



## Healthy Food Standards for State Government

As an employer, the State of Vermont is committed to helping employees achieve optimal health and well-being. Supporting nutritious choices at work is an important part of our commitment as leaders in health promotion and is now required by 29 V.S.A. § 160c.

To meet our responsibilities, we have established the following standards to be used whenever food is offered at cafes and cafeterias on state property or at state funded meetings, conferences, and events that are paid for with state or federal dollars (in accordance with the Department of Finance and Management Policy 4.0 Department Provided Food and Refreshments). These standards do not apply where state and federal funds are not used, such as food purchases for personal consumption.

### Cafes and Cafeterias:

#### Food Requirements:

All food service venues are required to implement the following criteria:

- Foods offered should be low in sodium and saturated fat.
- Meal items are free of artificial trans-fat or partially hydrogenated oils.
- When entrees are offered, make available lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Preference should be given to locally grown and/or produced foods.
- Limit deep-fried entrée options to no more than one choice per day. Fried foods should not be the promoted as the special of the day.
- Consider options that address food allergies
  - Endeavor to address food allergies when requested
- Offer daily:
  - two whole grain-rich options
  - at least one raw, salad-type vegetable
  - at least one steamed, baked or grilled vegetable seasoned without fat or oil and at least two different whole or sliced fruits daily.

#### Beverage Requirements:

- Have free water available and advertise its availability.
- Approximately half of available beverage choices (other than 100% juice and unsweetened milk) must contain  $\leq 40$  calories/serving. For beverages with more than 40 calories/serving, only offer servings of 12 oz. or less (excluding unsweetened milk and 100% juice).
- If milk is offered, offer 1% and non-fat milk dairy-type products.

- 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 be a 12 g/8 oz. serving or less), provide the same amount or more of protein (at least 6 g/8 oz.), calcium (250 mg/8 oz.), and provide less than 5 g total fat (equivalent to 2% milk).
- If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
- Vegetable juice must contain  $\leq 230$  mg sodium per serving.

### **Snacks:**

In cafes and cafeterias, there should be an assortment of healthier food choices with a focus on fruits, vegetables, and whole grains. Approximately half of the snack items should meet the following criteria:

- No more than 200 calories per item
- No more than 35% calories from fat with the exception of
  - packages that contain 100% nuts or seeds;
  - 100% nut and fruit mixes where the fruit has not been processed with added sweeteners and fats;
  - 100% nut and yogurt mixes where the yogurt has no more than 30 grams of total sugar per 8 ounce or smaller container.
- No more than 10% calories from saturated fat with the exception of packages that contain 100% nuts or seeds;
- 0 grams trans-fat;
- No more than 35% of calories from total sugars, except
  - fruits and vegetables that have not been processed with added sweeteners and fats;
  - yogurt with no more than 30 grams of total sugar per 8 ounce or smaller container.
- No more than 230 milligrams of sodium per package.

### **Labeling and Promotion:**

- When possible, display the nutritional facts for available items, including calories, protein, carbohydrates, fat, and sodium.
- Promotion of healthy items is encouraged.

### **Placement:**

- Place healthy food and beverage items in highly visible areas of the counter or cooler, at the front, grouped together. This includes snacks that meet the healthy standards above, fresh fruits and vegetables, low fat milk, low-calorie beverages, and unsweetened water.

### **Other Suggestions:**

- Consider making 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 such as desserts prepared with fruits, vegetables, nuts, seeds, apple sauces, and yogurts without added sugars.

## **Catered Meetings and Events:**

### **Food Requirements**

- Offer items that are low in sodium and saturated fat.
- Meal items are free of artificial trans-fat or partially hydrogenated oils.
- When entrees are offered, make available lean meat, poultry, fish or low-fat vegetarian entrée choices.
- Preference should be given to locally grown and/or produced foods.
- Consider options that address food allergies
  - Endeavor to address food allergies when requested
- Include a fruit (if canned or frozen, with no added sweeteners) or vegetable choice. Fruit juice should not be substituted for fruit.
- Include whole grains whenever grains are served.
- Make half or reduced-size portions of sandwiches or entrées available.
- If snacks are provided, make baked, low fat, low sodium items available.
- If dessert is desired, provide a choice of whole fruit, fruit salad or applesauce with no sugar added.

### **Beverage Requirements**

- Have free water available and advertise its availability.
- Offer 100% juice, 1% or fat-free milk, or beverages with ≤ 40 calories per serving.

### **Breakfast ideas**

- Fruit pieces or whole fruit (offer seasonal, local fruit whenever possible)
- If juice is offered, provide only 100% fruit juice and/or vegetable juice with ≤ 230mg of sodium.
- Low- or non-fat yogurt
- Small muffins or large muffins cut in half (look for whole-grain, low fat muffins)
- Whole-grain bread and/or whole-grain English muffins
- Whole-grain cereals (offer skim or 1% milk)
- Mini whole-grain bagels or larger bagels cut in half
- Hard boiled eggs
- Low-fat granola/granola bars
- Low-fat or whipped cream cheese spread
- Unsweetened cereals (Cheerios, Shredded Wheat, Oatmeal)
- If milk is served, offer 1% or fat-free milk
- Coffee/tea
- Spreads to offer: Single servings of peanut butter, jam, jelly, low-fat cream cheese, trans fat free spread

### **Lunch ideas**

- Vegetable-based soups
- Half-sandwiches or wraps

- Whole grain bread, lean, low sodium meats, low-fat cheese, variety of veggie toppings
- Include vegetable sandwiches or wraps (whole grain) such as:
  - Southwestern bean and vegetable
  - Tomato and Basil
  - Peanut butter and Jelly
  - Roasted vegetables
  - Hummus
- Mixed Green Salad
- Hummus
- Whole or cut fruit
- Whole grain pasta, rice or grain salad (made with light vinaigrettes or low-fat dressings)
- Protein salads (prepared with low-fat mayo)
  - Egg salad
  - Tuna salad
  - Chicken salad
- Veggie Chips or Low-Salt/Baked Chips
- Potato salad (use combination of low-fat mayo and yogurt, and dress lightly)

<sup>1</sup>For more Information on health and sustainability food guidelines see the web link below.

**I agree to follow the healthy food standards.**

**Signature:** \_\_\_\_\_

For technical assistance and support for menu planning, please contact:

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 802-951-4006  
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<sup>1</sup> [http://www.cdc.gov/chronicdisease/pdf/guidelines\\_for\\_federal\\_concessions\\_and\\_vending\\_operations.pdf](http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf)

# Healthy Foods in Vermont State Parks

## Why Healthy Concessions at Vermont State Parks?

Parks play an essential role in promoting healthy Vermont communities. They serve as a place where children and adults come to be outdoors and enjoy activity and sunshine. Providing healthy food options, alongside conventional favorites like "creemees", helps to provide a balanced environment where people can have choices and variety in the foods they eat while enjoying the outdoors.

**The Vermont Department of Health has outlined recommendations for healthy vending that can serve as a guide to select healthy concession options.**

Snack Food Recommendations	
<b>Cheese</b>	Regular and reduced-fat cheese- portion size: 1.5 oz or smaller
<b>Yogurt</b>	Low fat or non-fat yogurt: no larger than 8oz package (with or without artificial sweeteners) 8 oz should have less than 200 calories per servicing; 6 oz should have less than 150 calories per serving
<b>Non-Dairy Snacks</b>	Fat: No more than 35% of total calories from fat Less than 10% of calories from saturated fat or less than 1 gram of saturated fat No trans fat <i>Exception:</i> nuts, nut butters, and seeds  Sugar: No more than 35% sugar by weight and no more than 30 grams per 8 oz portion <i>Exception:</i> fruits  Sodium: less than 230mg of sodium <i>Exception:</i> Vegetables with sauce and soups with less than 480mg of sodium AND contains one of <ul style="list-style-type: none"> <li>- More than 2 grams of fiber</li> <li>- More than 5 grams of protein</li> <li>- More than 10% of the Daily Value of Vitamin A,C,E, folate, calcium, magnesium, potassium, or iron</li> <li>- 1/2 serving (1/4 cup) of fruit or vegetables</li> </ul>
Beverage Recommendations	
<b>Fruit/Vegetable Juice</b>	Beverages that contain at least 100% fruit or vegetable juice Package size no larger than 12oz
<b>Bottled Water</b>	Water without any added ingredients
<b>Dairy Products</b>	Low-fat or non-fat milk, flavored milk or drinkable yogurt Package size no larger than 16oz and less than 300 calories
<b>Other Drinks</b>	Low-calorie (40 calories or less per serving) diet soda, low-calorie iced tea, low-calorie sports drinks

## Resources

- [Eat Smart in Parks Toolkit - Missouri](#)
- [Fairmount Parks Conservancy - Creating Healthy Concessions: A Resource Guide](#)
- [North Carolina Recreation and Parks Association](#)
- [Delaware State Parks Healthy Eating Initiative](#)

## Sample Snack Foods

The following lists provide several healthier concession options, many of which can be purchased in bulk online. Nutritional information is provided for each item. Click on underlined items to be directed to online purchase options. Items highlighted in green are made in Vermont. This list only includes snack foods that do not require refrigeration. For more information, or with questions on the Health Departments' guidelines for healthy snack and beverage options, please contact

[Ashwinee.Kulkarni@vermont.gov](mailto:Ashwinee.Kulkarni@vermont.gov).

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
<b>TRAIL MIX</b>									
<b>Vermont Maple Granola Co Trail Mix</b>	280	23%	14%	135	15g	3g	10g	0	55mg
<b>Planters</b>									
Nut and Chocolate	150	14%	10%	80g	9g	2g	11g	0g	5mg
Nuts Seeds and Raisins	140	15%	8%	90g	10g	1.5g	6g	0g	10mg
<b>Kar's Nuts</b>									
Salted Almonds	170	82%	5%	140	16g	1g	1g	0mg	95mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
<b>GRANOLA BARS</b>									
<b><u>KIND bars</u></b>									
Fruit & Nut	200	60%	7%	120	13g	1.5g	9g	0mg	10mg
Healthy Grains - Dark Chocolate Chunk	150	30%	9%	45	5g	1.5g	8g	0mg	70mg
Nuts & Spices	210	76%	6%	160	17g	1.5g	5g	0mg	140 mg
<b><u>Kashi bars</u></b>									
Trail Mix Bar	140	32%	3%	45	5g	.5g	6g	0mg	95mg
<b><u>Clif Bar</u></b>									
Organic Trail Mix Bar Fruit and Nut	180	44%	5%	80	9g	1g	11g	0mg	110mg
Organic Trail Mix Bar Dark Chocolate Cherry Almond	180	44%	5%	80	9g	2.5g	13g	0mg	115mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
<b>POPCORN</b>									
<b><u>Pirates Booty</u></b>									
Veggie	130	35%	3%	45	5g	.5g	1g	0mg	90mg
Aged White Cheddar	130	35%	7%	45	5g	1g	0g	0mg	140mg
Fruity Booty	130	35%	7%	63	7g	1g	6g	0mg	25mg
<b><u>YOLO Snacks!</u></b>									
Original	110	55%	4%	60	7g	.5g	0g	0mg	140mg
Maple	110	45%	4%	50	6g	.5g	3g	0mg	85mg
Cheddar	80	31%	0%	25	3g	0g	1g	0mg	110mg
<b><u>Skinny Pop</u></b>									
Original	150	60%	6%	90	10g	1g	0g	0mg	75mg
Cheese	150	54%	6%	81	9g	1g	0g	0mg	95mg
Sweet	160	56%	5%	90	10g	1g	<1g	0mg	100mg
Pepper	150	60%	6%	90	10g	1g	0g	0mg	75mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
<b>CHIPS</b>									
<b><u>Terra</u></b>									
Sweet potato NO SALT	190	62	5%	117	13g	1g	4g	0mg	15mg
Original	150	80	3%	81	9g	0.5	3g	0mg	115mg
Blues	130	5	7%	54	6g	1g	3g	0mg	115g
<b><u>Vermont Kale Chips</u></b>									
Original	140	60%	10%	81	9g	1.5g	2g	0mg	250 mg
<b><u>Pop Chips</u></b>									
Sour Cream and Onion	120	33%	0%	40	4g	0g	3g	0mg	200mg
Barbeque	120	33%	0%	40	4g	0g	3g	0mg	200mg
Sea Salt	120	30%	0%	35	4g	0g	0g	0mg	190mg
<b><u>Way Better Snacks</u></b>									
Sweet Potato Corn Tortilla Chips	170	50%	3%	90	9g	.5g	0g	0mg	125mg
So Sweet Chilli Tortilla Chips	170	50%	3%	90	9g	.5g	0g	0mg	100mg
Mustard and Online Tortilla Chips	130	54%	4%	70	7g	.5g	0g	0mg	90mg
<b><u>Deanos Jalepeno Chips</u></b>									
Sea Salt	80	67%	5%	54	6g	.5g	2g	0mg	170mg
<b><u>Harvest Snaps</u></b>									
Snap Pea Crisps Salted	110	36%	4%	40	4.5g	.5g	1g	0mg	50mg
<b><u>Tostitos Salsa Cup</u></b>									
	10	0	0	0	0	0	1g	0mg	260mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
<b>SWEETS</b>									
<b>DOLE Fruit cups</b>									
Mixed fruit in 100% fruit juice	80	0	0	0	0	0	17g	0	5mg
Peaches in 100% fruit juice	80	0	0	0	0	0	18g	0	5mg
Mandarin Oranges with no sugar added	40	0	0	0	0	0	5g	0	0mg
<b>Vermont Village</b>									
Natural Unsweetened Applesauce	50	0	0	0	0	0	13g	0	0
<b>Peeled Snacks</b>									
Apple	110	0	0	0	0	0	20g	0	0
Mango	120	0	0	0	0	0	20g	0	0
Cinnamon Apple Crunch	75	0	0	0	0	0	12g	0	0
<b>Sunmaid</b>									
Raisins	130	0	0	0	0	0	29g	0	10mg
<b>Barbara's</b>									
Snackimals Chocolate Chip	120	29%	0	35	4g	0g	8g	0mg	80mg
<b>Brothers</b>									
Brothers All Natural Fuji Apple	40	0	0	0	0	0	6g	0	0
Brothers All Natural Pear	35	0	0	0	0	0	7g	0	0
Brothers All Natural Strawberry Banana	45	0	0	0	0	0	6g	0	0
<b>Stretch Island Fruit Co</b>									
Autumn Apple Fruit Strip	45	0	0	0	0	0	9g	0	0
Orchard Cherry	50	0	0	0	0	0	9g	0	0
Harvest Grape	45	0	0	0	0	0	9g	0	0
Abundant Apricot	45	0	0	0	0	0	7g	0	0