

## EXHIBIT A Food & Nutrition Standards

The food and nutrient content standards are based on the Centers for Disease Control and Prevention [Food Service Guidelines for Federal Facilities](#) and in alignment with the [U.S. Department of Agriculture Dietary Guidelines](#) (2015).

Pre-Packaged Food and Snacks (on-site food service, vending machines, commissaries, catering and other food purchased with department funds)

Packaged snacks contain  $\leq 200$  mg sodium per package

Packaged snacks have 0 grams of trans fat

At least 50% of packaged snacks meet the following food and nutrient standards.

### Food Standards:

Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food;

Be a whole grain-rich grain product; or

Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable.

AND

### Nutrient Standards:

Calorie limit:  $\leq 200$  calories

Saturated fat limit:  $< 10\%$  of calories

Exemptions: Reduced-fat cheese and part skim mozzarella; nuts, seeds and nut/seed butters; and dried fruit with nuts /seeds with no added nutritive sweeteners or fats.

Sugar limit:  $\leq 35\%$  of weight from total sugars in foods.

Exemptions: Dried /dehydrated whole fruits or vegetables with no added nutritive sweeteners; dried whole fruits or pieces with nutritive sweeteners required for processing and/or palatability; products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats

Pre-Packaged Beverages (onsite food service, vending machines, commissaries, catering and purchased with department funds):

- Provide free access to chilled, potable water.
- When milk and fortified soy beverages are available, offer low-fat beverages with no added sugars.
- When juice is available, offer 100% juice with no added sugars.
- At least 50% of available beverage choices contain  $\leq 40$  calories per 8 fluid ounces (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk).

Beverage Service (onsite food service, catering and purchased with department funds):

- Coffee and decaffeinated coffee, hot and/or iced
- Tea and decaffeinated tea, hot and/or iced
- Non-fat, 1%, and 2% milk only; soy or rice milk is OK
- Water pitchers

Prepared Foods (onsite food service, catering and purchased with department funds):

- County and contracted food service operations will offer food and beverages consistent with the most current Dietary Guidelines for Americans.
- To the extent reasonably possible, prepared food may include but are not limited to:
  - Food preparation that limits added fat (bake, grill, steamed, roasted)
  - Offer added fats on the side (e.g., dressings, mayonnaise);
  - Use whole grain products when possible;
  - Be mindful of portion sizes;
  - Side dishes, appetizers, and desserts should emphasize seasonal fruits and/or vegetables;
  - Offer healthy side dishes as the default selection;
  - Include at least one vegetable and/or one fruit with entrée;
  - Prepare food with minimal added sugars, caloric sweeteners and/or salt;
  - Avoid fats and oils high in saturated fats.

APPROVED: October 3, 2018