New York City Food Standards

Meals and Snacks Purchased and Served

This document outlines standards for food and beverages purchased and meals and snacks served by City agencies and their contractors, with the goal of improving the health of New Yorkers. The NYC Food Standards (the Standards) aim to reduce the prevalence of chronic disease, such as diabetes and cardiovascular disease, by increasing access to healthy foods and improving dietary intake. The Standards help to combat some of the structural inequities that make healthy eating inaccessible by ensuring that any New Yorker accessing meals or snacks from City agencies and their contractors will be served more nutritious foods. The Standards promote a just and equitable food system that supports local and regional economies while minimizing harmful environmental impacts, in alignment with long-term public health goals.

The Standards were first made effective by an Executive Order in 2008 and were reaffirmed by Executive Order 8, signed on February 10, 2022.[1] Executive Order 8 also committed NYC to the Good Food Purchasing initiative.[2] There are a total of six sets of Standards that address different settings where food is served, including NYC government agency meal programs, food vending machines, beverage vending machines, meetings and events, correctional facility commissaries, and retail cafeterias and cafes.[3] The Standards for Meals and Snacks Purchased and Served, which are required by Executive Order to be reviewed and revised every three years, were revised in August 2025. Updates were previously made in 2011, 2014, 2017, and 2022.

Agencies and their contractors should take all reasonable steps to follow the standards described in each of the three sections:

Section 1. Standards for Purchased Food
Addresses food items purchased and provides specific standards by food category.

Section 2. Standards for Meals and Snacks Served
Addresses the overall nutrient requirements for meals and provides standards for snacks and special occasions.

Section 3. Agency- and Population-Specific Standards and Exceptions
Addresses standards for specific populations (for example, adults in custody) and agencies. The additions and exceptions in this section supersede the standards in the first two sections.

The first two sections overlap: All purchased food items must meet the standards in Section 1 and be incorporated into meals or snacks that meet the nutrient requirements in Section 2. The two sections work together to provide healthier meals to New Yorkers who use or rely on City food programs.

---

[1] View the Executive Order at **nyc.gov/assets/home/downloads/pdf/executive-orders/2022/eo-8.pdf**.

[2] View the initiative at **nyc.gov/site/foodpolicy/good-food-purchasing/good-food-purchasing.page**.

[3] View all sets of the NYC Food Standards at **nyc.gov/healthyworkplaces**.

NYC Health

The Standards were developed considering each City agency's feedback, review, and agreement. Agencies are expected to be in compliance with the revised Standards by July 1, 2026. Agency contractors are also expected to comply with these Standards. This includes food service contractors, such as caterers, and programmatic contractors that serve food within the context of the program. These Standards apply to all venues where food is sold or served on City property or by City agencies, contractors, or subcontractors, and purchased with City funds.

For more information, contact **nycfoodstandards@health.nyc.gov**.

Section 1. Standards for Purchased Food

The following standards apply to all purchased food and beverages.

A. Ingredient Requirements

Ingredient restrictions are based on an ingredient appearing on a product's ingredient list.

- **Require** all foods and beverages purchased do not contain:

Low- or no-calorie sweeteners Includes: acesulfame potassium, advantame, allulose, aspartame, brazzein, monatin, monk fruit (also known as luo han guo), neotame, polydextrose, rebauside, rebaudioside, steviosides, stevia, saccharin, sucralose, and sugar alcohols (glycerol, mannitol, sorbitol, xylitol, erythritol, and Lycasin and Palatinit)
Artificial colors Includes: Artificial Color, FD&C Blue No. 1, FD&C Blue No. 2, caramel color, Citrus Red No. 2, FD&C Green No. 3, Orange B, FD&C Red No. 40, titanium dioxide, FD&C Yellow No. 5, and FD&C Yellow No. 6
Flour additives Azodicarbonamide, potassium bromate, and potassium iodate
Preservatives Butylated hydroxyanisole (BHA) and propylparaben
Ingredients prohibited by the FDA[4] Includes: brominated vegetable oil, partially hydrogenated oil, FD&C Red No. 3, and sodium cyclamate

- Recommend agencies adopt a policy for allergens appropriate to their population's needs.

[4] Restriction is consistent with federal law. For more information, visit **federalregister.gov**.

B. Nutrient Requirements

These standards are defined per serving of food as shown on a product's Nutrition Facts label, unless otherwise specified.[5]

Sodium

- **Require** all items (for example, tomato sauce, veggie burgers, breaded chicken) contain less than or equal to (≤) 480 milligrams (mg) of sodium per serving, unless a lower standard is specified in the Food Category Requirements below.
- Recommend "low-sodium" items (≤ 140 mg of sodium per serving).
- **Require** for programs serving primarily children age 4 and younger, all items contain ≤ 420 mg of sodium per serving, unless a lower standard is specified in the Food Category Requirements below.

C. Food Category Requirements

The following applies to specific categories of purchased foods. These requirements apply to items that City agencies choose to purchase. City agencies are not required to purchase food or beverages from the categories outlined below.

- Recommend no food products that are preprepared by deep-frying. This includes potato tots and prefried breaded products such as chicken nuggets, chicken patties, mozzarella sticks, and fish sticks.
- Recommend products that are grown by producers using low amounts of or no pesticides, or an integrated pest management system.
- Recommend foods produced using regenerative agricultural practices.
- Recommend animal products are produced without the use of antimicrobial drugs for disease prevention purposes.

Beverages

- **Require** all beverages contain no added sweeteners, unless a different standard is specified in the milk and soy milk category below.[6]
- **Require** fruit juice be 100% with no added sweeteners.[6]

Milk and soy milk

- **Require** for people age 2 years and older, only 1% or nonfat milk with no added sweeteners.[6,7]
- **Require** for children ages 12 months up to 2 years, only whole milk with no added sweeteners.[6]
- **Require** fluid milk substitute is fortified soy milk with ≤ 5 grams (g) of added sugar per serving. Soy milk must be fortified with calcium, vitamin A, and vitamin D.[8,9]

---

[5] Serving size is based on the FDA established lists of "Reference Amounts Customarily Consumed per Eating Occasion."

[6] Sweeteners include added sugars and low- and no-calorie sweeteners.

[7] Unless milk with a higher fat content is medically required as documented by a child's medical provider.

[8] Other nondairy fluid milk besides fortified soy milk is not nutritionally equivalent to fluid milk.

[9] Programs regulated by Article 47 of the NYC Health Code or participating in the National School Lunch Program (NSLP) or the Child and Adult Care Food Program (CACFP) should follow any nutrition guidelines for soy milk in those regulations.

- **Require** for children ages 5 to 18 years, if served, flavored milk or flavored soy milk contain ≤ 10 g of added sugar per serving.
- Recommend, if served, flavored milk or flavored soy milk contain ≤ 8 g of added sugar per serving.
- Recommend agencies set a timeline for phasing out flavored milk and flavored soy milk.

Dairy

- **Require** cheese contain ≤ 290 mg of sodium per serving.[10]
- **Require** low-fat or nonfat yogurt that is plain (unflavored) or contains ≤ 7 g of added sugar per 4 oz or equivalent.
- **Require** for programs serving primarily children ages 2 to 4 years, low-fat or nonfat yogurt that is plain (unflavored) or contains ≤ 3 g of added sugar per 4 oz or equivalent.
- Recommend serving only plain (unflavored) yogurt and phasing out sweetened yogurt.

Bread and other grains

- **Require** all breads and other grains (for example, dinner rolls, bagels, tortillas, breakfast breads, pancakes, waffles, muffins, pastries, cakes, cookies) served as part of meal service (breakfast, lunch, or dinner):
  - Contain ≤ 10 g of added sugar per serving.
  - Contain ≤ 290 mg of sodium per serving.
- See separate standards for sliced sandwich bread, cereal, and snacks below.
- **Require** sliced sandwich bread:
  - Contain ≤ 180 mg of sodium per serving.
  - Be whole wheat or whole grain.[11]
  - Contain greater than or equal to (≥) 2 g of fiber per serving.
- Recommend all grains be whole grain[11] (for example, brown rice and whole-wheat pasta, dinner rolls, muffins, bagels, and tortillas).

Cereal

- **Require** cereal:
  - Contain ≤ 200 mg of sodium per serving.
  - Contain ≤ 6 g of added sugar per serving.
  - Contain ≥ 2 g of fiber per serving.
  - Be whole grain.[11]

[10] Cottage cheese is exempt due to lack of market availability for products that meet this standard.

[11] A product must have a whole grain first on its ingredient list to be considered whole grain. For more information on whole grains, visit **wholegrainscouncil.org**.

Snacks

- **Require** all potato- and grain-based items served as snacks (for example, chips, crackers, granola bars, muffins, cookies):
  - Contain ≤ 200 mg of sodium per serving.
  - Contain ≤ 10 g of added sugar per serving.
  - Contain ≥ 2 g of fiber per serving.

Fruits and vegetables

- **Require** canned and frozen vegetables contain ≤ 220 mg of sodium per serving.
- **Require** canned and frozen beans contain ≤ 290 mg of sodium per serving.
- **Require** canned fruit is in 100% fruit juice or water with no added sweeteners.[6]

Seafood, poultry, and meat

- **Require** canned and frozen seafood and poultry contain ≤ 290 mg of sodium per serving.
- **Require** no processed meat.[12]
- Recommend seafood purchased be from sustainable fisheries and stocks.
- Recommend ground beef and pork be lean (≥ 90% lean) or extra lean (total fat ≤ 5%).

Condiments and salad dressings

- **Require** salad dressings contain ≤ 290 mg of sodium per serving.
- **Require** soy sauce with "less" or "reduced" sodium.[13]

Frozen whole meals

- **Require** frozen whole meals contain ≤ 35% of the Chronic Disease Risk Reduction threshold for sodium (children 2 to 3 years: ≤ 420 mg of sodium; children 4 to 8 years: ≤ 525 mg of sodium; children 9 to 13 years: ≤ 630 mg of sodium; children 14 to 18 years and adults of all ages: ≤ 805 mg of sodium).[14]

Note regarding Standards for Purchased Food: If an agency or their contractor is unable to meet the updated standards due to contract cycle limitations or technical challenges related to reformulation at the manufacturer's level, agencies must submit a list of items out of compliance, steps taken to achieve compliance, and an expected timeline for full compliance to the Mayor's Office of Food Policy and the New York City Department of Health and Mental Hygiene (NYC Health Department) on or before July 1, 2026.

---

[12] Meat that has been transformed to enhance flavor or improve preservation by curing (to add salt, sugar, or any source of nitrates or nitrites, including those listed in CFR Title 21 Subpart B, celery-based products, wine, Swiss chard-based products, lactic acid starter culture, cherry-based products, vegetable juice powder, or rosemary extract to meat for color development, flavor enhancement, preservation, or safety), fermentation (to add fermentative bacteria to meat to add flavor or stop the growth of harmful organisms), salting (to preserve meat with sodium), or smoking (to expose meat to smoke from burning wood or apply liquid smoke ingredients to meat). Adapted from the World Health Organization: **who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat**.

[13] Soy sauce is exempt from the sodium standard due to lack of market availability for products that meet this standard.

[14] Chronic Disease Risk Reduction levels are based on the National Academies of Science, Engineering, and Medicine's Dietary Reference Intakes for Sodium and Potassium at **nap.nationalacademies.org/resource/25353/030519DRISodiumPotassium.pdf**.

Section 2. Standards for Meals and Snacks Served

This section applies to all meals and snacks that are served.[15] All City agencies must have a plan for regular menu review to make sure that they meet the standards in Parts B and C.

A. Food Preparation and Service

- **Require** no deep-frying.
- **Require** all new or renovated kitchens be built without deep fryers.
- **Require** that sites solicit client feedback annually regarding meals and snacks and consider results as part of their menu-planning process. Sites must solicit client feedback regarding cultural preferences, taste, and food quality using the required questions provided by the Mayor's Office of Food Policy and the NYC Health Department.
- **Require** condiments regularly served with a meal (for example, syrup with pancakes) are listed on the menu and included in the nutrient analysis.
- Recommend whole foods (unprocessed) or foods that are minimally processed when possible.[16]
- Recommend focusing on seasonal and locally sourced foods when developing menus.
- Recommend cooking from scratch whenever possible.
- Recommend increasing unsaturated plant oils (for example, olive oil, canola oil, corn oil, sunflower oil) and minimizing saturated animal fats and plant oils (for example, butter, coconut oil, palm oil).
- Recommend prioritizing culinary training for cooks and food service staff.

B. Meals Served

1. Nutrient Requirements

For sites serving three meals per day:

- **Require** three meals combined meet the following daily standards[17]:

	People age 14 and older	Children ages 9 to 13	Children ages 4 to 8	Children ages 2 to 3
Calories*	2,000	1,600 to 1,800	1,200 to 1,400	900 to 1,100
Sodium	≤ 2,300 mg	≤ 1,800 mg	≤ 1,500 mg	≤ 1,200 mg
Saturated fat	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories
Fiber	≥ 28 g	≥ 24 g	≥ 19 g	≥ 14 g
Added sugar	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories

***Require** daily calories are no more than 10% above or below the standard.

[15] See Page 12 for population-specific exceptions.

[16] Whole foods are unprocessed foods that are edible parts of plants or animals after separation from nature. Minimally processed foods are unprocessed, or whole foods, altered by industrial processes such as the removal of inedible parts to extend shelf life but that do not add or introduce any new substance (such as fats, sugars, or salt). Examples include milk, frozen fruits and vegetables, nuts, and whole grains. (Definitions adapted from NOVA, a food classification system.)

[17] Standards are based on the United States Department of Agriculture (USDA) 2020-2025 Dietary Guidelines for Americans: **dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf**.

For sites serving only one or two meals per day:

Breakfast

	People age 14 and older	Children ages 9 to 13	Children ages 4 to 8	Children ages 2 to 3
Calories	450 to 660	400 to 540	300 to 420	225 to 330
Sodium	≤ 690 mg	≤ 540 mg	≤ 450 mg	≤ 360 mg
Saturated fat	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories
Fiber	≥ 7 g	≥ 6 g	≥ 5 g	≥ 4 g
Added sugar	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories

Lunch or dinner

	People age 14 and older	Children ages 9 to 13	Children ages 4 to 8	Children ages 2 to 3
Calories	540 to 770	480 to 630	360 to 490	270 to 385
Sodium	≤ 805 mg	≤ 630 mg	≤ 525 mg	≤ 420 mg
Saturated fat	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories
Fiber	≥ 8 g	≥ 8 g	≥ 6 g	≥ 4 g
Added sugar	< 10% of total calories	< 10% of total calories	< 10% of total calories	< 10% of total calories

Participants in the federal School Breakfast Program and National School Lunch Program may adhere to the calorie requirements provided by that program.

- Recommend agencies follow the National Academies of Sciences, Engineering, and Medicine's Dietary Reference Intakes appropriate for their population for all other nutrients.[18]

Exemption

A contracted agency program may apply for an exemption from the above Nutrient Requirements if it meets **all** the following requirements:

- Meals are prepared on-site or by a program that serves a similar population to the program seeking the exemption (for example, a day care center that prepares food for a second location operated by the same organization). Meals purchased from vendors are not exempt.
- Program does not have access to a nutritionist (City agency-employed, consultant, or contractor) for regular menu review.
- Program regularly serves fewer than 200 people per meal.
- Program is not part of a larger contract for food purchasing coordinated by a City agency.

[18] National Institutes of Health nutrient recommendations and databases available at **ods.od.nih.gov/healthinformation/nutrientrecommendations.aspx#dv**.

Exempt programs should strive to meet these Nutrient Requirements through thoughtful menu planning. Should exemption be granted, programs must still comply with all other requirements of the NYC Food Standards.

2. Meal Requirements

The following applies to specific categories of foods for agencies serving meals to adults and children.

Fruits and vegetables

- **Require** at least 1 serving of fruit per day.[19] 100% fruit juice does not count toward this requirement.
- **Require** for sites serving three meals per day:
  - 5 or more servings of fruits and vegetables per day.[19]
  - At least 2 servings[19] of vegetables per day are dark green, red, or orange, or other nonstarchy vegetables.[20]
- **Require** for sites serving one to two meals per day:
  - 2 or more servings of fruits and vegetables at lunch and at dinner.[19]
  - At least 1 serving[19] of vegetables per day is dark green, red, or orange, or other nonstarchy vegetables.[20]
- Recommend:
  - 2 or more servings of fruits and vegetables at breakfast.[19]
  - Fresh or frozen fruits and vegetables are served instead of canned.
  - At least 1 to 2 servings of dark green vegetables per week.[20]
  - Red and orange vegetables served on most days of the week (6 servings per week if serving 3 meals per day).[20]

Grains

- **Require** at least half of all grains served[21] are whole grains (for example, brown rice and whole-wheat pasta, dinner rolls, bagels, and tortillas).[11]
- **Require** all cereal and sliced sandwich bread served are whole grain.[11]
- Recommend all grains served are whole grain.[11]

---

[19] One serving of fruit or vegetable for adults is equal to a cup- or oz-equivalent as defined by the USDA. For detailed descriptions of fruit and vegetable cup equivalents, visit **myplate.gov/eathealthy/vegetables** (see "cup of vegetable table") and **myplate.gov/eathealthy/fruits** (see "cup of fruit table").

If serving children age 13 years and younger, a serving of fruits and/or vegetables is equal to:
- Ages 2 to 3 years (child care): 1/2 cup-equivalent
- Ages 4 to 13 years (pre-K, elementary, and middle school): 3/4 cup-equivalent

[20] Dark green vegetables include broccoli, spinach, romaine lettuce, collards, bok choy, and kale.
Red and orange vegetables include tomatoes, carrots, sweet potatoes, red peppers, winter squash, and pumpkin.
Other nonstarchy vegetables include yellow squash, seaweed, okra, eggplant, cucumbers, cabbage, cauliflower, daikon, chayote, and bitter melon.
Starchy vegetables include potatoes, corn, green peas, lima beans, plantains, and cassava.

[21] Serving is defined by an item appearing on the menu.

Protein foods

Plant protein

- **Require** 2 or more servings[21] of whole or minimally processed plant proteins[22] at lunch and at dinner per week.
  - At least 1 serving[21] per meal type[23] must be the primary protein.[24-26]
  - 1 serving[21] per meal type[23] may be a primary protein, mixed entree, or side dish.
- Recommend a serving[21] of plant protein be a minimum of 3 oz-equivalents.[26]
- Recommend at least 1 serving[21] of whole or minimally processed plant protein at breakfast per week.
- Recommend a whole or minimally processed plant protein option is available at all meals.

Beef and other ruminant meats

- **Require** for sites serving three meals per day, no more than 2 servings[21] of beef or ruminant meats per week.[23]
- **Require** for sites serving one to two meals per day, no more than 1 serving[21] of beef or ruminant meat per week per meal type.[23]
- Recommend phasing out beef and ruminant meats completely from all meals.

Processed meat

- **Require** processed meat is not served.[12]

Seafood

- Recommend 1 to 2 servings[21] of seafood per week with at least one of those servings being fish that contains heart-healthy oils (for example, tuna, salmon).
- Recommend seafood purchased be from sustainable fisheries and stocks.

Dairy

- Recommend serving[21] cheese as the primary protein[24] no more than once per week per meal type.[23]

---

[22] Whole plant proteins include kidney beans, pinto beans, white beans, black beans, pink beans, mung beans, soybeans, chickpeas, black-eyed peas, pigeon peas, split peas, lentils, nuts, and seeds.

Minimally processed plant proteins include tofu, tempeh, seitan, falafel, hummus, bean spread, plant protein pasta, and some veggie burgers and plant-based meat alternatives.

Note: Green beans and green peas are not considered plant proteins.

[23] Meal type refers to the type of meal being served (for example, breakfast, lunch, or dinner).

[24] A primary protein is the largest protein item by weight or oz-equivalent. For example, beans would be the primary protein in an entree with 2 oz of beans and < 2 oz of cheese.

[25] To meet this requirement, a meal must include a whole plant protein or an item that lists a whole plant protein or flour made from whole plant protein as the first or second ingredient on the ingredient list.

[26] For more detailed information, see the Ounce-Equivalent of Protein Foods Table at **myplate4chatbot.stg.platform.usda.gov/eat-healthy/protein-foods**.

Beverages

All beverages served must meet the Standards for Purchased Food in Section 1.

- **Require** serving water at all meals (this can be in addition to or in place of other beverages regularly served). Recommend tap water whenever possible.
- **Require** 100% juice, if served, be:
  - Limited to ≤ 6 oz per serving for programs serving adults and children age 5 and older
  - Limited to ≤ 4 oz per serving for programs serving children ages 3 to 4 years
  - Not served to children age 2 and younger
  - Served no more than once per day if providing meals
- Recommend phasing out juice completely.

C. Snack Standards

Snacks should add important nutrients to the overall diet and help curb hunger.

The following standards apply to sites serving snacks to adults and children.

All beverages and purchased foods must meet the Standards for Purchased Food in Section 1.

1. Beverages

- **Require** serving water at all snack times. Recommend tap water whenever possible. Refer to Executive Order 54 of 2020, ending the purchase of single-use plastic bottles and restricting their sale on City property.[27]
- **Require** 100% juice be:
  - Limited to ≤ 6 oz per serving for programs serving children age 5 and older
  - Limited to ≤ 4 oz per serving for programs serving children ages 3 to 4 years
  - Not served to children age 2 and younger
  - Served no more than twice per week, for sites serving snacks only
- Recommend phasing out juice completely.

2. Food Category Requirements

- **Require** at least 1 serving per week of fruits or vegetables. 100% fruit juice does not count toward this requirement.
- **Require** snacks served contain choices from at least two of the following three food categories: fruits and vegetables, grains, or proteins.

[27] To read the Executive Order 54 of 2020, visit **nyc.gov/assets/home/downloads/pdf/executive-orders/2020/eo-54.pdf**.

D. Special Occasion Standards for Meals and Snacks

Special occasion standards apply to trips, parties for major holidays, and special events. This also includes food purchased from vendors not routinely used by the agency for normal food service.

- **Require** serving a vegetable or fruit option, such as fresh fruit, leafy green salad, or vegetable slices.
- **Require** serving water at all special occasions.
- Recommend adopting a policy for special occasion meals and snacks.
- Recommend limiting special occasion meals and snacks (for example, to once per month).
- Recommend serving one or more whole or minimally processed plant protein options for every animal-based meal.
- Recommend, if serving sweets or desserts, offering them in moderation and in small portions.
- Recommend adhering to the beverage standards described in Section 1C on Pages 3 and 4.

Section 3. Agency- and Population-Specific Standards and Exceptions

A. Adults in Custody

Require ≥ 2,200 calories per day for agencies serving adults who are incarcerated.

Require the nutrition analysis for lunch and dinner meals does not include servings of milk. Milk may still be offered but does not count toward the nutrient totals for those meals.

B. Youth Detention Facilities

Require ≥ 2,200 calories per day for agencies serving the youth detention population.

Require the nutrition analysis for dinner meals does not include servings of milk. Milk may still be offered at dinner but does not count toward the nutrient totals for the meal.

C. Adult Residents of the Shelter System

Require ≥ 2,200 calories per day for people age 14 and older residing in the shelter system (for example, single-adult shelters, Safe Havens, drop-in centers, adult family shelters, shelters for families with children).[28]

Require the nutrition analysis for lunch and dinner meals for people age 14 and older does not include servings of milk. Milk may still be offered but does not count toward the nutrient totals for those meals.

D. Child Care Services Providers

Home-based child care providers are not required to comply with these Standards.

E. Patients Under Therapeutic Care

Nutrition requirements consistent with established medical guidelines and diets for patients under therapeutic care supersede the nutrition criteria outlined in these Standards. The Patient Bill of Rights allows patients under therapeutic care to request specific food items. These items are considered part of the therapeutic diet and do not need to meet nutrition criteria.

Require plant-based meal and snack options be available to patients upon request, in compliance with New York State law.[29]

F. Populations With Religious or Special Dietary Food Needs

If an agency cannot meet the required purchased food standards in Section 1 due to a lack of availability of food items that meet specific needs of the population it serves (for example, packaged kosher foods), the agency is expected to seek suitable replacements in the marketplace as quickly as possible. The agency must identify and report these products to the Mayor's Office of Food Policy and the NYC Health Department.

[28] Calorie requirements are based on 2020-2025 Dietary Guidelines for Americans.

[29] New York State regulations can be found at **legislation.nysenate.gov/pdf/bills/2019/S1471A**.

G. Emergency Food

Agencies that purchase food to be distributed by a third party to emergency food providers, such as soup kitchens and food pantries, are **required** to follow the standards outlined in Section 1. This does not include food purchased for the intention of a disaster response outlined in this section (see Section 3J, Foods for Disaster Response).

H. Federal Commodity Food Program

Food provided by the federal government to agencies or agency programs is not required to meet the standards outlined in Section 1. However, agencies and programs accepting these foods **are required** to meet the standards outlined in Section 2. Agencies and programs are expected to provide documentation upon request to verify which products were obtained through the commodity food program.

I. Donated Foods

Foods that are donated or provided at no cost to a program may be permitted to be served as a supplement to regularly scheduled food service.

Donated individual food items that contain Nutrition Facts labels, such as those listed in Section 1 (for example, canned and frozen vegetables, sliced sandwich bread) must adhere to the standards outlined in Section 1. These items are not required to meet the standards in Section 2.

Donated ready-to-eat or prepared foods (for example, ready-to-eat sandwiches or meals) are not required to meet standards outlined in Sections 1 and 2. However, if supplementing food service with donations of prepared foods, programs should make an effort to serve these foods in small portions (for example, half-size sandwiches).

Programs may not accept any donations of candy, desserts (for example, cakes, cookies, pastries), fried foods (for example, fried chicken, potato chips, french fries, doughnuts), or sugary drinks (for example, soda, fruit drinks, iced tea) for use in regular meal or snack service. If desserts are donated for a special-occasion meal, they may be offered if a "healthy option" (for example, fresh fruit, leafy green salad, vegetable slices) is offered with them; these items may only be served in preplanned, special-occasion meals.

Programs should prioritize donations that are healthy, including minimally processed, whole and plant-based foods such as fruits, vegetables, whole grains, and low-sodium foods when possible.

J. Foods for Disaster Response

Food purchased by agencies to serve solely for a disaster or crisis response are not restricted by these Standards, in recognition that foods stocked for such purposes intentionally include nutrient-dense products.

Recommend agencies develop a plan to address nutrition requirements for meals and snacks served during a prolonged disaster (more than one month) and submit a plan to the NYC Health Department.

For more information, visit **nyc.gov/healthyworkplaces**.