

Lucile Packard Children's Hospital Food and Beverage Policy
February 10, 2012

Overview

Children's hospitals serve as role models for healthy food environments and function as a place where nutrition education can be provided to children, their families, and hospital staff.

Packard Children's plays a vital leadership role to ensure that everyone at our hospital can access healthy food and drinks within our facilities. Furthermore, Packard is well-placed to promote nutrition messages by providing information that supports healthy food and drink choices.

The hospital is committed to making sure these healthy choices are also easy choices. By applying appropriate nutritional and environmental standard guidelines for all cafeteria meals, patient meals, and vending machine items, we will provide patients, families, staff and visitors with healthy food options that promote overall well-being.

The Packard Food and Beverage Policy recommends food and beverage standards for:

- LPCH Cafeteria and cafes
- Vending machines

The Packard Food and Beverage policy addresses:

1. Product
2. Preparation
3. Portion Size
4. Placement
5. Promotion
6. Pricing
7. Purchasing Practices

1. PRODUCT

Packard food services will:

- Increase the range and availability of healthy food and drink options in the cafeteria, cafes and vending machines.
- Reduce the number and amount of unhealthy food and drink options.
- Eliminate energy dense, low nutrient foods and beverages.

Specific guidelines for foods follow:

A. Fruits

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

B. Vegetables

- Offer at least one raw, salad-type vegetable and at least one steamed, baked, or grilled non-starchy vegetable daily, prepared without solid fats where practical.
- Offer at least one prepared vegetable option with ≤ 140 mg sodium as served.
- All vegetable offerings must contain ≤ 230 mg sodium.
- Mixed dishes where vegetable is the main ingredient will contain ≤ 480 mg sodium.
- Offer a variety of seasonally and locally available vegetables.

C. Cereals and Grains

- 100% whole grain option will be offered as the standard choice for rice, grains and pasta.
- 100% of breakfast cereals will contain less than 10 gram total sugars per serving
- At least one cereal with ≤ 140 mg sodium per serving.
- All cereal, bread, and plain pasta offerings will contain ≤ 230 mg sodium per serving.
- Work toward 100% of breakfast cereals containing at least 3g of fiber and less than 10 gram total sugars per serving.

D. Dairy/yogurt/cheese/fluid milk

- Only offer 1%, and fat-free fluid milk.
- Only offer low fat (2% or less) or fat-free cottage cheese items.
- Only offer 2%, 1%, or fat-free yogurt.
- Processed cheeses will contain ≤ 230 mg sodium per serving.
- Whole milk will be available upon request. Signage will be placed near the dairy section indicating its availability.
- Work toward providing only yogurt with no added caloric sweeteners or yogurts with reduced sugar according to FDA labeling standards

E. Protein Foods

- Offer lean meat, poultry, fish, or low-fat vegetarian entrée choices. Lean meat is defined as 100 grams of beef with less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol.

- Offer a daily vegetarian protein source.
 - Canned or frozen tuna, seafood, and salmon will contain <290 mg sodium per serving, and canned meat <480 mg sodium per serving with the goal of offering low mercury fish
 - Work toward providing a daily vegetarian entrée.
- F. Grill
- All items will be less than 500 calories by December, 2012.
- G. Children's Menu
- All meals will be less than 500 calories.
 - All meals will include a vegetable.
 - All meals will include low fat milk or water. They will not include Gatorade or soda.
- H. Snacks
- All snacks will be under 100 calories except chips which will be under 120 calories
- I. Desserts
- Desserts are not to exceed 120 calories per container or portion
 - Desserts will have less than or equal to 30% calories from fat
 - One sugar free option will be available
- J. Combination meals
- Where value meal combinations are offered, always offer fruit or a non-fried, non-starchy vegetable as the optional side.
- K. Beverages
- No juices except 100% orange, grapefruit and vegetable juices (with no added caloric sweetener) with serving size limited to 8 oz. Vegetable juices will contain less than 230 mg sodium per 8 oz serving
 - Only 1% or non-fat milk
 - 80% of all other available beverage choices (other than coffee drinks and unsweetened milk) will contain less than 40 calories per container. 20% will contain less than 150 calories.
 - No sugared sodas will be offered.
 - Coffee drinks are excluded but calorie and fat gram will be clearly displayed at point of sale
 - Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages will not provide more sugars than milk (12 g sugar/8 oz serving or less), provide about the same amount of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and be non-fat.
 - Chilled drinking tap water is offered at no charge.
- L. Vending Machines
- Only offer items that contain 0 grams trans-fat per serving as defined by FDA.
 - Only offer snack items that contain ≤230 mg sodium per serving (excludes refrigerated meals). Individual meal items will contain ≤480 mg sodium per serving.
 - In addition to meeting the requirements listed above, at least 25% of all packaged food choices will meet the following criteria:

- ≤200 calories per item (excluding nuts and seeds without added fats, oils, or caloric sweeteners).
- Total calories from saturated fat ≤10% (excluding nuts and seeds without added fats or oils).
- Total calories from sugars to ≤35% of total weight (excluding fruits or vegetables without added caloric sweeteners).
- By December 2012, 50% of all packaged food choices in the vending machines will meet the criteria.

2. PREPARATION

A. Saturated fats:

- Eliminate trans-fat and use only vegetable oil and olive oil for food preparations. Do not use palm oil.
- Eliminate deep fried food.

3. PORTION SIZE

- ### A. Offer half or reduced-size/reduced portion choices at competitive prices during each meal.

4. PLACEMENT

- ### A. Only healthy items will be placed near the cash register
- ### B. Healthy options will be displayed more prominently in the display cases than unhealthy options. For instance, fruit will be placed in attractive bowls or display cases.
- ### C. Salt dispensers will not be placed on cafeteria tables.

5. PRICING

- ### A. Make healthier options more appealing to the consumer by offering them at a lower price as compared to less healthy alternatives

6. PROMOTION

- ### A. Nutrition Labeling: All items sold in the cafeteria are labeled at the point of choice in a clear and conspicuous manner on the menu board or on signs adjacent to the food items or menus. The nutrition information includes:
- Total calorie
 - Total fat (gm) (% of Calorie)
 - Saturated fat (gm)
 - Cholesterol (mg)
 - Sodium (mg)
 - Carbohydrate (gm)
 - Sugars (gm)
 - Dietary fiber (gm)
 - Total protein (gm)
- ### B. Healthy items are promoted. Unhealthy items are not promoted

- C. Sustainability Practices
 - Provide information about the value of agricultural best practices that are ecologically sound, economically viable, and socially responsible in agency concessions services with signage, informational programs, or other means of communicating the benefits of the items that are labeled organic, local, and/or sustainable.
 - Promote waste reduction, recycling and composting programs
 - Promote and incentivize the use of reusable beverage containers.
 - Promote use of tap water over bottled water.

7. PURCHASING PRACTICES

- A. 100% of fruits and vegetables will be purchased locally as defined as being within 200 miles from Packard.
 - B. Use green cleaning products.
 - C. Use integrated pest management practices and green pest control alternatives to the maximum extent feasible.
 - D. Provide materials for single-service items (e.g., trays, flatware, plates, and bowls) that are compostable and made from bio-based products if made available at all.ⁱ
 - E. Work toward purchasing smaller plates and bowls
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