



healthyworkforce
For the people who power KP

Healthy Catering Vendor Toolkit

For catering with Kaiser Permanente

HEALTHY
CATERING
AT KP

Healthy Catering Vendor Toolkit

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This toolkit was created by Kaiser Foundation Health Plan's national Workforce Wellness department, Healthy Workforce.



Overview



KAISER PERMANENTE®

Mission

Kaiser Permanente exists to provide high quality, affordable health care services and to **IMPROVE THE HEALTH** of our members and the communities we serve.

Vision

We are trusted partners in **TOTAL HEALTH**, collaborating with people to help them thrive and creating communities that are among the healthiest in the nation.

Catered Food Policy

NATL.HW.001: Food Purchased for Meetings and Events

Policy Statement:

Food and beverages purchased with corporate funds for meetings, events, and celebrations should reflect Kaiser Permanente's commitment to health by encouraging adherence to our standards for healthy nutrition.

Purpose:

Kaiser Permanente is committed to creating a workplace environment that provides opportunities for employees to make healthy choices to positively contribute to their overall health and well-being. Ensuring that healthy food options are readily available is an important aspect of creating a workplace culture of health.

**Making the healthy choice the easy choice
for our employees.**

Why Catering?

A typical catered box lunch contains over 1,400 calories!*

Lunch Item	Calories
Roasted Turkey Sandwich	580
Sea Salt Potato Chips	210
Apple	70
Chocolate Chip Cookie	440
Orange Pellegrino Soda	140
Total Calories	1,440



* The recommended DAILY calories for 6' man at ideal weight is 2,000-2,200 per day.
The recommended DAILY calories for 5'6" woman at ideal weight is 1,500-1,700 per day.

Let's do the math...

$$\begin{array}{r} 1,400 \text{ calorie box lunch} \\ - \quad 700 \text{ calorie recommended lunch} \\ \hline 700 \text{ excess calories for one lunch} \end{array}$$

$$\begin{array}{r} 700 \text{ extra calories} \\ \times \quad 1 \text{ lunch per week (52)} \\ \hline 36,400 \text{ excess calories per year} \end{array}$$

$$\begin{array}{r} 36,400 \text{ excess calories} \\ \div \quad 3,500 \text{ calories per pound of fat} \\ \hline 10.4 \text{ pounds gain in one year!} \end{array}$$

From just ONE catered lunch a week.

Benefits

Why become a Healthy Picks caterer?

- Great potential increase in revenue
- Visibility of your business within Kaiser Permanente
- Menus featured on our Healthy Catering intranet site
- Promote your THRIVE menu with other customers
- Be seen as a leader in the restaurant industry and your local community

Examples of Healthy Catering



Healthy Picks Criteria

Menu items must meet Kaiser Permanente's Healthy Picks Criteria, our evidence-based nutrition standards.

TOTAL CALORIES	<ul style="list-style-type: none">✓ As a guide, a meal should not exceed 700 calories✓ Entrees are less than 525 calories*✓ Side items and snacks are less than 200 calories**
FAT	<ul style="list-style-type: none">✓ Healthy fats such as olive oil, canola oil, or other non-hydrogenated fats✓ No trans fats or deep-fat fried food✓ Salad dressings must be small portions, 1 ounce or less, made with healthy oils listed above✓ Must contain less than 10 percent calories from saturated fat
PROTEIN	<ul style="list-style-type: none">✓ Plant-based proteins (legumes, beans, or tofu), fish, chicken, or turkey preferred✓ Lean beef or pork items that contain no more than 15 percent fat✓ Preferred cooking methods: roasted, baked, broiled, poached, or grilled✓ Nuts and seeds – plain or with spices (not candy-coated or yogurt-coated)✓ Restrict processed meats and items with nitrates/nitrites, such as hot dogs, sausages, and deli meats
CARBOHYDRATES: GRAINS, STARCHES, BREADS AND CEREALS	<ul style="list-style-type: none">✓ Must be a carbohydrate in its “whole” form, such as barley, brown rice, buckwheat, bulgur, corn, millet, oatmeal, popcorn, quinoa, and wild rice✓ Packaged and processed foods such as pasta, breads, baked goods or cereals must be at least 51 percent whole grains or whole grain flours

* Entree defined as a protein with one grain, fruit, or vegetable component.

** Side item defined as one food group component, such as a side salad, vegetable, or single items foods. Includes desserts.

Healthy Picks Criteria (cont.)

CARBOHYDRATES: FRUITS AND VEGETABLES	<ul style="list-style-type: none"> ✓ Fruits or vegetables (fresh, frozen, canned, or dried) without added sugar or salt preferred ✓ Canned fruits packed in their own juice, water, or light syrup ✓ Pre-made salads or pre-cut vegetables served with healthy dressings
DAIRY PRODUCTS	<ul style="list-style-type: none"> ✓ Reduced-fat dairy products such as milk and yogurt ✓ Dishes with cheese must contain less than 10 percent calories from saturated fat OR use low-fat cheese
SUGAR	<ul style="list-style-type: none"> ✓ Food items must contain no more than 15 grams of added sugar, except for breakfast items, which must contain no more than 6 grams of added sugar per serving ✓ Sugar requirements do not apply for fresh produce, dried fruits without added sugar, dairy products without added sugar, and canned fruits in their own juices
SALT/SODIUM	<ul style="list-style-type: none"> ✓ Entrees may contain no more than 600 mg sodium ✓ Side items and snacks items may contain no more than 200 mg of sodium ✓ OR a meal may contain no more than 800 mg of sodium
BEVERAGES	<ul style="list-style-type: none"> ✓ Water or flavored water, still or sparkling, with no added sweetener or sugar ✓ Unsweetened coffee or tea ✓ Low-fat milk that is not chocolate or flavored milk ✓ 100% fruit or vegetable juices with less than 150 calories and less than 140 mg sodium per serving ✓ Smoothies without added sugar and less than 150 calories per serving



Onboarding Process

Onboarding Process

1. Complete the [Healthy Catering Vendor Application](#).
2. Create proposed Healthy Picks menu, with any supplemental information such as nutrient analysis and submit to healthyworkforce@kp.org. Please see the following slides for the Healthy Picks criteria, menu suggestions, and more.
3. On your proposed menu, please be sure to include the following information:
 - ✓ Geographic service area
 - ✓ Any fees, including delivery
4. Healthy Workforce will review your menu, and send back to you with any final edits or suggestions.



supplier.kp.org/healthypicks



Menu Suggestions & Recommendations

Menu Suggestions

Breakfast

- Eggs made with healthy oils or hard boiled
- Healthy crustless muffin quiche or frittata
- Oatmeal or whole grain cold cereals (with <6g sugar per serving)*
- Low fat/low sugar Greek yogurt or Fruit parfaits (with no artificial sweeteners)*
- Low sugar granola (with 6g sugar or less per serving)*
- Fresh fruit
- Tomato or cucumber slices
- Small whole grain muffins, bagels, breads or toast, gluten free options
- Condiments: Peanut butter or other nut butters, lite cream cheese, low sugar jam

* Please see [Appendix A-C](#) for a list of suggested cereals, yogurts, and granola products

Menu Suggestions

Buffet - Hot

- Healthy salad starters – 8-10 choices
- Vegetarian options (preferably vegan) – 4-8 choices
- Chicken and turkey (antibiotic-free, preferably free-range) – 5-6 choices
- Fish (preferably wild-caught) – 2-4 choices
- Lean beef (preferably grass-fed) – 2 choices
- Avoid cream/butter sauces and fried foods
- Roasted, grilled, or steamed vegetables
- Whole grain starches (such as quinoa, farro, brown/wild rice, polenta, whole-wheat pasta)
- Omit rolls

Menu Suggestions

Buffet – Cold

SALAD BAR with:

- Bountiful variety of salad greens
- A wide selection of vegetable toppings, raw and cooked, such as roasted Brussels sprouts or beets
- Lean protein: Tofu, beans, hard-boiled egg, roast chicken/turkey or wild salmon
- Whole grains like quinoa or farro
- Avocado and/or light crumbled cheese
- Nut and seed toppings (avoid candied nuts and dried cranberries)
- Vinaigrettes, olive oil and vinegar or lemon (no creamy dressings)
- Whole grain roll or bread, gluten-free options

OR SANDWICH BAR (pre-portioned) with:

- Lean meat/vegetarian proteins such as grilled tofu, roasted chicken or turkey. Avoid processed meat with nitrates (i.e. ham, salami, deli meats).
- Low fat cheese selections
- Vegetable toppings such as lettuce, tomato, avocado, roasted red peppers
- Whole-grain bread or wraps
- Mustard, low-fat/vegan mayonnaise, or pesto. Avoid butter and high fat condiments
- Offer side green salads
- Vegan, gluten-free options

Menu Suggestions

Beverages

- Water, spa water, or unsweetened sparkling water or infused water
- Coffee, decaf and teas
- Unsweetened iced tea(s)
- Unsweetened beverages
- Low-sodium vegetable juices
- Low-fat, skim milk (half and half is okay for coffee bar). Include unsweetened alternative milks (soy, almond, coconut, etc.)
- Condiments: Sugar, sugar substitute (recommend natural sugar substitutes such as stevia), honey

Menu Suggestions

Desserts

All desserts must be 200 calories or less; made with whole grain or alternative flours; made with healthy fats.

- Fresh fruit
- Fresh fruit drizzled with balsamic vinegar
- Fresh fruit drizzled or half dipped in dark chocolate
- Fruit parfaits topped with honey Greek yogurt
- Bite-sized dark chocolates (70% or higher)
- Mini servings – bite size/shooters
- Limit desserts to one choice

Menu Suggestions

Snacks

All snacks must be 200 calories or less, with less than 200 mg sodium.

- Fresh fruit
- Raw vegetables
- Dips – hummus, low fat Greek yogurt, bean dips
- Kale chips
- Portion controlled nuts (1 oz serving or less)
- Air popped popcorn
- Portion controlled Trail mix (mini dark chocolate morsels may be added)
- Healthy granola or energy bars (See [Appendix D](#) for a list of products)

Additional Recommendations

- Plate size – 8 or 9 inch
 - Portioned serving sizes:
 - *Proteins: 3-4 oz*
 - *Starches: ½ cup*
 - *Cooked vegetables: ½ cup*
 - *Raw vegetables: 1 cup*
 - *Dressings: 1 oz*
 - Menus to list calories for each item whenever possible
 - Signage included to guide wellness selection and potential allergies:
 - *Select one entrée, one whole grain, etc.*
 - *Enjoy the vegetables*
 - *Gluten-free*
 - *Contains nuts*
 - Sustainable sourcing strongly preferred:
 - *Local ingredients and/or USDA certified Organic, non-GMO project verified or other third party certifications**
 - *Meats raised without antibiotics, American grass fed certified, or other third party certifications**
 - *USDA certified Organic, Fair Trade, Rainforest Alliance certified, Food Alliance certified or non-GMO project verified coffee or tea*
- * For a list of approved third party certifications see [Appendix E: Kaiser Permanente's Healthy Picks Sustainability Criteria](#)

Healthy Picks Cheat Sheet

AVOID	INSTEAD OFFER...
⊗ Pastries, croissants, muffins, Danishes	✓ Oatmeal, whole grain bagels or toast
⊗ Bacon, ham, pepperoni, salami, and other processed meats	✓ Nitrate-free turkey bacon, chicken sausage, or no meat
⊗ White bread, pasta, rolls, bagels	✓ Whole wheat/grain breads, pastas; whole grains such as quinoa, farro, or brown rice
⊗ Fried foods such as doughnuts, chips, French fries, wonton strips, egg rolls, etc.	✓ Baked, roasted, steamed, or grilled items
⊗ Creamy dressings (such as Caesar and Ranch)	✓ Vinaigrettes, or olive oil and vinegar or lemon; 1 oz serving
⊗ Creamy soups, cream sauces, full-fat cheese	✓ Low sodium broth-based soups, light cheese
⊗ Soda or sugar-sweetened beverages, such as lemonade, cranberry cocktail, energy drinks, and sweetened teas	✓ Unsweetened iced tea, spa water, sparkling water, and other flavored waters with no artificial sweeteners
⊗ Large cookies, cakes, and other desserts	✓ Fresh fruit or fruit-based desserts, small squares of >70% dark chocolate, bite-sized desserts

The background of the slide features a photograph of a bowl filled with a variety of fresh vegetables, including leafy greens, sliced cucumbers, and other salad ingredients. The entire image is covered with a semi-transparent blue filter. A thin white horizontal line runs across the middle of the slide, positioned just above the 'Contacts' text.

Contacts

Contacts

Healthy Workforce

For questions regarding healthy catering, please see our [Vendor FAQs](#).

For any outstanding questions, please contact us at healthyworkforce@kp.org.

Supplier Information

For more information on the Healthy Picks program, please visit the Supplier website:
<http://supplier.kp.org/healthypicks/index.html>.

Diverse Suppliers

Kaiser Permanente promotes supplier diversity both within the organization and within our communities. We believe a diverse vendor base contributes to our ability to provide the best quality of health care to our members as well as improve the health of our communities. We define diverse suppliers/service providers as small, and/or minority, women, LGBT, veteran, veteran disabled and disabled-owned businesses. Visit <http://supplierdiversity.kp.org/index.html> to register.



Appendices

Appendix A: Healthy Picks Products List*

Breakfast Cereals

Cereals can be a big source of hidden sugar. Even healthy sounding cereals can be misleading. For instance, Kellogg's Smart Start has 18g (or 4.5 tsp) sugar per serving! The sample product list below meet the Healthy Picks criteria for breakfast cereals (>50% whole grains, 6g added sugar or less).

Product	Calories	Sugar (g)
Erewhon Organic Corn Flakes	130	0
Erewhon Organic Crispy Brown Rice	110	0.5
Uncle Sam's Original Wheat Berry Flakes	190	0.5
Cascadian Farms Purely O's	120	1
General Mills Cheerios	100	1
One Degree Sprouted Brown Rice Crisps	110	1
General Mills Corn Chex	120	3
General Mill's Kix	110	3
Kellogg's Corn Flakes	100	3
General Mills Wheaties	100	4
One Degree Sprouted Ancient Maize Flakes	180	4
Post Grape Nuts Flakes	150	4
Barbara's Puffins (Original and Cinnamon)	90	5

Product	Calories	Sugar (g)
General Mills Total	110	5
General Mills Wheat Chex	160	5
Kashi Heart to Heart Oat Cereal	120	5
Nature's Path Organic Flax Plus Multibran Flakes	150	5
Nature's Path Organic Heritage Flakes	160	5
Post Grape Nuts	210	5
Post Honey Bunches of Oats Honey Roasted	120	5
General Mills Multigrain Cheerios	110	6
Kellogg's All Bran Original	80	6
Nature's Path Organic Sunrise Crunchy Maple	110	6
Post Honey Bunches of Oats with Crispy Almonds	130	6
Quaker Life Cereal (original)	120	6

*Sample product list of popular brands. Other products not included may meet the criteria as well.

Appendix B: Healthy Picks Products List*

Yogurts

All yogurts are not created equal. A typical single serving flavored yogurt can have over 23g sugar (almost as much as a soda)! The products below all meet the Healthy Picks criteria (low- or non-fat dairy and 6g or less added sugar per serving).

Please note, all yogurts contain natural sugar from milk (lactose). The total sugar content below is from the natural lactose and added sugars from sweeteners. We DO NOT recommend artificially sweetened yogurts such as Yoplait Light or Dannon Light & Fit. "Light" or "Lite" yogurts most often contain artificial sweeteners such as sucralose or aspartame.

Product	Serving Size	Calories	Total Sugar (g)	Added Sugar (g)
Low-fat Plain Greek (all brands)	6 oz	130	5	0
Non-fat Plain Greek (all brands)	6 oz	100	5	0
Dannon Oikos Triple Zero (assorted flavors)	5.3 oz	110	6	0
Chobani "A Hint of..." (assorted flavors)	5.3 oz	110	8	2
Yoplait YQ (assorted flavors)	6 oz	130	9	3
Open Nature Icelandic Style Lowfat (assorted flavors)	5.3 oz	130	9	5
Siggi's Icelandic Style 0% and 2% (assorted flavors)	5.3 oz	110-140	11	5
Icelandic Provisions Skyr Style (assorted flavors)	5.3 oz	110-130	11	5
Fage Total 2% (assorted flavors)	5.3 oz	120	11	5
Fage Total 0% (assorted flavors)	5.3 oz	120	11	5

*Sample product list of popular brands. Other products not included may meet the criteria as well.

Appendix C: Healthy Picks Products List *

Granolas

Granola sounds healthy, but it can be loaded with as much sugar and calories as a colossal cookie. The sample product list below meet the Healthy Picks criteria for breakfast items (6g or less of added sugar and <10% calories from saturated fat).

Product	Calories	Total Sugar (g)	Added Sugar (g)
Seven Sundays Gluten Free Muesli	250	6	0
Kind Dark Chocolate Whole Grain Clusters	110	3	3
Kind Raspberry Clusters with Chia Seeds	110	3	3
18 Rabbits Organics Cherry, Chia & Vanilla	130	4	--
Kind Cinnamon Oat Clusters	110	5	5
Kind Oats & Honey Clusters	120	5	5
Kind Peanut Butter Whole Grains Clusters	120	5	5
Kind Vanilla Blueberry Clusters	110	5	5
18 Rabbits Salted Caramel Apple	130	6	--
Cascadian Farms Organic Strawberry Granola	140	6	--
Kind Maple Quinoa Clusters	120	6	6
Nature's Path Love Crunch Granola	140	6	--
Nature's Path Summer Berries Granola	140	8	6
Vans Gluten Free Banana Nut Granola	130	6	6

*Sample product list of popular brands. Other products not included may meet the criteria as well.

Appendix D: Healthy Picks Products List*

Energy and Granola Bars

The sample product list below meet the Healthy Picks criteria for snack items (200 calories or less, less than 15g added sugar, and 10% or less calories from saturated fat). Opt for bars with natural, whole-food ingredients and protein. Aim for bars with 6 grams of sugar or less.

Product	Calories	Total Sugar (g)	Added Sugar (g)
Rx Bars (assorted varieties)	200-220	13-15	0
Lara Bars (assorted varieties)	200	16-20	0-4
Kind Fruit & Nut - Blueberry Vanilla Cashew	180	7	3
Kind Plus (assorted varieties)	180	8	3
Health Warrior Chia Bars (assorted varieties)	100	3	--
Kind Fruit & Nut - 40% Less Sugar	200	7	4
Kind Healthy Grains Bar 5g Sugar (assorted varieties)	150	5	--
Quaker Chewy 25% Less Sugar Granola Bars (assorted varieties)	100	5	5
Kirkland Signature Soft & Chewy Granola Bars	100	7	7
Nature Valley Roasted Nut Crunch Bars	190	7	--
Kashi Chewy Granola Bars (assorted varieties)	140-150	6-8	--
Nature Valley Fruit & Nut Granola Bars	130-140	6-8	--
Annie's Organic Chewy Granola Bars - Chocolate Chip	100	8	--
Kind Healthy Grains Bar - Dark Chocolate Chunk	150	8	8
Universal Bakery Sunrise Energy Bars (available at CostCo)	150	8	--

*Sample product list of popular brands. Other products not included may meet the criteria as well.

Appendix D: Healthy Picks Products List* Energy and Granola Bars (cont.)

(Continued from previous slide)






Product	Calories	Total Sugar (g)	Added Sugar (g)
Clif Kid Z Bar Protein (assorted varieties)	130-140	8-9	--
Cascadian Farms Organic Chocolate Chip Granola Bars	140	10	--
Nature's Bakery Fig Bars	110	10	--
Clif Kid Z Bar (assorted varieties)	140-150	10-11	--
Nature Valley Crunchy Granola Bars - Apple Crisp, Oats'n Honey, Cinnamon, Roasted Almond	190	10-11	--
Chocolate Chip Oatmeal HeartBars (available at CostCo)	190	11	--

*Sample product list of popular brands. Other products not included may meet the criteria as well.






Appendix E: Healthy Picks Sustainability Criteria

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY															
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods
Local	N/A	Product/product line is grown/raised AND processed within a 250 mile radius from the Kaiser Permanente facility. For processed items, <i>at least 50% of ingredients</i> must be grown/produced locally. Source of origin is required to verify.	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Local & Small/Medium Scale Family Farm	N/A	Product/product line is grown/raised AND processed within a 250 mile radius from the Kaiser Permanente facility. For processed items, at least 50% of ingredients must be grown/produced locally. Source of origin is required to verify. <u>AND</u> Meets small or medium size & income per the below definitions. <i>(Small- to medium-scale farms tend to be run by family farmers who have a vested in the community; more likely to use sustainable farming techniques to protect natural resources and human health; preserve green space within the community; and serve as responsible stewards of the land.)</i> Size = under 300 acres (used by California Alliance with Family Farmers) <ul style="list-style-type: none">• Small: 1-50 acres• Medium: 50-300 acres Income (based on USDA definition of small- and medium-sized farms) <ul style="list-style-type: none">• Small: Less than \$250K revenue• Medium: Up to \$1M revenue														x		
rBGH-free or rBST-free	N/A	Produced without added hormones: Carries one of the following label claims — “rBGH-free,” “rBST-free,” or a statement such as “our farmers pledge not to use rBGH or rBST”/“Our farmers pledge not to use artificial hormones.”	x															




Appendix E: Healthy Picks Sustainability Criteria (cont.)

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY															
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods
USDA Certified Organic		The National Organic Program covers fresh and processed agricultural food products, including crops and livestock. Animal Diet: 100% Organic, Non GM feed, no animal products; no antibiotics or added hormones ever; no synthetic pesticides; no GM livestock; livestock living conditions must accommodate natural conditions. Website: www.ams.usda.gov/NOP/indexNet.htm	X	X	X	X	X	X			X	X	X	X	X	X	X	X
Food Alliance Certified		Ensures that farmers/producers use safe and fair working conditions, humane livestock handling practices, cannot use hormones or non-therapeutic antibiotics, cannot use or produce GMOs, reduce pesticide use, implement water and soil conservation and habitat protection practices. Website: www.foodalliance.org	X	X	X	X	X	X	X		X	X	X		X	X	X	X
Non-GMO Project Verified		No genetically modified livestock; no genetically modified feed. Most applicable to products made from corn, soy, canola, sugar beets, squash, papaya, salmon and/or their derivatives, as well as processed items with these ingredients. Website: http://www.nongmoproject.org/	X	X	X	X	X	X	X		X	X	X	X		X	X	X
American Grass-fed Certified		Food products from ruminant animals (cattle, bison, goats and sheep) that have eaten nothing but their mother's milk and fresh grass or grass-type hay from birth to harvest – all their lives. The animals are also raised with no confinement and no antibiotics or hormones, and must be born and raised in the U.S. Website: http://www.americangrassfed.org/	X			X		X										
Global Animal Partnership		Multi-tiered species-specific animal welfare standards with five tiers, Step 1-5. Living conditions vary and increase progressively through the Step program. Animals are not given antibiotics (though sick animals are required to be treated and marketed as non-Step rated) or growth hormones, and are fed a diet containing no animal by-products. Website: www.globalanimalpartnership.org/			X	X	X	X										



Appendix E: Healthy Picks Sustainability Criteria (cont.)

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY															
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods
Certified Humane Raised and Handled		Antibiotics are administered for therapeutic use only. No hormones. Meat and dairy products are raised humanely. Food, living, slaughter and environmental standards are in place. Website: www.certifiedhumane.com	x	x	x	x	x	x										
Animal Welfare Approved		Animals must be able to behave naturally and be in a state of physical and psychological well-being, and the way the animals are raised, the nutritional quality of the food they produce, and the impact of the farming system on the environment are all intrinsically linked. Animal Welfare Approved: - requires animals to be raised on pasture or range - prohibits dual production - awards approval only to family farmers - charges no fees to participating farmers - incorporates the most comprehensive standards for high welfare farming Website: https://animalwelfareapproved.us/	x	x	x	x	x	x										
Salmon Safe		Certifies that farms are protecting salmon streams from farm run-off through good soil, water, and vegetation management that reduces chemical use and sustains resources. Website: www.salmonsafe.org/	x	x	x	x	x	x							x	x		
Certified Responsible Antibiotic Use (CRAU)		Prohibits the use of antibiotics that are identical or closely related to drugs used in human medicine routinely or without clear medical justification. Antibiotics may be used to treat sick chickens and turkeys as prescribed by a veterinarian. Website: https://www.ams.usda.gov/services/auditing/crau			x													
Marine Stewardship Council		MSC developed standards for sustainable fishing and seafood traceability. They ensure that MSC-labeled seafood comes from, and can be traced back to, a sustainable fishery. Sustainable fisheries are those that ensure that the catch of marine resources are at the level compatible with long-term sustainable yield, while maintaining the marine environment's bio-diversity, productivity and ecological processes, and take into account relevant laws, responsible management, and social considerations. Website: www.msc.org								x								

Appendix E: Healthy Picks Sustainability Criteria (cont.)

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY																
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods	
I. Monterey Bay Seafood Watch-Super Green or Healthy "Best" Choice	Refer to Monterey Bay Aquarium website for list of logos accepted under Super Green or Healthy "Best" Choice. http://www.seafoodwatch.org/consumers/seafood-and-your-health	Seafood meeting Super Green or Healthy "Best" criteria on the Monterey Bay Aquarium Seafood Watch "super green" list meets the following three criteria: a) Low levels of contaminants (below 216 parts per billion [ppb] mercury and 11 ppb PCBs), b) The daily minimum of omega-3s (at least 250 milligrams per day [mg/d]) and c) Classified as a Seafood Watch "Best Choice" (green). Other Healthy "Best Choices" are low in contaminants and provide a smaller amount of omega-3s (between 100 and 250 mg/d, assuming 8 ounces of fish per week) http://www.seafoodwatch.org/consumers/seafood-and-your-health							X	X									
II. Monterey Bay Seafood Watch "Best Choice" or "Good Alternative"		"Best Choice" or "Good Alternatives" standards on the Monterey Bay Aquarium's Seafood Watch West Coast Guide meet the sustainability criteria. Website: http://www.seafoodwatch.org/seafood-recommendations							X	X									
Rainforest Alliance Certified		The most popular environmentally friendly certification for coffee as well as tea, cocoa, and fruits, Rainforest Alliance requires alternatives to chemical and pesticide use , erosion control, restricted water use, and ecosystem management efforts. Shade-cover requirements are not as demanding as Bird Friendly coffee. Minimum standard for coffee blends is 30% of beans must be Rainforest Alliance certified to bear the logo. LTG is to expand to 90% of the beans in blends are certified. Website: www.rainforest-alliance.org/index.cfm												X	X			Fruits	
Protected Harvest		Certifies that crops have been raised with integrated pest management (IPM). Certain pesticides are prohibited and GMOs are explicitly prohibited. Emphasis is also placed on field management, insect management, disease management, soil and water quality, storage management and chain of custody. Website: www.protectedharvest.org														X			

Appendix E: Healthy Picks Sustainability Criteria (cont.)

Food must meet one criteria to meet sustainable definition			FOOD CATEGORY															
Criteria	Logo	Description	Dairy	Eggs	Poultry	Beef	Pork	Lamb	Farmed Fish/Seafood	Wild Fish/Seafood	Oils	Legumes	Grains	Coffee	Tea	Produce	Nuts	Other, including processed foods
Fair Trade		Fair Trade Certified ensures products come from farms that have not exploited child labor, provide safe working conditions and fair wages. Products also do not contain genetically modified ingredients and no hazardous chemicals. Website: www.transfairusa.org											X	X	X			
Bird Friendly		Certified by scientists from the Smithsonian Migratory Bird Center, this coffee is organic and meets strict requirements for both the amount of shade and the type of forest in which the coffee is grown. Bird Friendly coffee farms are unique places where forest canopy and working farm merge into a single habitat. By paying a little extra and insisting on Bird Friendly coffee, you can help farmers hold out against economic pressures and continue preserving these valuable lands. Website: www.si.edu/smbc												X				
Safina Center Healthy Ocean Seafood Guide	N/A	The Safina Center's Sustainable Seafood Program helps consumers, chefs, retailers and the medical community discover the connection between human health, a healthy ocean, fishing, and seafood. Products that meet the criteria for being sustainably sourced <u>must have a green fish icon</u> , and <u>must not have a red flag</u> indicating high levels of mercury or PCBs. Website: Fishchoice.com								X								

Appendix E: Healthy Picks Sustainability Criteria (cont.)

Unacceptable Sustainable Food Claims

Claims are statements of practice that are not verifiable by third party certifications as an oversight body. The claims below lack sufficient evidence to support claim and therefore are not acceptable.

Unapproved claims per USDA:

- *American Humane Certified and Natural* are NOT allowed claims.
- “*Natural*” and “*judicious use of antibiotics*” are NOT verifiable label claims
- “Cage free” is NOT a verifiable label claim. Refer to sustainable food criteria for acceptable third party verifiers of sustainable eggs
- USDA “*Grass Fed*” marketing claim is NOT a verifiable label claim any longer.
- Claims about the non-use of animal by-products have become popular lately due to fears about Bovine spongiform encephalopathy (BSE), commonly known as mad cow disease.