

New York City | **HEALTHY HOSPITAL FOOD INITIATIVE**

The Healthy Hospital Food Initiative aims to create a healthier food environment in New York City hospitals. This effort, led by the New York City Health Department, aligns with the mission of hospitals to promote health and wellness.

Hospitals participate by adopting the New York City Food Standards, evidence-based nutrition criteria that ensures that employees, visitors, and patients have better access to healthy food. By implementing all four of the New York City Food Standards, hospitals can comprehensively improve the nutritional content of food and beverages offered in their cafeterias, vending machines and patient meals.

New York City Food Standards

Cafeterias

These standards use a variety of techniques to make the healthy choice the easy choice. Includes standards that increase the availability of fresh fruits and vegetables and whole grains; promote healthy value meals; decrease the availability of high calorie beverages; and eliminate fried foods.

Beverage Vending Machines

These standards decrease the availability and portion size of high calorie beverages. Includes standards that address the placement of high calorie beverages and ensure that marketing images on machines are conveying healthy messages.

Food Vending Machines

These standards include nutrition requirements for calories, saturated fat, sodium, sugar, fiber and other nutrients in stocked products. Standards also address portion size by making requirements per package, rather than per serving.

Patient Meals

These standards, which apply to regular diet patient meals, provide nutrition requirements for individual foods purchased, such as sodium limits for bread and cereal, and for meals served, such as two fruit or vegetable servings at lunch and dinner.

What the Health Department Offers

- Individualized approach for each hospital with tailored action plans
- Free resources to support the implementation process, including assistance from a registered dietitian for menu and product review and staff education
- Public recognition of hospital accomplishments



**Be a model
of health and
wellness.**

As centers of healing, hospitals can model healthy eating to support the health of their employees and the communities they serve.

For more information, please contact: nycfoodstandards@health.nyc.gov

