

Follow these standards to increase the availability of healthier food and beverage options.

Fruits and Vegetables

- 1 At least four different fruit choices must be available.
- 2 Leafy green salads and at least one vinegar-based salad dressing must be available.

Sandwiches, Salads and Entrees

- 3 At least 50% of all sandwiches, salads and entrees offered must contain 500 calories or less.
- 4 All sandwiches, salads and entrees offered must contain 700 calories or less.
- 5 At least 50% of all sandwiches, salads and entrees offered must contain 800 mg sodium or less.
- 6 At least 50% of all sandwiches, salads and entrees offered, when applicable, must be made or served with whole grains (e.g. whole-wheat bread, brown rice, whole-wheat pasta).

Soups and Sides

- 7 At least one steamed, baked or grilled vegetable option must be available daily and contain 200 mg sodium or less.
- 8 All soups must contain 480 mg sodium or less per 8 ounces.

Breakfast Breads, Desserts and Snacks

- 9 At least 50% of all breakfast breads offered must contain 300 calories or less.
- 10 At least 50% of all desserts offered must contain 200 calories or less.
- 11 At least 75% of all pre-packaged snacks must contain no more than: 200 calories, 200 mg sodium, 7 grams fat, 2 grams saturated fat and 10 grams sugar per package.

If an item is grain/potato-based, it must also contain at least 2 grams fiber.

Cooking Method

- 12 No deep fryers may be used; no deep frying.

Beverages

- 13 Water must be available at no charge.
- 14 At least 75% of all beverage options must be low calorie beverages (beverages that contain 25 calories or less per 8 ounces).
- 15 All high calorie beverages must be 16 ounces or less.

Why drink your fruit when you can eat it? Unlike juice, whole fruit is loaded with fiber, which may lower your risk of heart disease.

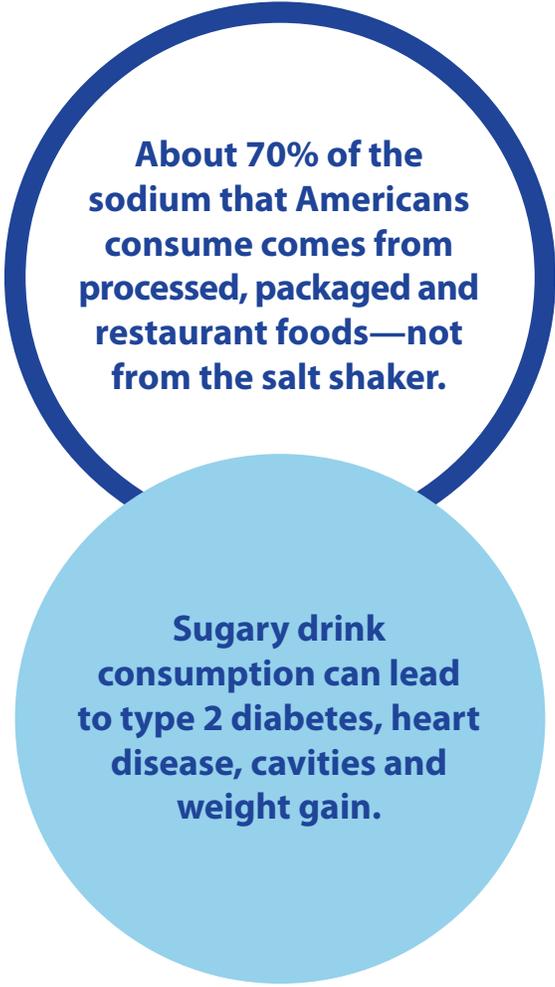
Whole grains are a good source of fiber, which is good for your heart. Choose entrees made from brown rice, barley, oats, corn and rye.

Placement, Promotion and Pricing

- 16 Only healthy options may be stocked at the cash registers.
- 17 Advertising or promotional materials must only be for healthy food and beverage options. This includes promotion as part of a value meal.
- 18 Calorie information must be posted for items that do not include a Nutrition Facts label.
- 19 If value meals are offered, at least one must contain fresh fruit or a non-starchy vegetable and water. This value meal must also contain no more than 650 calories and 800 mg sodium and cost less than other value meals.
- 20 Half-size sandwiches must be available at half the price of a full-size sandwich.

Sustainability

- 21 At least 75% of seafood purchased monthly must be identified, at a minimum, as a “good alternative” on the Monterey Bay Aquarium Seafood Watch list or be similarly certified by an equivalent program. Recommend seafood that is identified as a “best choice.”
- 22 Incorporate a food waste reduction plan into standard operating procedures, such as donating extra food to food banks or composting during food preparation.
- 23 At least one sandwich or entree that does not contain animal products must be available daily.
- 24 At least one seasonally available regional or local produce option (e.g., New York apples, New Jersey tomatoes) must be featured daily. When practical, prioritize New York State food products.
- 25 Purchase meat raised without the routine use of non-therapeutic antibiotics.



About 70% of the sodium that Americans consume comes from processed, packaged and restaurant foods—not from the salt shaker.

Sugary drink consumption can lead to type 2 diabetes, heart disease, cavities and weight gain.