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

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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

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.

Source: Community Health Survey, 2016
# Food Procurement Workgroup

**Task Force Chair:** Food Policy Director  
**Technical Advisor:** Department of Health and Mental Hygiene

<table>
<thead>
<tr>
<th>City Agency</th>
<th>Facilities/programs represented</th>
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<tbody>
<tr>
<td>Administration for Children’s Services</td>
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<tr>
<td>• Division of Early Care and Education</td>
<td>349 child care centers</td>
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<tr>
<td>• Division of Youth and Family Justice</td>
<td>14 facilities</td>
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<tr>
<td>Department of Aging</td>
<td>262 senior centers</td>
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<tr>
<td>Department of Correction</td>
<td>15 facilities</td>
</tr>
<tr>
<td>Department of Education</td>
<td>1,800+ schools</td>
</tr>
<tr>
<td>Department of Health and Mental Hygiene</td>
<td>270 programs</td>
</tr>
<tr>
<td>Department of Homeless Services</td>
<td>60+ shelters</td>
</tr>
<tr>
<td>Department of Parks and Recreation</td>
<td>13 programs</td>
</tr>
<tr>
<td>Department of Youth and Community Development</td>
<td>1000+ programs</td>
</tr>
<tr>
<td>Health and Hospitals Corporation</td>
<td>16 facilities</td>
</tr>
<tr>
<td>Department of Citywide Administrative Services</td>
<td>Purchase food only</td>
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<tr>
<td>Human Resource Administration</td>
<td>Purchase food only</td>
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“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

Agency contracts with programs. Programs provide food. Agency provides food.

2) Food is purchased and served by individual programs

Agency contracts with programs. Programs provide food.

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

Agency provides food. Agency contracts with programs. Programs provide food.

4) Only food is purchased

Agency purchases food only.
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
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
Good Choice: A tool that makes it easier for food distributors to highlight healthier products that meet the NYC Food Standards.
# Good Choice Nutrition Criteria Examples

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
<th>Good Choice Criteria</th>
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</thead>
<tbody>
<tr>
<td><strong>Baked Goods</strong></td>
<td>Bagels, muffins, breadsticks, English muffins, pitas, croissants, scones, tortillas, wraps</td>
<td>≤ 290 mg sodium per serving ≤ 300 calories per serving</td>
</tr>
<tr>
<td><strong>Fruits, Vegetables, Beans, Nuts &amp; Seeds</strong></td>
<td>Canned, cooked, dried, fresh, frozen, pureed or whole fruits, vegetables, beans, nuts, and seeds</td>
<td>≤ 290 mg sodium per serving No added sugars, artificial or non-nutritive sweeteners May only be packed in water or unsweetened 100% juice</td>
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<tr>
<td><strong>Pre-Packaged Snacks</strong></td>
<td>Single serve fruit, cereal, yogurt, nuts, chips, pretzels, popcorn, cookies, granola bars</td>
<td>≤ 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</td>
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*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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