

Are You Following the NYC Food Standards?

CHECKLIST FOR MENUS AT MEETINGS AND EVENTS

Organization Name: _____

Meeting/Event: _____

Date: _____

You are following the NYC Food Standards if all answers in unshaded boxes below are **“Yes”** or **“N/A.”**

WHAT WILL YOU SERVE?	DO YOUR CHOICES MEET THE STANDARDS?			
Beverages	Beverages			
	1. Will water be available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	2. If other beverages will be available, will they be low-calorie beverages (25 calories or less per 8 ounces)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	3. If milk will be available, will it be 1% or non-fat, unsweetened plain milk?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	4. If juice will be available, will it be 100% fruit juice? <i>Recommendation: Serve 100% fruit juice in small cups.</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
Meals/Snacks	Fruits and Vegetables			
	5. Is a fruit or vegetable available?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	Sandwiches, Entrees and Sides			
	6. Have you removed doughnuts, pastries or sweet buns from the menu? <i>Recommendation: Cut breakfast breads (e.g., muffins and bagels) in half or quarter portions.</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	7. If grains are available, is there a whole grain option (e.g., brown rice, whole-wheat bread or whole-wheat pasta)? <i>Recommendation: Cut sandwiches in half or serve them on small rolls</i>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	8. If yogurt is available, is it low-fat or non-fat, with fewer than 30 grams of sugar per 8 ounces?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	9. Have you removed fried foods from the menu (e.g., potato chips, French fries, fried chicken or doughnuts)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A
	Dessert			
	10. If desserts (e.g., cupcakes, cookies, brownies or pies) are available, are you only giving each person <u>one</u> portion?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> N/A

From where did you purchase/order? _____

