



CONCESSIONS AND CAFETERIAS:

Healthful Food in the Federal Workplace

The General Services Administration (GSA) and Department of Health and Human Services (HHS) recently introduced the *Health and Sustainability Guidelines for Federal Concessions and Vending Operations*. The Guidelines include minimum standard criteria that all contractors must meet as well as above-standard criteria that all contractors are encouraged to meet.

Overall, the Guidelines require:

- That all individual food items contain no more than 480 mg of sodium, as served.
- That all meals contain no more than 900 mg of sodium, as served.
- Elimination of partially hydrogenated vegetable oils from all foods.

Criteria for specific food categories include the following:

▶ Fruits

Standard Criteria:

- All canned or frozen fruits must be packaged in 100% water or unsweetened juice, with no added sweeteners.
- Offer a variety of at least three whole or sliced fruits daily.
- Offer a variety of seasonally available fruits.

▶ Vegetables

Standard Criteria:

- Offer daily at least one raw, salad-type vegetable and at least one steamed, baked, or grilled vegetable, seasoned, without fat or oil.
- All vegetable offerings must contain no more than 230 mg sodium, as served.
- Mixed dishes containing vegetables must contain no more than 480 mg sodium, as served.
- Offer a variety of seasonally available vegetables.

Above Standard:

- Offer at least one prepared vegetable option with no more than 140 mg sodium as served.





► Cereals and Grains

Standard Criteria:

- When cereal grains are offered (e.g., rice, bread, pasta), then a whole grain option must be offered for that item as the standard choice.
- All cereal, bread, and pasta offerings must contain no more than 230 mg sodium per serving.
- At least 50% of breakfast cereals must contain at least 3g of fiber and less than 10g total sugars per serving.

Above Standard:

- When cereal grains are offered (e.g., rice, bread, pasta), a 100% whole grain option must be offered for that item as the standard choice.
- If cereal is offered, offer at least one cereal with no more than 140 mg sodium per serving.

► Dairy/Yogurt/Cheese/Fluid Milk

Standard Criteria:

- If milk is offered as a beverage, only offer 2%, 1%, and fat-free fluid milk.
- If cottage cheese items are offered, only offer low fat (2% or less) or fat-free items.
- If yogurt is offered, only offer 2%, 1%, or fat-free yogurt.
- If yogurt is offered, only offer yogurt with no added caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards.
- Processed cheeses must contain no more than 230 mg sodium per serving.



► Protein Foods

Standard Criteria:

- When protein entrees are offered, offer lean meat, poultry, fish, or low-fat vegetarian entrée choices.
- At least twice per week, offer an entrée with a vegetarian protein source.
- Canned or frozen tuna, seafood, and salmon must contain no more than 290 mg sodium per serving, and canned meat no more than 480 mg sodium per serving.

Above Standard:

- A vegetarian entrée must be offered every day.





► Beverages

Standard Criteria:

- At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain no more than 40 calories per serving.
- If juice is offered, only offer 100% juice with no added caloric sweeteners.
- Vegetable juices must contain no more than 230 mg sodium per serving.
- Drinking water, preferably chilled tap, must be offered at no charge at all meal service events.

Above Standard:

- For beverages with more than 40 calories per serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).
- At least 75% of beverage choices (other than 100% juice and unsweetened milk) must contain no more than 40 calories per serving.
- 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 must be 12 g sugar per 8 oz serving or less), must provide about the same amount of protein (at least 6 g per 8 oz serving) and calcium (250 mg per 8 oz serving), and must provide less than 5 g total fat (equivalent to 2% milk).

Offer at least one low-sodium vegetable juice (no more than 140 mg sodium per serving).

► Other Considerations

Standard Criteria:

- Deep-fried options must not be marketed or promoted as the special or feature of the day.
- Limit deep-fried entrée options to no more than one choice per day.
- Offer half- or reduced-size choices for some meals and concession items, when feasible.
- Where value meal combinations are offered, always offer fruit or a non-fried vegetable as the optional side dish, instead of chips or a cookie.

Above Standard:

- 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.



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