

Healthy Food Standards

As an employer, the State of Vermont is committed to helping employees achieve optimal health and well-being. Supporting nutritious choices at work is an important part of our commitment as leaders in health promotion and is now required by 29 V.S.A. § 160c.

To meet our responsibilities, we have established the following standards to be used whenever food is offered at cafeterias and cafes on state property or at state funded meetings, conferences, state park concession stands, and events that are paid for with state or federal dollars (in accordance with the Department of Finance and Management Policy 4.0 Department Provided Food and Refreshments). These standards do not apply where state and federal funds are not used, such as food purchases for personal consumption

Cafes, Cafeterias and Concession Stands:

Food Requirements:

All food service venues are required to implement the following criteria:

- All foods offered should be low in sodium and saturated fat.
- All meal items are free of artificial trans-fat or partially hydrogenated oils.
- When entrees are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Preference should be given to locally grown and/or produced foods.
- Limit deep-fried entrée options to no more than one choice per day. This should not be promoted as the daily special.
- Consider options that address food allergies
- Offer daily:
 - two whole grain rich options
 - at least one raw, salad-type vegetable
 - at least one steamed, baked or grilled vegetable seasoned without fat or oil.at least two different whole or sliced fruits daily.

Beverage Requirements:

- Have free water available and advertise its availability.
- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving. For beverages with more than 40 calories/serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).
- If milk is offered, only offer 1% and non-fat milk dairy-type products.
- Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages must not provide more sugars than milk (thus be a 12 g/8 oz serving or less), provide the same amount or more of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and provide less than 5 g total fat (equivalent to 2% milk).
- If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
- Vegetable juice must contain ≤230 mg sodium per serving.

(Source: http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf)

Snacks:

In cafes, cafeterias, and state park concession stands there should be an assortment of healthier food choices with a focus on fruits, vegetables, and whole grains. At least 50% of the snack items must meet all of the following criteria:

- No more than 200 calories per item
- No more than 35% calories from fat with the exception of
 - packages that contain 100% nuts or seeds;
 - 100% nut and fruit mixes where the fruit has not been processed with added sweeteners and fats;
 - 100% nut and yogurt mixes where the yogurt with no more than 30 grams of total sugar per 8 ounce or smaller container.
- No more than 10% calories from saturated fat with the exception of packages that contain 100% nuts or seeds;
- 0 grams trans-fat;
- No more than 35% of calories from total sugars, except:
 - fruits and vegetables that have not been processed with added sweeteners and fats
 - yogurt with no more than 30 grams of total sugar per 8 ounce or smaller container
- No more than 230 milligrams of sodium per package.

Labeling and Promotion:

- Nutritional facts for all items must be displayed, including calories, protein, carbohydrates, fat, and sodium.
- Promotion of healthy items is encouraged.

Placement:

- Healthy foods and beverages must be placed in highly visible areas of the counter, at the front, grouped together. This includes snacks that meet the healthy standards above, fresh fruits and vegetables, low fat milk, beverages ≤ 40 calories, and unsweetened water.
- A variety of healthy items are available daily.

Other Suggestions:

- Make healthier options more appealing to the consumer by offering them at a reduced price as compared to less healthy alternatives.
- Offer desserts that use less or no added sugars. For example, offer desserts prepared with fruits, vegetables, nuts, seeds, apple sauces, and yogurts without added sugars.

Catered Meetings and Events:

Food Requirements

- All foods offered should be low in sodium and saturated fat.
- All meal items are free of artificial trans-fat or partially hydrogenated oils.
- When entrees are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Preference should be given to locally grown and/or produced foods.
- Consider options that address food allergies
- Include a fruit (if canned or frozen, with no added sweeteners) or vegetable choice. Fruit juice should not be substituted for fruit.
- Include whole grains whenever grains are served.
- Make half or reduced-size portions of sandwiches or entrées available.
- If snacks are provided, choose baked, low fat, low sodium items.
- If dessert is desired, provide a choice of whole fruit, fruit salad or applesauce with no sugar added.

Beverage Requirements

- Have free water available and advertise its availability.
- Offer 100% juice, 1% or fat-free milk, or beverages with ≤ 40 calories per serving.

Breakfast ideas

- Fruit pieces or whole fruit (offer seasonal, local fruit whenever possible), do not serve juice
- Low- or non-fat yogurt
- Small muffins or large muffins cut in half (look for whole-grain muffins)
- Whole-grain bread and/or whole-grain English muffins
- Whole-grain cereals (serve with skim or 1% milk)
- Mini whole-grain bagels or larger bagels cut in half
- Hard boiled eggs
- Low-fat granola/granola bars
- Low-fat or whipped cream cheese spread
- Unsweetened cereals (Cheerios, Shredded Wheat, Oatmeal)
- 1%/fat-free milk
- Coffee/tea
- Spreads to offer: Single servings of peanut butter, jam, jelly, low-fat cream cheese, trans fat free spread

Lunch ideas

- Vegetable-based soups
- Half-sandwiches or wraps
 - Whole grain bread, lean meats, low-fat cheese, variety of veggie toppings
 - Include vegetable sandwiches or wraps (whole grain) such as:

- Southwestern bean and vegetable
- Tomato and Basil
- Peanut butter and Jelly
- Roasted vegetables
- Hummus
- Mixed Green Salad
- Hummus
- Whole or cut fruit
- Whole grain pasta or rice salad (made with light vinaigrettes or low-fat dressings)
- Protein salads (prepared with low-fat mayo)
 - Egg salad
 - Tuna salad
 - Chicken salad
- Veggie Chips or Low-Salt/Baked Chips
- Potato salad (use combination of low-fat mayo and yogurt, and dress lightly)

I agree to follow the healthy food standards.

Signature: _____

For technical assistance and support for menu planning please contact:
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