

New York City Agency Standards for Commissaries

This document outlines standards for food and beverages stocked in commissaries on City property.

Overall Standards:

- Trans fat:
 - **Require** 0g of trans fat per serving.¹
- Sodium:
 - **Require** all individual items contain ≤ 480 mg sodium per serving, not including specific items stated in the Food Category Standards below. Recommend purchasing “low sodium” (≤ 140 mg sodium per serving) whenever feasible.

Food Category Standards:

- Beverages:
 - **Require** ≤ 25 calories per 8 oz for all beverages other than 100% fruit juice or milk.
 - If purchasing juice, **require** 100% fruit juice.
 - **Require** beverages with no artificial or non-nutritive sweeteners for agencies serving a majority of children under 18 years.
- Dairy:
 - **Require** milk be 1% or non-fat, and unsweetened.
 - **Require** fluid milk substitutes (e.g. soymilk) be unflavored.
 - **Require** low-fat or non-fat yogurt.
 - Recommend purchase plain yogurt or yogurt with ≤ 30 g sugar per 8 oz or equivalent (e.g. ≤ 15 g sugar per 4 oz, ≤ 23 g sugar per 6 oz).
 - Recommend choose lower sodium cheese.
- Bread, pasta, and other grains:
 - **Require** sliced sandwich bread contain ≤ 180 mg sodium per serving, be whole wheat/whole grain and contain ≥ 2 g fiber per serving.
 - **Require** other baked goods (e.g. dinner rolls, muffins, bagels, tortillas) contain ≤ 290 mg sodium per serving.
 - Recommend purchase whole grain pasta, whole grain baked goods (dinner rolls, muffins, bagels, tortillas), brown rice, etc.
- Cereal:
 - **Require** cereal contain ≤ 215 mg sodium per serving, ≤ 10 g sugar per serving, and ≥ 2 g fiber per serving.²

¹ For more information: www.nyc.gov/html/doh/downloads/pdf/public/notice-adoption-hc-art81-08.pdf

- Fruits and vegetables:
 - **Require** canned/frozen vegetables and beans contain ≤ 290 mg sodium per serving.
 - **Require** fruit canned in unsweetened juice or water. No fruit canned in syrup.
- Tuna, salmon and other seafood:
 - **Require** canned/frozen seafood contain ≤ 290 mg sodium per serving.
- Poultry:
 - **Require** canned/frozen poultry contain ≤ 290 mg sodium per serving.
- Beef and pork:
 - **Require** canned beef/pork contain ≤ 480 mg sodium per serving.
 - Recommend purchase “extra lean” beef and pork (total fat $\leq 5\%$) and at least 90% lean ground beef.
 - Recommend bacon contain ≤ 290 mg sodium per serving.
- Luncheon meat:
 - **Require** luncheon meat contain ≤ 480 mg sodium per serving.
- Condiments and sauces:
 - **Require** salad dressings contain ≤ 290 mg sodium per serving.
 - **Require** sauces contain ≤ 480 mg sodium per serving.³
 - Recommend use lower sodium condiments and sauces such as reduced sodium soy sauce.
- Portion controlled items and other convenience foods:
 - **Require** portion controlled items and other convenience foods such as breaded chicken, veal patties, frozen French toast and waffles contain ≤ 480 mg sodium per serving.
- Frozen whole meals:
 - **Require** frozen whole meals contain $\leq 35\%$ of the daily sodium limit (adults: ≤ 805 mg, children: ≤ 770 mg, seniors ≤ 525 mg).

Additional Standards:

- Snack items:
 - **Require** snacks contain per serving: ≤ 200 mg sodium, ≤ 10 g sugar, and ≥ 2 g fiber (if product is grain/potato-based, e.g. granola bars, crackers, pretzels, cookies, chips)

² Cereals that contain dried cranberries, dates, and/or raisins are exempt from the sugar standard due to the limited availability of this product type that meets the sugar standard. Cereals must still meet fiber and sodium standards. Recommend phasing out these high sugar cereals over time.

³ Soy sauce is exempt due to lack of market availability for products that meet this standard. Recommend use reduced sodium soy sauce.