

The NYC Food Standards: Procurement and Meal Requirements in New York City

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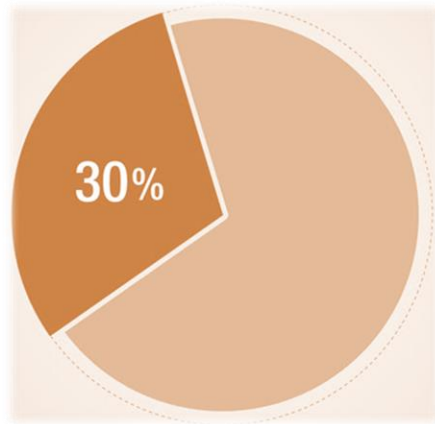
NYC Department of Health and Mental Hygiene
Division of Prevention and Primary Care
Bureau of Chronic Disease Prevention & Tobacco Control
Healthy Eating Unit

July 23rd, 2019

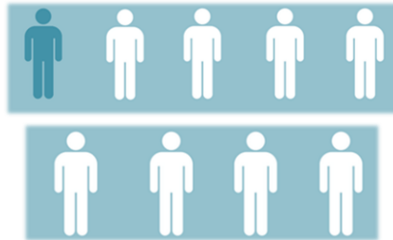
Agenda

- Background
- The NYC Food Standards
- Implementation Resources
 - Good Choice
- Keys to Success
- Additional Resources

The Health of New Yorkers



- have high blood pressure
1.5 times higher for Black and Latino vs. White New Yorkers
- have not exercised in the past month



1 in 9

has diabetes
Nearly 2.5 times higher for Black and Latino vs. White New Yorkers

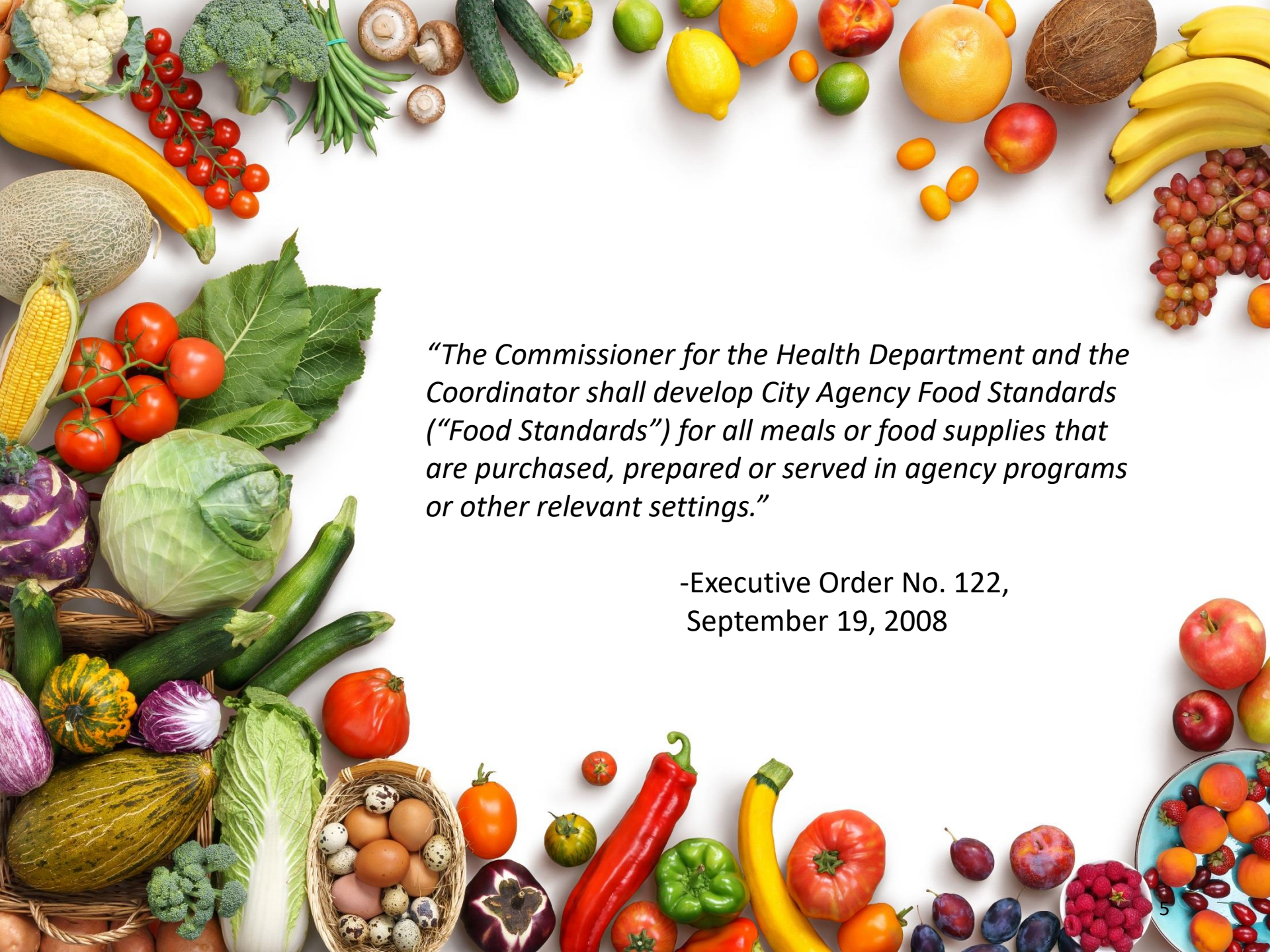
Conditions like **poverty** influence access to **food**, and food plays a key role in **health**.

Food Procurement Workgroup

Task Force Chair:
Food Policy Director

Technical Advisor: Department
of Health and Mental Hygiene

City Agency	Facilities/programs represented
Administration for Children's Services <ul style="list-style-type: none">• Division of Early Care and Education• Division of Youth and Family Justice	<i>349 child care centers 14 facilities</i>
Department of Aging	<i>262 senior centers</i>
Department of Correction	<i>15 facilities</i>
Department of Education	<i>1,800+ schools</i>
Department of Health and Mental Hygiene	<i>270 programs</i>
Department of Homeless Services	<i>60+ shelters</i>
Department of Parks and Recreation	<i>13 programs</i>
Department of Youth and Community Development	<i>1000+ programs</i>
Health and Hospitals Corporation	<i>16 facilities</i>
Department of Citywide Administrative Services	<i>Purchase food only</i>
Human Resource Administration	<i>Purchase food only</i>

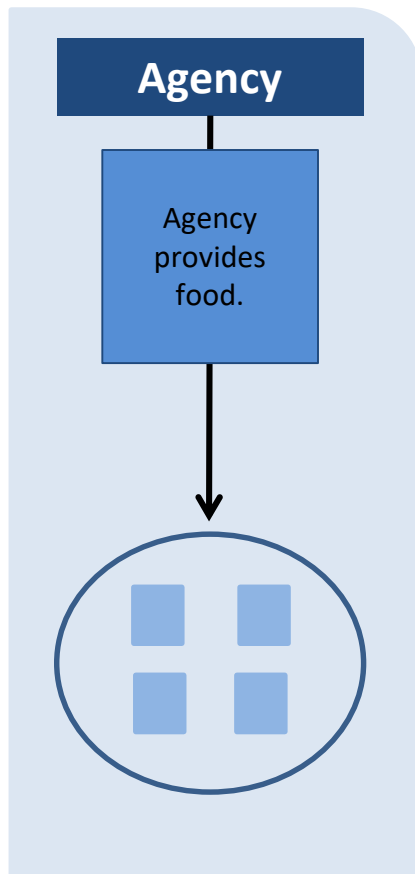


“The Commissioner for the Health Department and the Coordinator shall develop City Agency Food Standards (“Food Standards”) for all meals or food supplies that are purchased, prepared or served in agency programs or other relevant settings.”

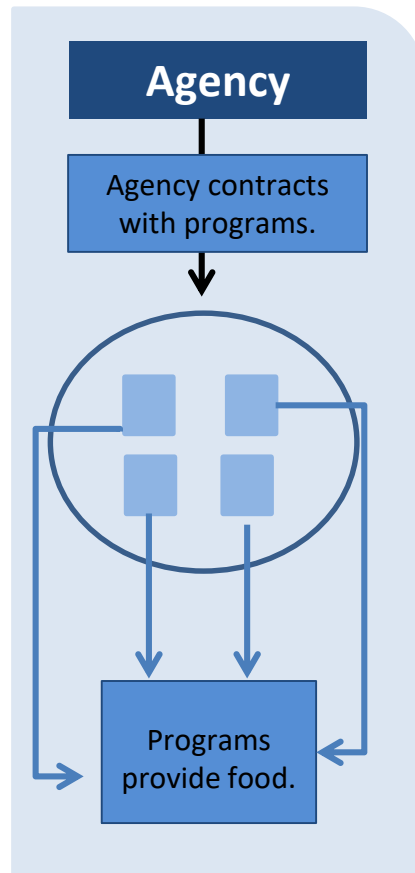
-Executive Order No. 122,
September 19, 2008

Four Types of Food Procurement in NYC

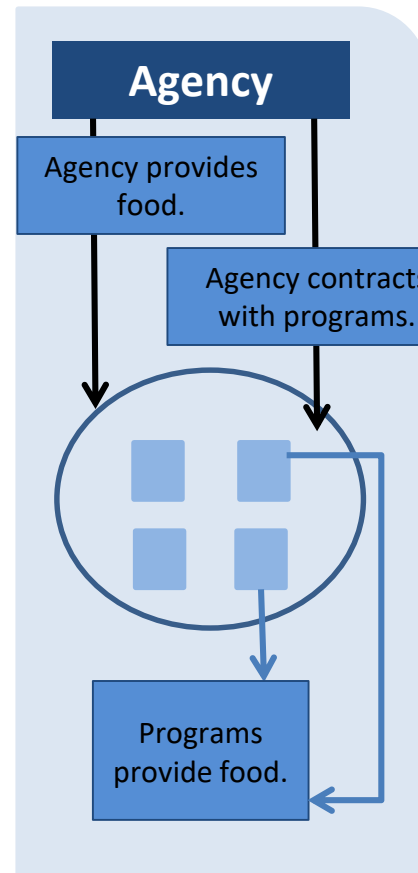
1) Purchase and serve food through a centralized system of contracting and menu development



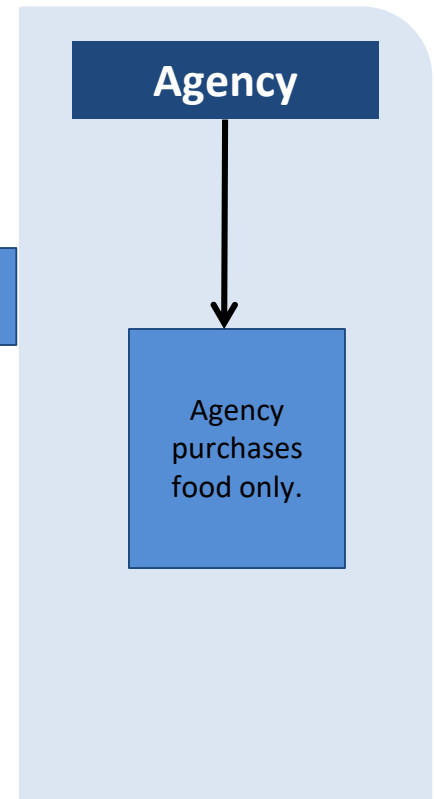
2) Food is purchased and served by individual programs



3) Purchase and serve food centrally and through contractors/caterers for programs



4) Only food is purchased





Meals/Snacks Purchased and Served

Section I. Standards for Purchased Food

Criteria for foods purchased
Standards listed by food category



Section II. Standards for Meals and Snacks Served

Nutrient requirements for meals and snacks

Food-based requirements



Section III. Agency and Population-Specific Standards and Exceptions

Agencies serving specific populations
Therapeutic exceptions



Section IV. Sustainability Recommendations

To support a healthy and ecologically sustainable food system



NYC Food Standards Scope



Meals and Snacks Purchased and Served - 2008

Required for City agencies and contracted programs serving food through programming in schools, daycares, homeless shelters, correctional facilities



Beverage Vending Machines - 2009

Required to decrease the number and portion size of sugary beverages while promoting healthier options (water)



Food Vending Machines - 2011

Required for all items in the machine to meet nutrition require *per package*



Cafeterias/ Cafés - 2012

Voluntarily in place at retail establishments in hospitals



Meetings and Events - 2013

Required at trainings, celebrations and community events to provide healthful choices for employees and visitors



Commissaries - 2013

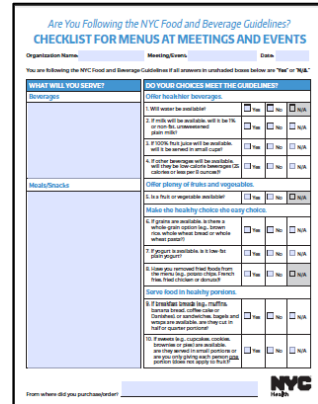
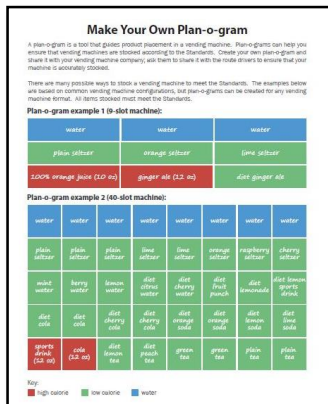
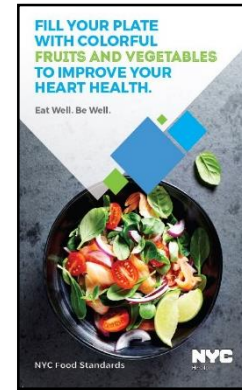
Required in correctional facilities

Voluntary Adoption

- Hospitals (private and nonprofit)
- Community and faith based organizations
- Higher learning institutions



Implementation Tools



What is Good Choice?

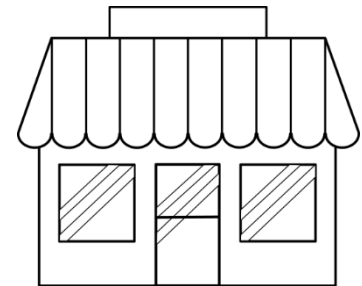
Good Choice: A tool that makes it easier for food distributors to highlight healthier products that meet the NYC Food Standards



Manufacturers



Distributors



Customers

Good Choice

Good Choice Nutrition Criteria Examples

Category	Examples	Good Choice Criteria
Baked Goods	Bagels, muffins, breadsticks, English muffins, pitas, croissants, scones, tortillas, wraps	≤ 290 mg sodium per serving ≤ 300 calories per serving
Fruits, Vegetables, Beans, Nuts & Seeds	Canned, cooked, dried, fresh, frozen, pureed or whole fruits, vegetables, beans, nuts, and seeds	≤ 290 mg sodium per serving No added sugars, artificial or non-nutritive sweeteners May only be packed in water or unsweetened 100% juice
Pre-Packaged Snacks	Single serve fruit, cereal, yogurt, nuts, chips, pretzels, popcorn, cookies, granola bars	≤ 200 calories per package ≤ 7 g total fat per package ≤ 2 g saturated fat per package ≤ 200 mg sodium per package ≤ 10 g sugar per package ≥ 2 g fiber if grain-/potato-based product

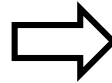
**All products labeled must contain 0 g trans fat*

**All items that meet Good Choice criteria must be determined by the NYC Health Department*

Applying the Good Choice list

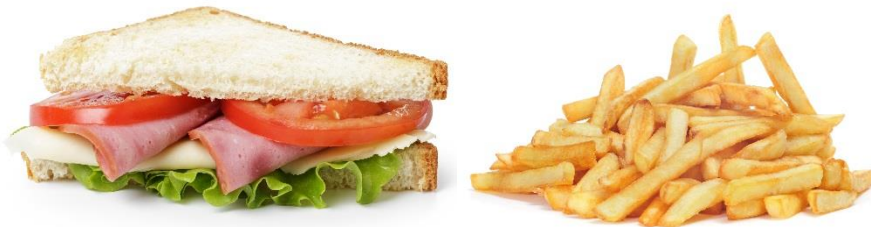
Standards for Cafeterias/Cafés

Require at least 50% of all sandwiches, salads, and entrees offered contain 800 mg of sodium or less.



Helpful Good Choice Categories

- Baked Goods
- Fruits, Vegetables, Beans, Nuts & Seeds
- Meat, Poultry, and Seafood
- Sauces, Dressings, and Dips



Implementing Requirements: Keys to Success

- Convene stakeholders
- Integrate requirements into contracts
- Develop a monitoring system
- Establish uniform requirements

Additional Resources

- Toward a Healthier City- Nutrition Standards for New York City Government (Lederer, Curtis, Silver & Angell, 2014)
- Understanding Hospital Cafeterias: Results From Cafeteria Manager Interviews (Lederer, Toner, Krepp & Curtis, 2014)
- Use of Nutrition Standards to Improve Nutritional Quality of Hospital Patient Meals: Findings from New York City's Healthy Hospital Food Initiative (Moran, Lederer & Johnson, 2015)
- An Intervention to Increase Availability of Healthy Foods and Beverages in New York City Hospitals: The Healthy Hospital Food Initiative, 2010–2014 (Moran, Krepp, Curtis, & Lederer, 2016)
- CDC Success Story - NYC Healthy Hospital Food Initiative (Centers for Disease Control and Prevention, 2016)

Thank You!

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