

Healthy Food Standards

As an employer, the State of Vermont is committed to helping employees achieve optimal health and well-being. Supporting nutritious choices at work is an important part of our commitment and part of our role as leaders in health promotion. Additionally, whenever possible, locally grown and/or produced foods should be used.

Cafes and Cafeterias:

All food service venues are required to implement the following criteria:

- Offer daily two whole grain rich options at any time during operation hours. Offer at least one whole grain rich option at all times.
- Offer daily at least one raw, salad-type vegetable and at least one steamed, baked or grilled vegetable seasoned without fat or oil.
- Offer a variety of at least two whole or sliced fruits daily.
- When protein-entrees are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Offer one lower sodium entrée and/or meal and promote it.
- Limit deep-fried entrée options to no more than one choice per day.
- All meal items are free of artificial trans-fat or partially hydrogenated oils.
- Offer low-fat and non-fat milk and milk products.
- Have free water available and advertise its availability.

Beverage Requirements

- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤ 40 calories/serving. For beverages with more than 40 calories/serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).
- If milk is offered, only offer 2%, 1% and non-fat milk dairy-type products.
- Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages must not provide more sugars than milk (thus be a 12 g/8 oz serving or less), provide the same amount or more of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and provide less than 5 g total fat (equivalent to 2% milk).
- If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
- Vegetable juice must contain ≤ 230 mg sodium per serving.

(Source: http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf)

Snacks:

There should be an assortment of healthier food choices through counter service with a focus on fruits, vegetables, and whole grains. At least 50% of the snack items must meet all of the following criteria:

- No more than 200 calories per item
- No more than 35% calories from fat with the exception of
 - packages that contain 100% nuts or seeds;
 - 100% nut and fruit mixes where the fruit has not been processed with added sweeteners and fats;

- 100% nut and yogurt mixes where the yogurt with no more than 30 grams of total sugar per 8 ounce or smaller container.
- No more than 10% calories from saturated fat with the exception of packages that contain 100% nuts or seeds;
- 0 grams trans-fat;
- No more than 35% of calories from total sugars, except:
 - fruits and vegetables that have not been processed with added sweeteners and fats
 - yogurt with no more than 30 grams of total sugar per 8 ounce or smaller container
- No more than 230 milligrams of sodium per package;

Promotion:

- Nutritional facts for all items must be displayed, including calories, protein, carbohydrates, fat, and sodium.
- Education and promotion of healthy items through employee wellness activities is encouraged.

Placement:

- Healthy foods and beverages must be placed in highly visible areas of the counter, at the front, grouped together. This includes snacks that meet the healthy standards above, fresh fruits and vegetables, low fat milk, beverages ≤ 40 calories, and unsweetened water.
- A variety of healthy items are available daily.

Other Suggestions:

- Make healthier options more appealing to the consumer by offering them at a reduced price as compared to less healthy alternatives.
- Offer desserts that use less or no added sugars. For example, offer desserts prepared with fruits, vegetables, nuts, seeds, apple sauces, and yogurts without added sugars.

Catered Meetings and Events:

These standards shall be adhered to whenever food is offered at state funded meetings, conferences, and events that are paid for with state/federal dollars, in accordance with the Department of Finance and Management Policy 4.0 Department Provided Food and Refreshments. These standards are not required, but recommended, for employee funded celebrations, meetings, or gatherings where food is not paid for with state/federal funds.

Beverages

No sugar sweetened beverages (This includes any beverages with added sugar or other caloric sweeteners such as high fructose corn syrup, including soda, sports drinks, fruit drinks, teas, flavored/enhanced waters, and energy drinks). Provide only 2%, 1% or fat-free milk, and make sure there is always drinking water available.

Foods

- A fruit (not fruit juice) or vegetable choice is included when food is served.

- When grains are served a whole grain food is included.
- Preference is given to seasonal and local foods.
- If entrées are served they include a lean meat, poultry, fish, or low-fat vegetarian choice.
- Meals include a vegetarian option. Half or reduced-size portions of sandwiches or entrees are included.
- Serve lower fat versions of condiments (e.g. dressings, mayo, cream cheese, or sour cream)
- No Danish, Pastries, Desserts, or Deep-fried foods.

Breakfast ideas

- Fruit pieces or whole fruit (offer seasonal, local fruit whenever possible), do not serve juice
- Low- or non-fat yogurt
- Small muffins or large muffins cut in half (look for whole-grain muffins)
- Whole-grain bread and/or whole-grain English muffins
- Whole-grain cereals (serve with skim or 1% milk)
- Mini whole-grain bagels or larger bagels cut in half
- Hard boiled eggs
- Low-fat granola/granola bars
- Low-fat or whipped cream cheese spread
- Unsweetened cereals (Cheerios, Shredded Wheat, Oatmeal)
- 1%/fat-free milk
- Coffee/tea
- Spreads to offer: Single servings of peanut butter, jam, jelly, low-fat cream cheese, trans fat free spread

Lunch ideas

- Vegetable based soups
- Half-sandwiches or wraps
 - Whole grain bread, lean meats, low-fat cheese, variety of veggie toppings
 - Include vegetable sandwiches or wraps (whole grain) such as:
 - Southwestern bean and vegetable
 - Tomato and Basil
 - PB&J
 - Roasted vegetables
 - Hummus
- Mixed Green Salad
- Hummus
- Whole or cut fruit
- Whole grain pasta or rice salad (made with light vinaigrettes or low-fat dressings)
- Protein salads (prepared with low-fat mayo)
 - Egg salad
 - Tuna salad
 - Chicken salad
- Veggie Chips or Low-Salt/Baked Chips (Lay's Baked Chips, SunChips)
- Potato salad (use combination of low-fat mayo and yogurt, and dress lightly)