

## **HEALTHY FOOD STANDARDS AND SUSTAINABLE FOOD GUIDELINES**

**Description** - These standards and guidelines were developed using a number of existing sources including the U.S. Department of Health and Human Services Health and Sustainability Guidelines for Federal Concessions and Vending Operations (2011); the 2015-2020 Dietary Guidelines for Americans; and 21 Code of Federal Regulations (CFR) Part 101, Food Labeling.

The Healthy Food Standards provide food requirements that are straightforward and applicable irrespective of operation size. Sustainable food options can be more difficult to obtain and more expensive, and, therefore, need to be considered on a case-by-case basis. The sustainable food recommendations are guidelines rather than standards and should be used after considering technical and economic factors of the particular operation and the overall environmental benefit.

### **Healthy Food Standards:**

Entrées contain at least one fruit or vegetable.

Fruits and vegetables are available as side dishes when food is a la carte.

Where milk is served, low-fat and/or fat-free milk and dairy product options are available.

At least 30% of beverages offered have no added sugar.

At least one vegetarian and one non-vegetarian option are light/lite, low fat, and/or low sodium.

Whole grains are used in at least one vegetarian and non-vegetarian menu item.

Half servings or reduced portion sizes are available.

Steamed or grilled food is available for made-to-order items.

Artificial trans-fats are absent from all foods.

Designated symbol and key are used on menus, signs, and other media to identify 'healthy choice' options.

Signs or other materials are used to educate visitors on the importance of healthy food.

Grab-and-go establishments place healthier options in a noticeable location where they are more likely to be purchased.

Nutritional information is labeled or available upon request for at least the core healthy food menu items.

'Specials' or 'featured' menu items are healthy (e.g., not deep fried) options.

### **Sustainable Food Guidelines:**

Seafood is sourced from sustainable sources.

Fair trade and/or shade-grown coffee is available.

Seasonal, local, and regional ingredients or products are used.

Organic menu items are available.

Meat, seafood, and eggs are certified free of hormones and antibiotics.

Designated symbol and key are used on menus, signs, and other media to identify 'sustainable' options.

Signs or other materials are used to educate visitors on the importance of sustainability and the sustainable components of the operation.

### Definitions:

**Fair Trade:** Fair Trade defines a trading partnership, based on dialogue, transparency and respect that seek greater equity in international trade. It contributes to sustainable development by offering better trading conditions to, and securing the rights of, marginalized producers and workers – especially in developing countries.

**Light or Lite:** "Light" or "lite" – term that may be used on the label or in the labeling of a meal product and a main dish product, provided that: the food meets the definition of "Low in calories;" or "Low in fat;" and a statement appears on the principal display panel that explains whether "light" is used to mean "low fat," "low calories," or both. (21 CFR 101.56)

**Local or Regional:** 'Locally or regionally produced agricultural food product' – any agricultural food product that is raised, produced, and distributed in:

- (i) the locality or region in which the final product is marketed, so that the total distance that the product is transported is less than 400 miles from the origin of the product; or
- (ii) the state in which the product is produced. (H.R.2419)

**Low Fat:** "Low fat", "low in fat", "contains a small amount of fat", "low source of fat", or "little fat" means the food has a reference amount customarily consumed greater than 30 g or greater than 2 tablespoons and contains 3 g or less of fat per reference amount customarily consumed; or the product contains 3 g or less of total fat per 100 g and not more than 30 percent of calories from fat for meal products and main dish products. (21 CFR 101.62)

**Low Sodium:** "Low sodium," or "low in sodium," "little sodium," "contains a small amount of sodium," or "low source of sodium" – means the food has a reference amount customarily consumed greater than 30 g or greater than 2 tablespoons and contains 140 mg or less sodium per reference amount customarily consumed; or 140 mg or less sodium per 100 g for meal products and main dish products. (21 CFR 101.61)

**Made with Organic Ingredients:** 7 CFR 205: "Made with organic ingredients" – means that the product contains at least 70 percent organic ingredients.

**Organic:** "Organic" – a labeling term that refers to an agricultural product produced in accordance with the Act (The Organic Foods Production Act of 1990, as amended (7 U.S.C. 6501 et seq.)) and (associated) regulations. Note: Organic foods cannot be GMOs. (7 CFR 205)

**Shade Grown:** Coffee grown under a canopy of trees in a manner that is supportive of environmental sustainability including providing migratory bird habitat. Shade-grown may be demonstrated through certification through non-profit organizations such as the Smithsonian Migratory Bird Center or the Rainforest Alliance.

**Sustainable Seafood:** The NOAA FishWatch Program defines sustainable seafood as "catching or farming seafood responsibly, with consideration for the long-term health of the environment and the livelihoods of the people that depend upon the environment." Verifying the health and sustainability of U.S. and international fisheries is not always simple.

Domestic fisheries are managed by state and federal agencies under legally established fisheries management plans. International fisheries are managed under sovereign laws and international treaties. Guidance on how to make sustainable seafood choices is found on the NOAA FishWatch site at [buying, handling and eating seafood..](#)

**Whole Grains:** Whole grains are defined as grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also a source of dietary fiber. (USDA Dietary Guidelines for Americans 2010)