

# CAFETERIAS/CAFES

The NYC Health Department supports hospitals and higher learning institutions in implementing the NYC Food Standards for Cafeterias and Cafes (Standards), which are divided into eight categories with specific criteria. The grid below recognizes how partnering cafeterias and cafes within these institutions are implementing the Standards.

Partner Name	Fruits and Vegetables 	Sandwiches, Salads and Entrees 	Soups and Sides 	Breakfast Breads, Desserts and Snacks 	Cooking Methods 	Beverages 	Placement, Promotion and Pricing 	Sustainability 
Brookdale Univ. Hospital and Medical Center Cafeteria	✓							
Brooklyn College Cafeteria	✓							
Hospital for Special Surgery Belaire Cafe	✓		✓	✓		✓	✓	
Hostos Community College Cafe								
Interfaith Medical Center Cafeteria	✓		✓	✓	✓			
Kingsbrook Jewish Medical Center Cafe			✓		✓			
Kingsbrook Jewish Medical Center Cafeteria	✓							
Lehman College Carman Cafeteria	✓		✓		✓			
Lehman College Harmony Cafe					✓			

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Lehman College Underground Lounge	✓							
Memorial Sloan Kettering Cancer Center Cafeteria	✓			✓		✓		
Montefiore Jack D. Weiler Hospital Cafeteria	✓	✓	✓	✓	✓	✓	✓	
Montefiore Moses Hospital Cafeteria	✓	✓	✓	✓	✓	✓		
Montefiore Wakefield Hospital Cafeteria	✓			✓	✓	✓		
The Mount Sinai Hospital Plaza Cafeteria	✓							
New York Community Hospital Cafeteria			✓	✓	✓		✓	
NewYork-Presbyterian / Weill Cornell Medical Center Garden Cafe	✓				✓	✓		
Richmond University Medical Center Cafeteria	✓	✓	✓	✓			✓	
St. Barnabas Hospital Cafeteria	✓							
St. John's Episcopal Hospital Rock Cafe	✓							
St. John's Episcopal Hospital Seaside Cafe			✓		✓			

# The NYC Food Standards for Cafeterias and Cafes by Category

## Fruits and Vegetables

(Implement all below)

- Offer at least four fruit choices.
- Offer leafy green salads and a vinegar-based dressing.

## Sandwiches, Salads and Entrees

(Implement at least three from below)

- Ensure 50% of sandwiches, salads and entrees contain 500 calories or less.
- Offer only sandwiches, salads and entrees that contain 700 calories or less.
- Ensure 50% of sandwiches, salads and entrees contain 800 milligrams sodium or less.
- Ensure 50% of sandwiches, salads and entrees, when applicable, are prepared with whole grains.

## Soups and Sides

(Implement all below)

- Offer one steamed, baked or grilled vegetable containing 200 milligrams sodium or less daily.
- If you provide soup, it must contain 480 milligram sodium or less per 8 ounces.

## Breakfast Breads, Desserts and Snacks

(Implement at least two from below)

- Ensure 50% of breakfast breads contain 300 calories or less.
- Ensure 50% of desserts contain 200 calories or less.
- Ensure 75% of pre-packaged snacks contain no more than 200 calories, 200 milligrams sodium, 7 grams fat, 2 grams saturated fat and 10 grams sugar.

*Grain- or potato-based pre-packaged snacks must contain at least 2 grams of fiber.*

## Cooking Methods

(Implement all from below)

- Do not deep fry foods.

## Beverages

(Implement at least two from below)

- Provide free water.
- Ensure 75% of beverages are low calorie (25 calories or less per 8 ounces).
- If high-calorie beverages (greater than 25 calories per 8 ounces) are offered, provide them in containers 16 ounces or less.

## Placement, Promotion and Pricing

(Implement at least three from below)

- Offer only healthy options at the cash register.
- Display only healthy food and beverage advertising.
- Post calories for all food and beverage items.
- Offer individual value meals that do not contain more than 650 calories and 800 milligrams sodium and provide fresh fruit or non-starchy vegetable.
- Offer sandwiches in half-size portions at half the price of a full-size sandwich.

## Sustainability

(Implement at least three from below)

- Ensure 75% of seafood is a “good alternative” on the Monterey Bay Aquarium Seafood Watch list.
- Incorporate a food waste reduction plan into standard operating procedures.
- Offer at least one sandwich or entrée that does not contain animal products daily.
- Feature at least one seasonally available regional or local produce option daily.
- Purchase meat raised without the routine use of non-therapeutic antibiotics.