have $\leq 290$ mg sodium per serving.	Purchase a variety of fruits and vegetables including dark orange, leafy green, and red/purple. Purchase fresh or frozen fruits or vegetables. Purchase seasonal and locally grown when possible.
Fruit	All canned fruit and frozen fruit must be packed in unsweetened juice or water (no syrup) with no added sugar.	
Frozen Whole Meals	All frozen whole meals must contain $\leq 35\%$ of the daily sodium limit (adults $\leq 800$ mg; $\leq 525$ mg seniors).	–
Condiments and sauces	<p>Salad dressings contain <math>\leq 290</math> mg sodium per serving.</p> <p>Condiments/sauces contain <math>\leq 480</math> 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>	Purchase bulk ingredients to prepare condiments from scratch. Use low-fat mayonnaise; reduced sodium soy sauce; low-sodium ketchup; low-fat low-sodium and low-calorie salad dressings (as per FDA definitions <sup>7</sup> ). Limit individual packets of condiments (sugar, salt.)
Nuts/seeds/nut butters	<p>All nuts, seeds, nut/seed butters contain <math>\leq 230</math> mg sodium per serving.</p> <p>All nut/seed butters contain <math>\leq 4</math> g sugar per serving.</p>	–
Desserts - grain and non-grain based	Limit desserts (cookies, cakes, brownies, ice cream, water ice, etc.) to $\leq 200$ calories per serving and $\leq 18$ g sugar per serving	–
Snacks	<p>Snacks should meet <b>all</b> the following criteria:</p> <p><math>\leq 250</math> calories per serving/package, excluding nuts and seeds <math>\leq 7</math> g total fat per serving, excluding snacks containing only nuts and/or seeds</p> <p>0 g trans fat per serving</p> <p>No partially hydrogenated oils in the ingredient list</p> <p><math>\leq 1</math> g saturated fat per serving</p> <p><math>\leq 230</math> mg sodium per serving</p> <p><math>\leq 18</math> 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 chips.<sup>8</sup></p>	–

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 milk and flavored fluid milk substitutes can be served, if  $\leq 22$  grams of sugar per 8 oz. 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)  $\geq 8$  g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.*

4. In child care facilities (day care facilities, Head Start, Early Head Start, other pre-K programs), cereal has  $\leq 6$  grams sugar per serving.

5. Cereals that contain dried cranberries, dates and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.

6. Processed meats have been identified by the World Health Organization as a Category 1 carcinogen and should be phased out of meal service/purchasing entirely.

7. FDA definitions low-fat, reduced-sodium, low-sodium and low-calorie can be found here:

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

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

# 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 and reduce the risk of chronic disease. A healthy dietary pattern consists of nutrient-dense forms<sup>1</sup> of foods and beverages across all food groups, including fruits, vegetables, whole grains, dairy and oils.

## MEALS: FOOD STANDARDS

NUTRIENT / FOOD PRODUCT	REQUIRED	RECOMMENDED
Fruits and Vegetables	Minimum of 2 servings <sup>2</sup> per meal for lunch and dinner. For agencies serving <sup>3</sup> meals per day, minimum of 5 servings of fruits and vegetables a day. Offer a variety of fruits and vegetables such as dark orange, red/purple, or dark green leafy.	Substitute canned with fresh or frozen. For lunch and dinner, serve at least 1 fruit and 1 vegetable whenever possible. Use seasonal and locally grown where possible. For breakfast, serve at least one fruit whenever possible.
Whole Grains	Serve at least one whole grain-rich food per day <sup>3</sup>	Serve whole-grain rich items whenever possible.
Water	Water, preferably tap water, is available at all meals (in addition to or in place of other beverages regularly served).	Tap water should be used wherever possible in place of bottled water for drinking and cooking.
Juice	Juice must be 100% fruit or vegetable juice, limited to ≤ 6 oz per serving. If meals provided, serve juice no more than 1 time per day. If only 1 meal or snack is provided per day, serve juice no more than 2 times per week.	Serve fruit or vegetable in place of juice.
Artificially sweetened beverages	If serve artificially sweetened beverages for adults, limit to no more than one serving per day. No artificially sweetened beverages for programs serving a majority (51%) of children ages 2-18.	—
Processed meats (includes luncheon/deli meats, bacon, sausage, hot dogs, etc)	Serve processed meats no more than 2 times per week.	Gradually phase-out service of processed meat products.
Breaded, pre-fried products (includes chicken nuggets, chicken patties, fish sticks, etc.)	Serve breaded, pre-fried products no more than two times per week.	Gradually phase-out service of breaded, pre-fried products.
Vegetarian/plant-based entrees	Serve at least one vegetarian or plant-based entrée for lunch and dinner per week.	—
Desserts - grain and non-grain based	Maximum of 2 servings of desserts (doughnuts, pastries, cookies, cake, brownies, ice cream, water ice, etc.) per week. No more than 200 calories per serving and ≤ 18 g sugar per serving. Grain-based desserts cannot be substituted for grains on menu.	Use fruit or low calorie/low fat items for desserts whenever possible. 

## MEALS: FOOD STANDARDS CONTINUED

METHOD	REQUIRED	RECOMMENDED
Condiments	-	Use low-fat mayonnaise; reduced-sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions <sup>4</sup> ) Purchase bulk ingredients to prepare sauces and dressings from scratch.
Cultural and religious food accommodations	Serve food and beverage options that reflect diverse cultural traditions and preferences and religious practices. See Section 3 for more details.	Recommend not serving pork products to honor religious dietary practices.
Food Presentation and Marketing	Any promotional signage should encourage the selection of healthy offerings at the point of choice or point of sale.	Feature fruits and vegetables at the front of the serving line. Placing items in plain view and/or at eye level can help influence customers to choose healthy items. Use a pricing strategy that favors healthier food options. Use catchy or appealing names for menu items.
Food Preparation	Deep fryers must be eliminated. No deep frying may be used to prepare foods.	Use scratch cooking—wherever possible prepare foods on-site from bulk, whole, unprocessed ingredients. Work with PDPH to determine if changes are possible or needed to portion sizes and serving containers (e.g., the size of food plates and beverage cups) to ensure nutritional balance.



1. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat and sodium.

2. For serving recommendations, see USDA Dietary Guidelines for Americans 2020-2025, Appendix 3: USDA Dietary Patterns [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

3. Definition of whole wheat/whole grain rich - be at least 50% whole grain and have one of the following 1)  $\geq 8$  g whole grains per serving or 2) whole wheat or whole grain is listed as the first ingredient.

4. FDA definitions low-fat, reduced-sodium, low-sodium and low-calorie can be found here: <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>



## MEALS: NUTRIENT STANDARDS

### REQUIRED

#### Calories (kcal)

Adults: 1,800–2,100 kcal daily

Adults, Men Correctional:  $\leq 2,800$  kcal daily

Adults, Women Correctional:  $\leq 2,200$  kcal daily

Youth, Detention Facilities:  $\leq 2,500$  kcal daily

#### Sodium<sup>123</sup>

Adults, ages 19–50:  $\leq 2,300$  mg daily  
breakfast:  $\leq 700$  mg · lunch:  $\leq 800$  mg · dinner:  $\leq 800$  mg

Adults, age 51 and over:  $\leq 1,500$  mg daily

#### Fat

Saturated Fat:  $\leq 10\%$  of calories

Trans Fat: 0 g from artificial sources

#### Fiber

Children, ages 1–3:  $\geq 19$  g daily

Children, ages 4–18:  $\geq 25$  g daily

Adults, ages 19 and over:  $\geq 28$  g daily

#### Sugar

Added Sugars:  $< 10\%$  of calories

(45–53 grams- based on 1800 to 2100 calories)

1. Agencies should aim to reduce sodium by 5–10% each year until the standard is met

### RECOMMENDED

#### Protein

Adults: 10–35% of kcal daily

#### Carbohydrates

Adults: 45–65% of kcal daily

#### Potassium

Adults: 4,700 mg daily

#### Calcium

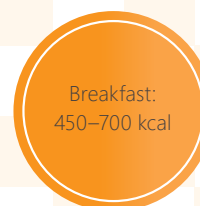
Adults: 1,000 mg daily

#### Iron

Adults, Men:  $\geq 8$  mg daily

Adults, Women:  $\geq 18$  mg daily

### REQUIRED DAILY CALORIE INTAKE FOR ADULTS BY MEAL





## SNACK STANDARDS

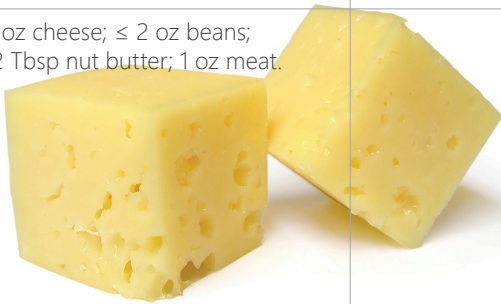
These snack guidelines are in compliance with the snack requirements of the USDA's Child & Adult Care Food Program (CACFP), with the exception of low-calorie beverages for sites serving adults.

### OVERALL GUIDELINES

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



Choose at least 2 items, each from a different category.

CATEGORIES	REQUIRED	RECOMMENDED
<b>Category 1:</b> <b>Dairy Beverages</b>	Serving size is 1 cup (8 oz) Milk must be 1% or fat-free and unflavored. <sup>4,5,6</sup> Fluid milk substitute (e.g., soymilk) must be ≤ 100 calories per serving.	Phase out flavored milk over time.
<b>Category 2:</b> <b>Fruit or juice</b> Acceptable choices including but not limited to: fresh fruit, dried fruit with no added sugar, applesauce with no added sugar, canned fruit in its own juice or water	Serving size is ¾ cup If juice must be served, it must be 100% juice and portion size limited to ≤ 6 oz per serving. If providing snacks only, serve 100% juice no more than 2 times per week.	Serve fresh fruit whenever possible Serve local seasonal fruit whenever possible.
<b>Category 3:</b> <b>Vegetable</b> Acceptable choices including but not limited to: carrot sticks, celery sticks, pepper slices, salads	Serving size is ¾ cup	Serve fresh vegetables whenever possible. Serve local seasonal vegetables whenever possible.
<b>Category 4:</b> <b>Bread or Grain</b> Acceptable choices including but not limited to: whole wheat pita, whole grain cereal and crackers, whole grain bread, plain popcorn	Serving size is 1 oz equivalent (½ cup or 1 slice). Sodium must be ≤ 180 mg per serving for sliced sandwich bread, and ≤ 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.	Serve whole grain items whenever possible.
<b>Category 5:</b> <b>Protein</b> (meat or meat alternative) Acceptable choices including but not limited to: hummus, bean dip, cottage cheese, low-fat cheese, hard-boiled eggs, low-fat or non-fat yogurt, low-sodium tuna, nuts, nut butters, sunflower seeds	Serving size is 1 oz cheese; ≤ 2 oz beans; ≤ 4 oz yogurt; 2 Tbsp nut butter; 1 oz meat.	

## SNACK STANDARDS CONTINUED

OTHER CONSIDERATIONS	REQUIRED	RECOMMENDED
<b>Beverages</b> (for sites serving adults) Acceptable choices including but not limited to: plain water, plain or artificially sweetened seltzer water or tea	$\leq 40$ calories per container or serving for beverages other than 100% juice or milk.	
<b>Condiments</b>	Salad dressings or dips contain $\leq 290$ mg sodium per serving.	Use low-fat cholesterol-free mayonnaise; reduced-sodium soy sauce; low-sodium ketchup; and low-fat and low-sodium and low-calorie (kcal) salad dressings (as per FDA definitions <sup>7</sup> ).
<b>Food Preparation</b>		Use added fats and sugars sparingly. Use olive and canola oils. Wherever possible, prepare snacks on site using whole, unprocessed ingredients.

### Examples of acceptable snack choices for children age 6–12 years, served with water:

- Peanut butter + 1 serving whole grain crackers + 1 serving apple slices
- 1 peach + 1 serving whole grain crackers
- 1/2 a tuna sandwich: 1 slice whole wheat bread + lettuce + tomato
- Turkey + whole wheat pita triangles + 1 serving carrot sticks
- Milk + whole grain cereal + fresh berries
- Mixed nuts + 1 medium-sized banana
- Yogurt + blueberries + 1 serving rice cakes
- Hummus + pita + 1 serving sliced red peppers



1. Agencies should aim to reduce sodium by 5-10% each year until the standard is met  
 2. For specific sodium limits for children under 18 years old by meal, see Section 3: Population-specific Standards and Exceptions of the Philadelphia Nutrition Standards.  
 3. For calorie and other nutrient recommendations for children, see the USDA Dietary Guidelines for Americans, [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).  
 4. Children 12 months to < 2 years old should be served unflavored whole milk. Children 2-5 years old should be served unflavored skim or 1% milk.  
 5. Children 6-18 years can be served flavored fat-free milk or fluid milk substitutes, if < 22 grams of sugar per 8 oz serving.  
 6. No artificial sweeteners for programs serving a majority (51%) of children ages 2–18.  
 7. FDA definitions of low-fat, reduced sodium, low sodium, and low calorie can be found here.  
<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

# POPULATION-SPECIFIC STANDARDS AND EXCEPTIONS

## 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.

## SCHOOL-AGE CHILDREN

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

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

## PREGNANT AND LACTATING PERSONS

Agencies serving pregnant and lactating persons should refer to the 2020-2025 USDA Dietary Guidelines for Americans (Chapter 5) for important nutritional considerations and guidance during pregnancy and lactation. [www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)

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

## INFANTS AND CHILDREN UNDER 5 YEARS OLD IN EARLY CHILDHOOD EDUCATION FACILITIES

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

## YOUTH DETENTION FACILITIES

Agencies serving the youth detention or correctional population have a majority of young and/or active boys who may require a higher caloric intake. The daily caloric intake should be kept to less than 2,500 calories.

## PATIENTS UNDER THERAPEUTIC CARE

Nutrition requirements consistent with established medical guidelines and diets for patients under therapeutic care can replace general nutrition criteria described here. The Patient Bill of Rights allows patients under therapeutic care to request specific food items.

## DONATED FOODS

Foods that are donated or provided at no cost to a program are not required to meet the standards outlined in Section 1. However, agencies can decline these foods and request healthier options. Agencies should still meet the nutrition standards outlined in Section 2. Agencies should not serve foods with artificial trans fat/partially hydrogenated oils. Use food labels to determine if products contain these ingredients.

## FOSTER CARE AND INDEPENDENT LIVING PROGRAMS

Foster care providers and independent living programs are not required to comply with these standards, but are still encouraged to offer healthier options.

## OTHER CONSIDERATIONS FOR CITY DEPARTMENTS SERVING FOOD

It is important to note that the food service environment can have an impact on consumption and acceptability of food. City departments should provide a warm, welcoming environment and serve participants with respect and compassion. In some cases, participants may voice additional social needs or concerns and staff should make efforts to connect participants to social services or collaborate with other programs as able.

# HOW TO MAKE HEALTHY MEALS FOR LESS

Serving healthy meals on a tight budget can be a challenge. The following tips were gathered from food service professionals across the country to help make serving healthy foods more affordable. These tips may not work for everyone, but some may be useful at your facility.

## HEALTHY TIPS

### MEAL PLANNING AND PREPARATION

#### Use less expensive healthy items.

- Mix in less expensive items alongside more expensive ones.
- Switch from more expensive proteins, like chicken, beef and pork, to beans one meal per week. Buy dried beans over canned for even more savings.
- Market and test using less expensive and less processed healthy items (like roast chicken) instead of more expensive, more processed foods (like chicken nuggets and patties).
- Choose fruits and vegetables that are in season, when possible, as they tend to be fresher and less expensive.

#### Incorporate more costly items wisely.

- When considering a new, slightly more expensive item, think about how many consumers will eat it. Prepare a smaller amount initially to prevent waste and give consumers a chance to adapt to the new item. Then prepare additional as interest increases.

#### Increase meal appeal.

- Cook vegetables to preserve vibrant colors and textures, and vary the way you cut the fruits, vegetables and sandwiches to provide more interesting or appealing presentations.
- Use catchy names on menus to attract attention.

#### Manage waste.

- Make use of all pieces and parts. Use vegetable peelings and animal bones to make stock for soups. Use leftovers to create new meals.
- Use the same product multiple ways. Using a product in different recipes can cut down on inventory and reduce waste.
- Slicing or wedging fruit can provide a cost-savings benefit and encourage increased consumption.
- Standardize recipes to ensure the right amount of each ingredient is in the meal.

#### Pay attention to serving size.

- Make sure you serve the correct serving size of each option. For example, use half-cup scoops for foods with a half-cup serving size.
- Keep good production records. This will help you determine how many servings to prepare in the future.

#### Limit dessert.

- Make dessert a special occasion food, to save money and calories. Or serve fruit as dessert.

### PURCHASING AND INVENTORY

#### Consider new purchasing practices.

- Buy in bulk, purchase whole poultry and use all parts, and purchase produce "seconds" which are fruits and vegetables of good quality that are not aesthetically perfect.
- Plan your menus in advance, and tailor orders carefully to those menus.
- If you don't have adequate storage space in your facility, consider sharing space with a nearby school or other larger institution.
- Consider cooperative purchasing. This allows you to make bulk purchases and cut down on food costs.
- Investigate cost-neutral purchases (i.e. 1% or skim milk instead of whole milk) with your current vendors.

#### If you purchase USDA foods for your facility

- Focus commodity purchases on items that are most expensive on the open market.
- Do not spend extra for processing that is unnecessary (like breading) or can be done in house less expensively.

#### Keep track of inventory.

- Know what is on hand and use it.
- Increase the number of times you do inventory.
- Make sure your orders are correct before the delivery person leaves.

Adapted with permission from Centers for Science in the Public Interest (CSPI).

# PURCHASE LOW-SODIUM FOODS

Too much sodium (salt) can increase the risk for high blood pressure. The Comprehensive Food Standards aim to help you decrease the amount of sodium in the foods you purchase. Use this chart to ensure that your purchased foods meet the recommended amount of sodium per serving.

HEALTHY  
TIPS

## SODIUM REFERENCE CHART

FOOD ITEM	SODIUM AMOUNT PER SERVING
Bread (sliced, sandwich)	≤ 180 mg
Cereal, hot or cold	≤ 215 mg
Other grains/starches (buns, hoagie rolls, dinner rolls, muffins, bagels, tortillas, etc.)	≤ 290 mg
Vegetables (canned/frozen)	
Beans (canned/frozen)	
Poultry (canned/frozen)	
Seafood (canned/frozen)	
Salad dressings	
Soups/Gravies	≤ 480 mg
Luncheon/deli meats (per 2 oz serving)	
Condiments/sauces	
Snacks	
Nuts/seeds/nut butters	≤ 230 mg
Frozen whole meals	≤ 35% of the daily sodium limit
All other products not specified above	≤ 480 mg Programs serving majority adults age 50+: ≤ 360 mg





# LOCAL FRESH PRODUCE AVAILABILITY

The following are foods available locally that you can consider adding to your menus. Foods were chosen if they had a relatively long season and are available in big enough quantities for larger buyers. Talk with your vendors about sourcing these products locally when in season.



PRODUCT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples												
Arugula												
Beets												
Blueberries	frozen available year round											
Broccoli												
Brussels sprouts												
Cabbage												
Cantaloupe												
Carrots												
Cauliflower												
Collard greens												
Eggplant												
Green beans												
Kale												
Lettuce												
Mushrooms												
Onions												
Peaches												
Pears												
Peppers, sweet												
Potatoes												
Salad greens												
Spinach												
Summer squash												
Sweet corn	frozen available year round											
Sweet potatoes												
Tomatoes												
Watermelon												

# 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%

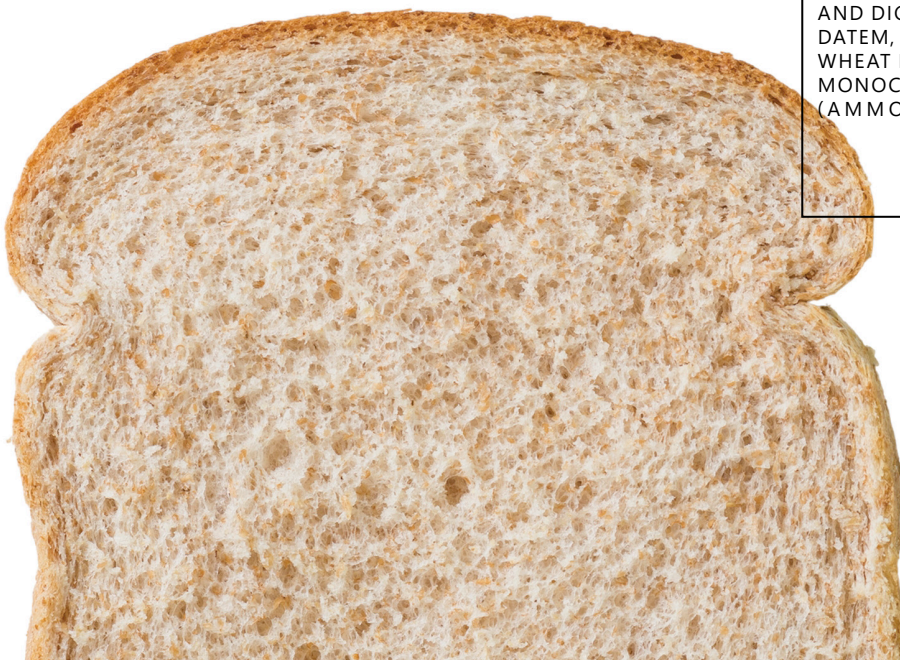
Total Carb 10g      3%

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.

# 5 TIPS FOR PREPARING MEALS WITH HEALTHIER FATS

## HEALTHY TIPS

Different types of fat can be found in food. It's important to avoid unhealthy fats like saturated and trans fats. They can increase the risk for cardiovascular disease. Try to purchase foods and prepare meals with healthier unsaturated fats like olive oil, soft tub margarine and low-fat dairy products.

1	<p><b>STAY AWAY FROM TRANS FATS.</b></p> <p>Avoid fried foods, like French fries and chicken fingers, and baked goods, like cakes and cookies.</p> <p>Stay away from foods with “partially hydrogenated” oils or shortenings listed in the ingredients.</p>	
2	<p><b>USE LIQUID VEGETABLE OILS FOR COOKING.</b></p> <p>Use canola, corn or olive oil instead of butter, lard or shortening.</p> <p>Dress up a salad with an oil-based vinaigrette dressing.</p>	
3	<p><b>USE SOFT TUB MARGARINE.</b></p> <p>Use soft margarine spreads for baking and cooking instead of stick margarine or butter. If you do use butter, use only a small amount.</p> <p>Avoid products with “partially hydrogenated” oil listed in the ingredients.</p>	
4	<p><b>ADD FISH TO YOUR MENUS AT LEAST 2 TIMES A WEEK.</b></p> <p>Fish is a great source of protein and is low in fat. Choose cod, flounder, haddock, tilapia, tuna and salmon.</p>	
5	<p><b>USE LEAN MEATS AND LOW-FAT OR FAT-FREE DAIRY.</b></p> <p>Look for beef that is less than 10% fat. Select skinless chicken or turkey breast.</p> <p>Choose skim or 1% milk and dairy products (such as low-fat cheese or yogurt).</p>	

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

# FOOD PREPARATION TIPS

Choosing nutritious foods is important for healthy eating, but just as important, is how they are prepared. Using a combination of healthy food preparation and cooking methods can result in lower fat, sodium and calories while enhancing the flavors and nutritional value of the prepared foods.

## HEALTHY TIPS

1	Prepare food with minimal salt or no salt. Use herbs, spices, salt-free seasoning blends, flavored vinegars, peppers, garlic and citrus juice/zest to add flavor instead.	
2	Using herbs and spices is a great way to make your food flavorful and aromatic without adding salt or fat. Add fresh herbs towards the end of cooking and dried herbs in the earlier stages of cooking.	
3	Drain and rinse canned meat/seafood, vegetables and beans to remove excess salt or oil.	
4	Trim all visible fat from meat before cooking.	
5	Use skinless poultry or remove the skin before cooking.	
6	Cook vegetables just long enough to make them tender- crisp. Overcooked vegetables lose flavor, color and important nutrients.	
7	Whether cooking or making dressings, use the oils that are lowest in saturated fats, — such as canola oil and olive oil — but use them sparingly because they contain 120 calories per tablespoon.	
8	Make recipes or egg dishes with egg whites, instead of egg yolks. Substitute two egg whites for each egg yolk.	

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

Adapted with permission from The American Heart Association.



# HEALTHIER COOKING METHODS

Choosing nutritious foods is important for healthy eating, but just as important, is how they are prepared. Using a combination of healthy food preparation and cooking methods can result in lower fat, cholesterol, sodium and calories while enhancing the flavors and nutritional value of the prepared foods.



## COOKING METHODS AND TECHNIQUES

Avoid cooking methods that add unhealthy fats (saturated and trans fats) or let food cook in its own fat such as deep frying and pan frying.

Try these healthier cooking techniques:

**BAKE:** Cook in the oven. Food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly.

**BASTE:** Brush or spoon liquid over meat during roasting. This adds flavor and prevents drying out. Use fat-free liquids such as water, wine or lemon juice.

**BLANCH:** Boil briefly. After 30 seconds in boiling water, plunge the vegetable or other food into ice water to stop the cooking. This keeps it tender-crisp.

**BOIL:** Cook food in heated water or other liquid, like broth, that is bubbling vigorously.

**BRAISE OR STEW:** Cook food slowly using heat from an oven or stovetop with a little bit of liquid, usually water or broth. Braising tenderizes the meat and enhances the flavor.

**BROIL:** Cook food directly under the heat source at a high temperature.

**BROWN:** Quickly sauté, broil, or grill at the beginning or end of meal preparation, to enhance flavor, texture, or eye appeal.

**GRILL:** Cook food on a rack directly over a heat source.

**MARINATE:** Coat or immerse foods in a liquid mixture or dry rub before cooking.

**POACH:** Immerse in simmering liquid over direct heat. This is a good method for cooking fish.

**ROAST:** Cook uncovered in the oven.

**SAUTÉ:** Cook food quickly in a small amount of oil or liquid over direct heat.

**STEAM:** Cook over boiling water in a covered pan. This helps keep foods' shape, texture, and nutritional value intact.

**STIR-FRY:** Cook small pieces of meat and vegetables quickly over very high heat with continual stirring, usually in a wok.



Adapted with permission from The American Heart Association.

# USING SPICES AND HERBS

Spices and herbs not only make foods taste much better, but they also help reduce salt. Don't be afraid to experiment! Use lots of different spices while cooking.

HEALTHY  
TIPS

## SUGGESTED SPICE AND HERB USES

**ALL SPICE:** chicken, turkey, stews, soups, tomatoes, peaches, low-fat gravies and sauces

**BAY LEAF:** chicken, turkey, beef, fish, veal, soups, stews, tomatoes

**CHIVES:** salads, sauces, soups, lean-meat dishes, vegetables, cheese

**CINNAMON:** fruits (especially apples), breads, applesauce, squash

**CURRY POWDER:** chicken, beef, fish, lamb, eggs, veal, tomato soup, low-fat or fat-free mayonnaise

**DILL:** fish, fish sauces, veal, soups, vegetables, potatoes, salads, macaroni

**GARLIC:** lean meats, fish, veal, stews, soups, salads, vegetables, potatoes, sauces

**GINGER:** chicken, veal, vegetables, fruits

**MACE:** veal, lamb, hot breads, apples, fruit salads, carrots, cauliflower, squash, potatoes

**NUTMEG:** cheese, chicken, fish, lean meats, toast, pudding, fruits, potatoes

**ONION POWDER:** chicken, fish, lean meats, vegetables, dips, low-fat sauces, soups, salads

**OREGANO:** beef, lamb, chicken, veal, cheese, tomato sauce, vegetable

**PAPRIKA:** fish, chicken, pork, eggs, soups, salads, low-fat sauces, vegetables

**PARSLEY:** beef, chicken, veal, fish, soups, salads, tomato sauce, low-fat sauces, vegetables

**SAGE:** beef, fish, chicken, pork, veal, cheese, biscuits, green beans, lima beans, onions

**SAVORY:** lean ground meats, pork, salads, soups, green beans, squash, lima beans, peas

**THYME:** veal, pork, chicken, fish, low-fat sauces, soups, onions, peas, salads, tomatoes, cheese

**TURMERIC:** fish, lean meats, low-fat sauces, rice

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



# USING SPICES AND HERBS

Spices and herbs not only make foods taste much better, but they also help reduce salt. Don't be afraid to experiment! Use lots of different spices while cooking.

HEALTHY  
TIPS

## SEASONINGS TO USE WITH MEATS AND OTHER PROTEINS

**BEEF:** basil, bay leaf, black pepper, cayenne, cumin, curry powder, dry mustard powder, garlic, green pepper, lemongrass, onion, oregano, rosemary, sage, thyme

**FISH:** bay leaf, cayenne, curry powder, celery seed, chives, dill, fennel, lemongrass, lemon zest, marjoram, mint, dry mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric

**LAMB:** basil, cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, savory, sesame seed, thyme

**CHICKEN OR TURKEY:** basil, bay leaf, cilantro, cinnamon, curry powder, garlic, lemongrass, mace, marjoram, mint, onion, paprika, parsley, rosemary, sage, saffron, savory, tarragon, thyme

**PORK:** allspice, caraway, celery seed, cloves, coriander, fennel, ginger, juniper berries, mint, dry mustard powder, paprika, sage, savory

**VEAL:** bay leaf, black pepper, curry powder, dill, ginger, lemon, marjoram, mint, oregano, paprika, parsley, saffron, sage, tarragon

**EGGS:** basil, chives, curry powder, dry mustard powder, green or red pepper, paprika, parsley, tarragon

**CHEESE:** chives, nutmeg, oregano, red pepper, sage, tarragon, thyme



Add spices to cooking oil before adding the food—it will help enhance the flavor!



# SAMPLE MENUS

Here are two sample menus that incorporate more fruits, vegetables and whole grains into each meal. Use these as an example when creating your own menus.

HEALTHY  
TIPS

## 1,800 CALORIE (KCAL) MENU

### Breakfast

1 cup oatmeal  
4 oz low-fat yogurt  
½ cup strawberries or blueberries  
8 oz 1% milk  
6 oz coffee or tea

### Lunch

1 egg salad sandwich (on whole wheat bread)  
1 whole peach  
1 cup side salad (mixed greens, tomato, cucumber, carrot)  
2 tablespoons light Italian salad dressing  
8 oz 1% milk

### Dinner

1 slice of lasagna with ground pork and beef\*  
⅓ cup orange glazed carrots\*  
1 whole wheat roll with 1 teaspoon margarine  
1 whole apple  
8 oz 1% milk

### Snack

½ cup hummus  
1 oz whole wheat pita chips

## 2,000 CALORIE (KCAL) MENU

### Breakfast

1 slice whole wheat bread  
4 oz low-fat yogurt  
1 whole orange  
1 hard-boiled egg  
8 oz 1% milk  
6 oz coffee or tea

### Lunch

3 oz honey lemon chicken\*  
½ cup brown rice  
1 cup roasted Brussels sprouts  
1 whole apple  
8 oz 1% milk

### Dinner

1 cup beef stew\*  
1 cup mixed vegetables  
1 whole wheat roll with 1 teaspoon margarine  
½ cup fresh fruit salad  
8 oz 1% milk

### Snack

5 peanut butter filled whole wheat crackers

\*Servings based on recipes obtained from: USDA Recipes for Schools.  
[www.nfsmi.org/Templates/TemplateDefault.aspx?q=cEIEPTewMiZpc01ncj10cnVI](http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cEIEPTewMiZpc01ncj10cnVI)

# HOW TO MARKET AND PROMOTE HEALTHY FOODS

## HEALTHY TIPS

Good nutrition is important for a healthy lifestyle, but how do you encourage consumers to make and accept healthy changes to their meals? Here are some ways to promote healthy options in your facilities.

## MARKETING AND PRESENTATION

**Promote healthier options to encourage consumption of foods that consumers may not typically eat.**

- Use colorful signage or displays to highlight healthy options.
- Place fresh fruit at the front of the line. Placing items at eye level, in plain view, can help influence customers to choose healthy items.
- Cut up fruit that may be difficult to peel or eat like oranges or apples.
- Provide nutrition information to educate consumers about healthier food options.
- Offer choices when it comes to vegetables or fruit. Consumers may be more likely to eat what they were able to select themselves.

**Market your program to ensure acceptance and participation.**

- Use catchy or appealing names for menu items.
- Conduct taste tests or give out samples and have consumers vote on meal options.
- Hold recipe contests for consumers and staff.

## PRICING

**If your site offers food for purchase, use a pricing strategy that favors healthier food options.**

- Make a healthy item like fruit or water part of a combo or value meal.
- Price healthy snacks cheaper than the less healthy snacks.

## STAFF INVOLVEMENT AND SUPPORT

**Work with staff to promote the healthy changes and encourage consumers to be healthy eaters.**

- Provide staff training and education about nutrition and healthy foods.
- Post signage and displays in staff dining or break rooms to promote healthier eating.
- Involve staff in recipe development or taste tests.














# CHOOSE HEALTHY DRINK OPTIONS.

There are a lot of choices when deciding what to drink. Water is the best choice. Sugary drinks like soda, fruit drinks, iced tea and sports drinks are not very good for us. Just 1–2 sugary drinks per day can lead to a variety of health problems like obesity, type 2 diabetes, heart disease and cavities.












HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2–3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
 <p>Water</p>	 <p>Diet Soda</p>	 <p>Regular Soda</p>
 <p>Seltzer Water</p>	 <p>100% Fruit Juice</p>	 <p>Fruit Drinks (like Fruit Punch)</p>
 <p>Skim or 1% Milk</p>	 <p>2% Milk</p>	 <p>Whole Milk</p>

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

# 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.



HEALTHIEST FOODS: ENJOY ANY TIME	SOMEWHAT HEALTHY FOODS: ENJOY 2-3 TIMES PER WEEK	LEAST HEALTHY FOODS: ENJOY ONCE IN A WHILE
 A white plastic container of yogurt, a wedge of Swiss cheese, and a small silver spoon. <p><b>Low-Fat or Fat-Free Dairy</b></p>	 A pile of white, fluffy plain popcorn. <p><b>Plain Popcorn</b></p>	 A yellow bag of potato chips and a round chocolate chip cookie. <p><b>Snacks High in Sugar/Fat</b></p>
 A clear plastic container of hummus with a green vegetable stick on top. <p><b>Hummus</b></p>	 A stack of square, golden-brown whole-wheat crackers. <p><b>Whole-Wheat Crackers</b></p>	 Two donuts: one with chocolate frosting and sprinkles, and one with pink frosting and sprinkles. <p><b>Pastries and Donuts</b></p>
 A cluster of fresh blueberries. <p><b>Fresh Fruit</b></p>	 A can of Tropical Gold Premium Pineapple Chunks in 100% pineapple juice. <p><b>Fruit in its own Juice</b></p>	 A can of Mandarin Oranges in syrup. <p><b>Fruit in Syrup</b></p>

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

# HEALTHY EATING AND NUTRITION RESOURCES

## NUTRITION AND HEALTHY EATING

TOPIC	SOURCE	INFORMATION
Food Fit Philly	Philadelphia Department of Public Health <a href="http://www.foodfitphilly.org">www.foodfitphilly.org</a>	Links to various resources pertaining to nutrition and physical activity.
MyPlate	United States Department of Agriculture <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>	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 <a href="http://www.cdc.gov/nutrition/index.html">www.cdc.gov/nutrition/index.html</a>	Provides information on a spectrum of topics. Includes data and statistics.
Dietary Guidelines	United States Department of Agriculture Center for Nutrition Policy and Promotion <a href="http://www.dietaryguidelines.gov">www.dietaryguidelines.gov</a>	Provides basis for nutrition policy in Federal food, nutrition, education, and information programs.
Food and Nutrition	Academy of Nutrition and Dietetics <a href="http://www.eatright.org">www.eatright.org</a>	Provides a variety of educational resources on nutrition topics.
Million Hearts	Centers for Disease Control and Prevention and Eating Well magazine <a href="http://recipes.millionhearts.hhs.gov">recipes.millionhearts.hhs.gov</a>	Provides recipes, healthy eating tips, easy meal plans and other resources.
USDA National Nutrient Database for standard reference	United States Department of Agriculture <a href="http://ndb.nal.usda.gov">ndb.nal.usda.gov</a>	Search food items to find nutrition information.
Salt and Sodium	Centers for Disease Control and Prevention <a href="http://www.cdc.gov/salt">www.cdc.gov/salt</a>	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 <a href="http://www.hsph.harvard.edu/nutritionsource/healthy-food-service/">www.hsph.harvard.edu/nutritionsource/healthy-food-service/</a>	Provides toolkits, tips and recipes for successfully implementing healthy changes in a foodservice setting.
Menu Planning	US Department of Agriculture, Team Nutrition <a href="http://www.fns.usda.gov/team-nutrition">www.fns.usda.gov/team-nutrition</a>	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 <a href="https://theicn.org/cnrb/">https://theicn.org/cnrb/</a>	Standardized recipes to be used in child nutrition programs.

## FOOD SAFETY

TOPIC	SOURCE	INFORMATION
Food Safety	U.S. Department of Health & Human Services <a href="http://www.foodsafety.gov">www.foodsafety.gov</a>	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 <a href="http://www.cdc.gov/foodsafety">www.cdc.gov/foodsafety</a>	Provides information on foodborne illness and safe food handling and cooking procedures.
Food Facts for consumers	Food and Drug Administration <a href="http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm">www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm</a>	Provides fact sheets on a wealth of food safety issues and topics including food allergies, foodborne illness and safe food handling.

[www.foodfitphilly.org](http://www.foodfitphilly.org)  
[www.phila.gov/getthehealthyphilly](http://www.phila.gov/getthehealthyphilly)  
[www.phila.gov/nutritionstandards](http://www.phila.gov/nutritionstandards)

