



COUNTY OF SAN DIEGO

EAT WELL PRACTICES

OVERVIEW

The food system¹ plays a critical role in creating healthy, accessible and affordable food and beverage choices. On June 21, 2016, the San Diego County Board of Supervisors, led by Chairman Ron Roberts and Supervisor Greg Cox, launched the *Live Well San Diego* Food System Initiative, positioning the County of San Diego to take on a greater role in the advancement of a safe, healthy and robust food system. To help define the County's role and identify ways that the County can positively influence this system, part of the Food System Initiative includes the creation of nutrition practices to inform County food and beverage-related procurement and expand healthy, sustainable food and beverage options for our employees and the people we serve. The document below outlines the proposed ***Eat Well Practices***.

The County of San Diego's *Eat Well Practices* offer practices for foods and beverages offered at County facilities and contracted sites. The Practices create healthy food environments that make it easier to live well by providing options that support positive choices. The goals of the Practices include:

- ✓ Building better health by offering more healthy options, including fruits, vegetables, and whole grains among the County's congregate and custodial populations, employees, and the public;
- ✓ Supporting a thriving economy by capitalizing on the wealth of agricultural resources in San Diego County, as well as California, and increasing opportunities for local farms, ranches, and fishermen; and
- ✓ Fostering a resilient environment by promoting sustainable foods and practices.

DEVELOPMENT OF THE ***EAT WELL PRACTICES***

The *Eat Well Practices* were developed based upon the latest dietary science and food systems literature; best practices from other organizations, including other local governments; and stakeholder input, including that of County staff. Another important factor taken into account in developing the Practices is the unique opportunities afforded by California agriculture and the local food movement. Additionally, the Practices apply a 'triple bottom-line' framework or a decision-making lens that considers the social, environmental, and economic impact of food and beverage offerings made by the County. And finally, the Practices enhance—but do not supersede—federal and state guidelines such as the National School Lunch Program, the National School Breakfast Program, and California regulations that guide County meal programs.

¹The term "food system" refers to all of the steps involved in feeding a population such as growing, harvesting, processing, packaging, distribution, marketing, consumption, and disposal. A local food system denotes the geographic area that supplies a population with food.

THE EAT WELL PRACTICES

The *Eat Well Practices* provide guidance for all foods and beverages offered at County facilities and contracted sites. This includes guidance for:

- ✓ Congregate/custodial meals
- ✓ Cafeterias/cafés
- ✓ Group homes/home-delivered meals
- ✓ Meetings/events
- ✓ Vending machines

I. Guidance for Congregate/Custodial Meal Programs

‘Custodial meals’ refer to meals served by institutional food services to youth or adults in full custody of the County of San Diego, including settings such as Polinsky Children’s Center, Edgemoor Hospital, and San Diego County Psychiatric Hospital. Custodial meals do not include youth and adults living in detention facilities.

CATEGORY	PRACTICES
GENERAL	<ul style="list-style-type: none"> • All applicable State and Federal regulations apply <p><u>PROCESSING</u> (See definitions on page 13.)</p> <ul style="list-style-type: none"> • Make unprocessed or minimally processed foods and beverages, mainly of plant origin, the foundation of all offerings. <p><u>TYPES OF FOODS AND BEVERAGES</u></p> <ul style="list-style-type: none"> • Offer free, clean tap or filtered water, when feasible, at all meals and throughout the day • Consider offering alternatives to sugar-sweetened and ultra-processed beverages. • Consider offering a daily variety of seasonally available fresh fruits and/or vegetables; generously use fruits and/or vegetables when seeking to increase daily calorie counts. • Consider offering a majority of daily grain offerings as whole grain-rich products (i.e., ≥50% of meal or flour is whole grain). • Consider offering a diverse variety of protein foods, such as seafood (e.g., fish and shellfish), lean meats and poultry, eggs, legumes (e.g., beans and peas), and nuts, seeds, and soy products; strive to offer meats and poultry raised without the routine use of antibiotics and/or growth hormones. • Consider offering alternatives to red meats and avoid processed meats (e.g., hot dogs, bacon, sausage, deli meats); if offered, strive to serve infrequently and in small portions. • Use no sodium added or low sodium versions of food and ingredients, when available. <p><u>COOKING TECHNIQUES AND SERVING SIZES</u></p> <ul style="list-style-type: none"> • Use whole, fresh products, herbs, spices, vinegars, and citrus to flavor foods and beverages without the unnecessary use of salt and sugar. • Avoid the use of trans-fat or partially hydrogenated oils when feasible. • Consider preparing foods using healthy cooking techniques (e.g., baking, broiling, roasting, grilling, poaching, steaming, stir frying); avoid deep fat frying. • Consider offering a variety of foods and beverages that are culturally and dietary appropriate; strive to serve less processed, healthy versions of recipes. • Serve appropriate serving sizes, especially when high calorie foods are served.
SUSTAINABILITY	<ul style="list-style-type: none"> • Prioritize local products, including produce, meat, poultry, eggs, dairy, and seafood as California grown, raised, or caught with a focus on products coming from San Diego County and the Region.

	<ul style="list-style-type: none"> • Encourage the development of on-site gardens for culinary purposes, where applicable • Prioritize organic and sustainable products. • Prioritize plant-based foods, including protein and dairy alternatives; offer plant-based foods and dishes and vegetarian meals. • When seafood is offered, consider seeking out opportunities to use product procured from responsibly managed, sustainable, healthy fisheries. • Prioritize food and beverage products with no or minimal packaging. • Prioritize reusable food and beverage serviceware (e.g., cups, plates, silverware) whenever feasible and appropriate. • Promote clean, tap or filtered water and reusable containers over bottled water. • Consider developing and implementing a food donation plan, where applicable.
FOOD ENVIRONMENTS	<ul style="list-style-type: none"> • Offer clean and comfortable settings in which to eat. • For applicable environments, residents should be provided an opportunity to engage in meal preparations, creation, and clean up as feasible.
LABELING	<ul style="list-style-type: none"> • Make available to the consumer calories per serving and other pertinent nutrient information, when more than one option is made available for selection. • Identify local, organic, and sustainable foods and beverages on menus, at the point of choice, or other easily accessible point of information.
PRODUCT PLACEMENT	<ul style="list-style-type: none"> • Place plant-based options and other healthy options at the front of service line or other highly visible locations.
PROGRAM SPECIFIC POPULATIONS	<p><u>Edgemoor Hospital and Psychiatric Hospital</u></p> <ul style="list-style-type: none"> • Therapeutic diets and foods do not fall under the <i>Eat Well Practices</i>. • 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 fall under the <i>Eat Well Practices</i>. • Emergency Psychiatric Unit (EPU) meals do not fall under the <i>Eat Well Practices</i>. <p><u>Applicable to All Custodial and Congregate Meal Programs</u></p> <ul style="list-style-type: none"> • The <i>Eat Well Practices</i> build upon — but do not displace or supplant — federal and state guidelines such as the National School Lunch Program, the National School Breakfast Program, and California Code of Regulations Title 22 that guide County meal programs. • Foods and beverages served by agencies for a disaster, crisis, or emergency response do not fall under the <i>Eat Well Practices</i>. These stocks intentionally include nutrient dense food products.

AVERAGE DAILY NUTRIENT CRITERIA			
To ensure the overall healthfulness of meals and snacks served by the County, custodial and congregate meal programs should strive to adhere to following the average daily nutrient criteria:			
CALORIES	FAT	SUGAR	SODIUM
See respective meal program guidelines.	≤10% of total calories from saturated fat ²	≤10% of total calories from added sugars ³	≤2,300 mg of sodium ⁴

²The Dietary Guidelines for Americans 2015-2020 recommend that individuals consume less than 10 percent of calories per day from saturated fats.

³The Dietary Guidelines for Americans 2015-2020 recommend that individuals consume less than 10 percent of calories per day from added sugars. HHSA Public Health Services Chronic Disease and Health Equity Unit staff is available to help facilities

II. Guidance for Cafeterias/Cafés

‘Cafeterias’ refers to a food service location in a County facility open to employees and the public that offers meals and/or food items for sale. ‘Cafés’ refers to a small kiosk or stand that typically sells a la carte food and beverages to employees or the public at County-operated facilities or property.

CATEGORY	PRACTICES
GENERAL	<p><u>PROCESSING</u> (See definitions on page 13.)</p> <ul style="list-style-type: none"> • Make unprocessed or minimally processed foods and beverages, mainly of plant origin, the foundation of all offerings. <p><u>COOKING TECHNIQUES AND SERVING SIZES</u></p> <ul style="list-style-type: none"> • Prepare foods using healthy cooking techniques (e.g., baking, broiling, roasting, grilling, poaching, steaming, stir frying); avoid deep fat frying. • Consider offering a variety of foods and beverages that are culturally and dietary appropriate; strive to serve less processed, healthy versions of recipes. • Consider offering reduced-size or half portions for entrees and high calorie items, such as desserts.
BEVERAGES	<ul style="list-style-type: none"> • Offer free, clean, tap or filtered water during hours of operation. • Prioritize healthy beverage offerings, including water, fat-free and low-fat milk, 100% juice, and teas and coffees with no sugar added. • Consider offering alternatives to sugar-sweetened and ultra-processed beverages.
ANIMAL AND PLANT-BASED PROTEIN	<ul style="list-style-type: none"> • Consider offering a diverse variety of protein foods, such as seafood (e.g., fish and shellfish), lean meats and poultry, eggs, legumes (e.g., beans and peas), and nuts, seeds, and soy products, daily. • Consider offering protein foods from plants such as legumes (beans and peas), and nuts, seeds, and soy products. • Consider offering a vegetarian entrée option when more than one entrée option is provided. • Consider offering alternatives to red meat and avoid processed meats (e.g., hot dogs, bacon, sausage, deli meats); if offered, serve infrequently and in small portions. • Consider offering seafood (e.g., fish and shellfish) as frequently as possible. • Consider purchasing meats and poultry raised without the routine use of antibiotics and/or growth hormones.
DAIRY AND PLANT-BASED ALTERNATIVES	<ul style="list-style-type: none"> • If yogurt is offered, prioritize offering yogurts with no added sweeteners (and offer fresh fruit).

calculate estimated percentage of added sugars for pre-packaged foods that do not make information available as part of nutrition facts. Added sugars will be calculated using the Pan American Health Organization Nutrient Profile Model method for estimating free sugars. (See Panel D.). Nutrient Profile Model. (2016). Pan American Health Organization

⁴Sodium should not exceed 2,300 mg of sodium per day for adults and children ages 14 years and older as recommended by the Dietary Guidelines for Americans 2015-2020 and Institute of Medicine.

DESSERTS	<ul style="list-style-type: none"> When desserts are offered, consider offering options that use no or less added sugars, fresh fruit, and/or whole grains.
FRUITS AND VEGETABLES	<ul style="list-style-type: none"> Consider offering daily a variety of seasonally available fresh fruits and vegetables. Consider offering fruit or a non-fried vegetable as the default side for all value or "combo" meals.
GRAINS	<ul style="list-style-type: none"> Consider offering 100% whole grain products, especially as the first or default choice.
SNACKS	<ul style="list-style-type: none"> Consider offering snack options that are unprocessed and minimally processed, moderately processed, or freshly prepared with no or small amounts of added fats, sugars, and salts. For snacks made with grain products, consider offering options that are whole grain-rich (i.e., ≥50% of meal or flour is whole grain).
FATS & OILS	<ul style="list-style-type: none"> Use plant-based oils as primary source of cooking/baking oils; use oils and fats in small quantities in freshly prepared foods Avoid the use of trans-fat or partially hydrogenated oils wherever feasible.
SALT	<ul style="list-style-type: none"> Prioritize the use of whole, fresh products, herbs, spices, vinegars, and citrus to flavor foods to reduce or eliminate unnecessary use of salt. Use no sodium added or low sodium versions of food and ingredients, when available. Use salt in small quantities when necessary to add to freshly prepared foods.
SUGAR	<ul style="list-style-type: none"> Use sweeteners in small quantities when necessary to add to freshly prepared foods. Prioritize no sugar added versions of foods and beverages.
SUSTAINABILITY	<ul style="list-style-type: none"> Prioritize local products; strive to offer local produce, meat, poultry, eggs, dairy, and seafood that is California grown, raised, or caught with a focus on foods coming from San Diego County and the Region. Prioritize organic and sustainable products. Prioritize plant-based foods, including proteins and dairy alternatives; offer protein foods from plants such as legumes, nuts, seeds, and soy (i.e., a vegetarian entrée), daily. When seafood is offered, provide product procured from responsibly managed, sustainable, healthy fisheries. Prioritize food and beverage products with no or minimal packaging. Consider offering reusable serviceware for food and beverage purchased for onsite consumption whenever feasible and appropriate; promote and incentivize the use of reusable containers for beverages and foods purchased for offsite consumption. Strive to minimize non-reusable, single-use beverage containers. Consider developing and implementing a food donation plan.
FOOD ENVIRONMENTS	<ul style="list-style-type: none"> Consider offering clean and comfortable settings in which to eat.

LABELING	<ul style="list-style-type: none"> • Strive to make available calories per serving (or calories per measure provided for salad bar-type service) and other pertinent nutrient criteria (with exceptions for menu specials appearing on the menu for less than 60 days). • Strive to label local, organic, or sustainable foods and beverages on menus, at the point of choice, or other easily accessible point of information. • Strive to identify low sodium, less sodium, and high sodium in salad bars and stations with colored tongs, and post a consumer legend. • Strive to color code prepackaged product by processing categories, as defined in Appendix A, and post a consumer legend.
PRICING	<ul style="list-style-type: none"> • Strive to offer healthier menu options at a reasonable price.
PRODUCT PLACEMENT	<ul style="list-style-type: none"> • When feasible, place plant-based options at the front of service line or other highly visible locations; place first on menus. • When feasible, place in highest selling or other prominent positions unprocessed and minimally processed foods and beverages. • When feasible, display foods and beverage options that meet the unprocessed, minimally processed, and moderately processed categories within three feet of register; place fruit within reach of register, when possible.
PROMOTIONS	<ul style="list-style-type: none"> • Make weekly menus publically available wherever feasible; clearly indicate all healthy entrée and side items on menus. • Advertise/promote foods and beverages that adhere to the <i>Eat Well Practices</i> with an emphasis on unprocessed and minimally processed and freshly prepared foods and beverages made with no or limited added fats, sugars, and salt.

III. Guidance for Group Homes/Home-Delivered Meals

The *Eat Well Practices* for Group Home and Home-Delivered Meals apply to foods cooked or prepared onsite at group homes for foster youth, delivered to the homes of clients living with HIV/AIDS, and settings such as San Pasqual Academy. These Practices build on existing State and Federal meal regulations to improve the overall quality of foods and beverages served in these programs.

CATEGORY	PRACTICES
GENERAL	<p><u>PROCESSING</u> (See definitions on page 13.)</p> <ul style="list-style-type: none"> Strive to make unprocessed or minimally processed foods, mainly of plant origin, or freshly prepared food composed of these ingredients the foundation of all offerings. <p><u>TYPES OF FOODS AND BEVERAGES</u></p> <ul style="list-style-type: none"> Provide access to free, clean tap or filtered water at meal sites and throughout the day. Prioritize healthy beverage offerings, including water, fat-free and low-fat milk, 100% juice, and teas and coffees with no sugar added. Strive to offer alternatives to sugar-sweetened and ultra-processed beverages. Consider offering a variety of fruits and vegetables when food is served. Consider offering whole grain-rich products. Consider offering a diverse variety of protein foods, particularly plant-based options utilizing legumes, lean meats and poultry, and seafood. Consider offering alternatives to meat, poultry, and cheese purchases. Consider offering meats and poultry raised without the routine use of antibiotics and/or growth hormones. Prioritize local, organic, and sustainable foods and beverages. Use of foods grown in an on-site culinary garden is encouraged, where applicable. <p><u>COOKING TECHNIQUES AND SERVING SIZES</u></p> <ul style="list-style-type: none"> Prepare foods using healthy cooking techniques (e.g., baking, broiling, roasting, grilling, poaching, steaming, stir frying). Prioritize the generous use of whole, fresh products, herbs, spices, vinegars, and citrus to flavor foods. Prioritize the use of small amounts of fat, sugar, and salt when necessary to add to freshly prepared foods; use no sodium added or low sodium version of foods and ingredients, when available. Consider offering reduced sized portions of high calorie foods, including desserts.
SUSTAINABILITY	<ul style="list-style-type: none"> Consider using reusable serviceware, whenever feasible and appropriate. Prioritize food and beverage products with no or minimal packaging. Plan to serve only what will be eaten.
FOOD ENVIRONMENT	<ul style="list-style-type: none"> Provide environments that allow individuals to sit and enjoy their food, preferably in the company of others, where applicable. Ensure healthier options are attractively presented, appealing, and taste good. Serve healthier and plant-based options first.

IV. Guidance for Meetings/Events

The *Eat Well Practices* for Meetings and Events offer ideas for creating healthy food environments at meetings and events within County government. These Practices are offered as suggestions for integrating best practices into these contexts.

CATEGORY	PRACTICES
GENERAL	<p><u>PROCESSING</u> (See definitions on page 13.)</p> <ul style="list-style-type: none"> • Strive to make unprocessed or minimally processed foods, mainly of plant origin, or freshly prepared food composed of these ingredients the foundation of all offerings. <p><u>TYPES OF FOODS AND BEVERAGES</u></p> <ul style="list-style-type: none"> • Provide access to free, clean tap or filtered water when food and beverages are served. • Prioritize healthy beverage offerings, including water, fat-free and low-fat milk, 100% juice, and teas and coffees with no sugar added. • Consider offering alternatives to sugar-sweetened and ultra-processed beverages. • Consider serving fruit instead of desserts high in fat and added sugars. • Prioritize whole grain products. • Prioritize local, organic, sustainable products. • Consider offering alternatives to meat, poultry, and cheese offerings; if offered, offer meats and poultry raised without the routine use of antibiotics and/or growth hormones. • Consider offering plant-based or vegetarian options, utilizing legumes for proteins. • Consider offering condiments and dressings on the side. <p><u>Cooking Techniques and Serving Sizes</u></p> <ul style="list-style-type: none"> • Consider preparing foods using healthy cooking techniques (e.g., baking, broiling, roasting, grilling, poaching, steaming, stir frying). • Use small amounts of fat, sugar, and salt when necessary to add to culinary preparations. • Consider offering small portions, especially when high calorie foods are served. • Use smaller plates, bowls, and serving utensils.
SUSTAINABILITY	<ul style="list-style-type: none"> • Plan to serve only what will be eaten. • Use bulk containers for beverages; strive to minimize or avoid single-use plastic bottles • Provide properly cleaned reusable food and beverage serviceware (e.g., cups, plates, silverware) and/or encourage attendees to bring their own whenever feasible and appropriate; look to guidance provided by the Department of Environmental Health for procedures on cleaning and sanitizing reusable serviceware. • Prioritize food and beverage products with no or minimal packaging.
FOOD ENVIRONMENT	<ul style="list-style-type: none"> • Place healthier foods and beverages in prominent positions, and strive to ensure that healthier options are attractively presented, appealing, and taste good.

V. Guidance for Vending Machines

See Board of Supervisors Policy K-14, *Healthy Choice Options in Vending Machines on County Property*, for guidance for vending machines on County property:

<http://www.sandiegocounty.gov/cob/docs/policy/K-14.pdf>

This policy is scheduled to undergo sunset review by December 31, 2020.



IMPLEMENTATION OF THE *EAT WELL PRACTICES*

The implementation of the *Eat Well Practices* will be coordinated by the County's Health and Human Services Agency (HHS), in cooperation with the *Live Well San Diego* Food System Initiative interdepartmental County team. Specific timelines for the components of implementation are included in the Food System Initiative Implementation Plan. The Food System Initiative will regularly review the *Eat Well Practices* to maintain alignment with County operations, the latest dietary science, food systems research, product availability, and food service operator capacity.

Following the rollout of the *Eat Well Practices*, baseline measurements will be established to provide a picture of food and beverage practices across County food environments. These baseline measurements will be used to formulate metrics that are tied to the goal areas of building better health, supporting a thriving economy, and fostering a resilient environment.

The *Eat Well Practices* will be used as guidance for County departments as applicable, including in the context of procurements and contracts in order to support positive choices and create healthy food environments that make it easier to live well.

APPENDIX A: PROCESSING CATEGORIES

PROCESSING CATEGORY	DEFINITION	EXAMPLES
UNPROCESSED AND MINIMALLY PROCESSED FOODS AND BEVERAGES	Unprocessed and minimally processed foods and beverages include single-ingredient foods or beverages, which have undergone no or slight alterations after separation from nature, such as cleaning, removal of unwanted or inedible parts, fractioning, grinding, roasting, boiling, freezing, drying, fermentation, or pasteurization. These do <i>not</i> include any added oils, fats, sugar, salt or other substances, but may include vitamins and minerals typically to replace those lost during processing. Simple combinations of two or more unprocessed or minimally processed foods, such as granola made from cereals, mixtures of frozen vegetables, and unsalted, unsweetened, dried fruit and nut mixtures, remain in this group. As a general rule, additives are rarely present in food items in this group. ^{i,ii,iii,iv,5}	Examples include, but are not limited to fresh, chilled, frozen, vacuum- packed fruits, vegetables, including those with antioxidants, roots, and tubers; cereal grains and flours made with these grains; fresh or dry pasta or noodles (made from flour with the addition only of water); fresh, frozen and dried beans and other pulses (legumes); dried fruits and 100% unsweetened fruit juices; fresh or dried mushrooms; unsalted nuts and seeds; fresh, dried, chilled, frozen meats, poultry and fish; fresh and pasteurized milk, ultra-pasteurized milk with added stabilizers, fermented milk such as plain yogurt; spices such as pepper, cloves, and cinnamon; herbs such as fresh or dry thyme, mint, and cilantro; eggs; teas, coffee, herb infusions, tap water, bottled spring water. ^v
MODERATELY PROCESSED FOODS AND BEVERAGES	Moderately processed foods and beverages are simple products manufactured by industry typically with few ingredients including unprocessed or minimally processed foods and salt, sugar, oils, fats and other substances commonly used as culinary ingredients. ^{vi,vii,viii,ix} Additives are sometimes added to foods in this group. ⁶	Examples include, but are not limited to breads; cheese; sweetened fruits and fruits in syrup with added anti-oxidants; dried salted meats with added preservatives; canned foods preserved in salt or oil; cereals with tocopherols (Vitamin E); tofu, tempeh, and certain kinds of bean and vegetable burgers; and multi-ingredient foods and beverages manufactured and packaged by industry that contain no ingredients only used in ultra-processed products.
ULTRA-PROCESSED FOOD AND BEVERAGE PRODUCTS	Ultra-processed food and beverage products are industrial formulations typically with many ingredients including salt, sugar, oils and fats, but also substances not commonly used in domestic cooking and additives whose purpose is to imitate sensorial qualities of unprocessed or minimally processed foods and culinary preparations of these foods. Minimally processed foods are a small proportion of or are even absent from ultra-processed products. ^{x,xi,xii,7}	Examples include, but are not limited to industrially manufactured sports drinks, regular and diet sodas, flavored milks, energy drinks, meal replacement or dietary supplement drinks or foods, sweet and/or savory snacks, ice cream, cakes and cake mixes, pastries, candies, chocolate bars, energy bars, granola bars, snack chips and mixes, packaged desserts, -grain-based desserts and breads, margarine, condiments, instant sauces and soups, hot dogs, sausages, luncheon meats, chicken patties and nuggets, breaded fish and sticks, frozen and packaged meals, prepacked pizza, fast food, and other foods with ingredients not usually sold to consumers for use in freshly prepared foods.
CULINARY INGREDIENTS	Culinary ingredients are substances obtained from unprocessed or minimally processed foods, or nature, and commonly used to season and cook unprocessed or minimally processed foods in the creation of freshly prepared dishes. Items in this group are rarely consumed alone. Combinations of two or more culinary ingredients, such as oil and vinegar, remain in this group. As a general rule, additives are rarely present in these foods and beverages. ^{xiii,xiv,xv,8}	Examples include, but are not limited to butter, lard, and vegetable oils; milk, cream; sugar and molasses obtained from cane or beet; honey extracted from combs and syrup from maple trees; salt and iodized salt; starches; vegetable oils with added antioxidants; and vinegar with added preservatives.
FRESHLY PREPARED FOODS AND BEVERAGES	Freshly prepared foods and beverages are handmade preparations composed of unprocessed or minimally processed foods and culinary ingredients. ^{xvi}	Examples include, but are not limited to any scratch prepared foods and beverages made with unprocessed or minimally processed foods and culinary ingredients made at home, a cafeteria, or food service operation such as hummus; salsa; salads; mixed vegetables; stir fry; mashed potatoes; soups; casseroles; cooked meats, poultry, or fish; pies, cakes, and cookies; and coffee, tea and lemonade.

⁵ Classes of additives that may infrequently be added to foods and beverages in this category include nutrient supplements, stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation.

⁶ Classes of additives sometimes added to foods and beverages in this category include nutrient supplements, curing and pickling agents, leaving agents (in simple breads), enzymes (in cheese), stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation or stabilizers.

⁷ Ultra-processed products may include an assortment of additives or ingredients not typically found in unprocessed/minimally processed and moderately processed foods or culinary ingredients. Examples of substances only found in ultra-processed products include some directly extracted from foods, such as casein, lactose, whey, and gluten, and some derived from further processing of food constituents, such as hydrogenated or interesterified oils, hydrolyzed proteins, soy protein isolate, maltodextrin, invert sugar and high fructose corn syrup.

⁸ Classes of additives that may infrequently be added to foods and beverages in this category include nutrient supplements, curing and pickling agents, stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation.

APPENDIX B: DEFINITIONS

Added sugars— Syrups and other caloric sweeteners used as a sweetener in other food products. Naturally occurring sugars such as those in fruit or milk are not added sugars. Specific examples of added sugars that can be listed as an ingredient include brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Cafés— Cafés are a small kiosk or stand that typically sells a la carte food and beverages to employees or the public at County-operated facilities or property.

Cafeterias— Cafeterias are a food service location in a County facility open to employees and the public that offers meals and/or food items for sale.

Congregate meals— Congregate meal programs refer to meals served on site at community centers, senior centers, or the equivalent provided as part of the Older Americans Act to Seniors age 60 or older. Meals are guided by California Code of Regulations Title 22.

Custodial meals— Custodial meals refer to meals served by institutional food services to youth or adults in full custody of the County of San Diego, including children living at temporary emergency shelters and minors or adults temporarily or permanently residing in public hospitals. Custodial meals do not include youth and adults living in detention facilities. Meals are guided by the National School Lunch Meal Program, School Breakfast Program, and California Code of Regulations Title 22.

Culinary ingredients— Substances obtained from unprocessed or minimally processed foods, or nature, and commonly used to season and cook unprocessed or minimally processed foods in the creation of freshly prepared dishes. Items in this group are rarely consumed alone. Combinations of two or more culinary ingredients, such as oil and vinegar, remain in this group. As a general rule, additives are rarely present in these foods and beverages. Examples include, but are not limited to butter, lard, and vegetable oils; milk and cream; sugar and molasses obtained from cane or beet; honey extracted from combs and syrup from maple trees; salt and iodized salt; starches; vegetable oils with added antioxidants; and vinegar with added preservatives.^{xvii, 9}

Freshly prepared foods, beverages, and dishes— Handmade preparations composed of unprocessed or minimally processed foods and culinary ingredients.^{xviii} Examples include, but are not limited to, any scratch prepared foods and beverages made with unprocessed or minimally processed foods and culinary ingredients made at home, a cafeteria, or food service operation such as hummus; salsa; salads; mixed vegetables; stir fry; mashed potatoes; soups; casseroles; cooked meats, poultry, or fish; pies, cakes, and cookies; and coffee, tea and lemonade.^{xix}

Food Donation Plan— A plan by institutional or commercial food service operations to donate surplus unprocessed/minimally processed, packaged, canned, freshly prepared, and/or on-site garden grown foods from their respective food facility to local food banks and pantries. The plan should include action steps for identifying, preparing, handling, storing, and distributing excess food to local food banks and

⁹ Classes of additives that may infrequently be added to foods and beverages in this category include nutrient supplements, curing and pickling agents, stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation.

pantries. Food facilities that donate food are protected from liability by federal and state laws, including the Bill Emerson Good Samaritan Food Donation Act, California Health and Safety Code Section 114433, and California Civil Code Section 1714.25, and may be eligible to earn tax deductions as allowed by Internal Revenue Code (IRC) Section 170.

Group homes— Group homes refer to homes and campuses licensed by the State for the care of foster youth.

Home-delivered meals—Home-delivered meals are meals provided to seniors age 60 or older as part of the Older Americans Act or individuals living with HIV/AIDS as part of the Ryan White Treatment Extension Act of 2009 (RWTEA). Home-delivered meals for seniors are guided by California Code of Regulations Title 22. Contractors for HIV/AIDS related home-delivered meals are required to use the American Dietetic Association publications, “Positive Steps, A Guide to Good Nutrition and Better Living with HIV” and “A Clinician’s Guide to Nutrition in HIV and AIDS” as references when planning menus.

Lean meat and lean poultry— Any meat or poultry that contains less than 10 g of fat, 4.5 g or less of saturated fats, and less than 95 mg of cholesterol per 100 g and per labeled serving size, based on USDA definitions for food label use. Examples include 95% lean cooked ground beef, beef top round steak or roast, beef tenderloin, pork top loin chop or roast, pork tenderloin, ham or turkey deli slices, skinless chicken breast, and skinless turkey breast.

Local foods— The County of San Diego has adopted Community Health Improvement Partners’ local foods definition, which categorizes such foods into three categories:

- **San Diego County** (San Diego Grown 365) - grown, raised, or landed within San Diego County
- **Regional** - grown, raised, or landed within 250 miles of San Diego County within California¹⁰
- **California** - grown, raised, or landed within California

In addition, local foods are categorized into four subgroups, including:

- **Local produce**— Produce grown on a farm within the County of San Diego’s three-tiered definition of local. Farms must grow more than 5 crops per 500 acres and not pre-treat, wash, or clean crops with toxic detergents or cleansing agents such as bleach, ammonium, or others not listed here.
- **Local fluid milk and cheese**— Fluid milk and cheese from dairies that produce milk within the County of San Diego’s three-tiered definition of local and cows not treated with rBST or rBGH (recombinant Bovine Growth Hormone).
- **Local meat**— Local meat is raised within the County of San Diego’s three-tiered definition of local and adheres to a minimum of one sustainable certification, label claim, or equivalent as approved by the County of San Diego.
- **Local fish and seafood**— Products raised or landed within the County of San Diego’s three-tiered definition of local. Seafood landed or caught within 250 miles of San Diego County’s border, including within the country of Mexico, and sustainably caught may also be counted as product from the San Diego County Region.

Meat— All forms of foods that come from the flesh of cattle and calves, goats, pigs, sheep, and non-bird game (e.g., venison, bison, elk). Poultry, fish, and seafood are not included in this definition.

¹⁰ Seafood landed or caught within 250 miles of San Diego County’s border, including within the country of Mexico, and sustainably caught may also be counted as product from the San Diego County Region.

Minimally processed foods— Single ingredient foods which, after separation from nature, were altered by processes such as removal of inedible or unwanted parts, drying, crushing, grinding, fractioning, filtering, roasting, boiling, pasteurization, refrigeration, freezing, placing in containers, vacuum packaging, and/or non-alcoholic fermentation. The processing of these foods and beverages must **not** include any added oils, fats, sugar, salt, or other substances, but may include vitamins and minerals typically to replace those lost during processing. Simple combinations of minimally processed foods, such as granola made from cereals, mixtures of frozen vegetables, and unsalted, unsweetened, dried fruit and nut mixtures, remain in this group. As a general rule, additives are rarely present in these foods and beverages. Examples include cereal grains and flours made with these grains; fresh or dry pasta or noodles (made from flour with the addition only of water); fresh, frozen, and dried beans and other pulses (legumes); fresh, dried, or frozen fruits and vegetables; 100% unsweetened juices; fresh or dried mushrooms; dried, ground, or frozen meats, poultry, and fish; pasteurized milk, ultra-pasteurized milk with added stabilizers, fermented milk such as plain yogurt; spices such as pepper, cloves, and cinnamon; herbs such as fresh or dry thyme, mint, and cilantro; teas, coffee, herb infusions, tap water, and bottled spring water. ^{xx, 11}

Moderately processed foods— Foods are simple products manufactured by industry typically with few ingredients including unprocessed or minimally processed foods and salt, sugar, oils, fats and other substances commonly used as culinary ingredients. Additives are sometimes added to foods in this group. Examples include, but are not limited to breads; cheese; sweetened fruits and fruits in syrup with added anti-oxidants; dried salted meats with added preservatives; canned foods preserved in salt or oil; cereals with tocopherols (Vitamin E); and multi-ingredient foods and beverages manufactured and packaged by industry that contain no ultra-processed ingredients. ^{xxi, xxii, 12}

Processed meat and processed poultry— All meat or poultry products preserved by smoking, curing, salting, and/or the addition of chemical preservatives. Processed meats and poultry include all types of meat or poultry sausages (bologna, frankfurters, luncheon meats and loaves, sandwich spreads, viennas, chorizos, kielbasa, pepperoni, salami, and summer sausages), bacon, smoked or cured ham or pork shoulder, corned beef, pastrami, pig's feet, beef jerky, marinated chicken breasts, and smoked turkey products.

Poultry— All forms of food that come from the flesh of chicken, turkey, duck, geese, guineas, and game birds (e.g., quail, pheasant).

Responsible fisheries— Responsible fisheries, including aquaculture, are those that ensure the availability of diverse, abundant, and healthy fishing stocks for the present day and future generations. Fishing practices, management, processing, and distribution support long-standing human health, economics, and environmental sustainability. Responsible fisheries abide by all state, federal, and international law as applicable.

Seafood— Marine animals that live in the sea and in freshwater lakes and rivers. Seafood includes fish (e.g., salmon, tuna, trout, and tilapia) and shellfish (e.g., shrimp, crab, and oysters).

¹¹ Classes of additives that may infrequently be added to foods and beverages in this category include nutrient supplements, stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation.

¹² Classes of additives sometimes added to foods and beverages in this category include nutrient supplements, curing and pickling agents, leaving agents (in simple breads), enzymes (in cheese), stabilizers (in fluid milk or yogurt only), and anti-oxidants or antimicrobial agents to preserve original properties or prevent microorganism proliferation or stabilizers.

Sugar-sweetened beverages (or calorically sweetened beverages)— Liquids that are sweetened with various forms of added sugars. These beverages include, but are not limited to, soda (regular, not sugar-free), fruitades, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars.

Sustainable products— Products produced in systems that, among other attributes, eliminate the use of toxic pesticides, prohibit the use of hormones and non-therapeutic antibiotics, support farmer and farm worker health and welfare, and use ecologically protective and restorative agriculture and carry the following certifications, label claims, or equivalent as approved by the County of San Diego:

Allowed third party certifications

- [American Grassfed Association-Certified](#): A volunteer consumer certification for ruminant animals (e.g., beef, bison, goat, lamb, and sheep) conducted by an independent, third party auditor that verifies producers: 1) raised animals on pasture without confinement to feedlots, 2) fed animals only grass and forage, 3) never treated animals with antibiotics or growth hormones, and 4) animals were born and raised in the U.S. on family farms.
- [Animal Welfare Approved](#): A volunteer consumer certification available only to family farmers that requires the production of egg, dairy, meat or poultry animals on pasture or range, prohibits dual production (e.g., conventional and animal welfare operations owned by the same operation), and ensures animals are allowed to behave naturally and perform natural and instinctive behaviors. Certifications of farms are conducted by a third party auditor.
- [Bird Friendly Coffee](#): This certification from the Smithsonian Migratory Bird Center promotes healthy soil management and a variety of native shade trees to protect natural ecosystems and bird habitat while maintaining productive farms. Coffee is 100% organic and shade-grown.
- [Certified Humane Raised and Handled](#): A volunteer consumer certification for egg, dairy, meat, or poultry that certifies that animals are free to perform natural behaviors and fed a quality diet without animal by-product, antibiotics, or growth hormones, and producers comply with food safety, environmental regulations, and the American Meat Institute Standards for slaughter.
- [Certified Responsible Antibiotic Use Standard](#): A USDA-certified standard that allows for a minimal use of medically important antibiotics in poultry production only with clear medical justification and as prescribed by a veterinarian.
- [Fair Trade Certified](#): A volunteer certification that verifies producers of agricultural commodities have practices in place that support farm and farm worker empowerment, economic development, social development, and environmental stewardship. Certified farms provide a living wage and fair price for labor. A fair price is also paid for the farm product.
- [Food Alliance Certified](#): A volunteer third party certification that verifies producers practices safe, fair, and sustainable agriculture practices, such as integrated pest, disease, and weed management; soil and water conservation; wildlife habitat and biodiversity conservation; and no added growth promotants or sub-therapeutic antibiotics.
- [Global Animal Partnership 5-Step Animal Welfare Rating System](#): A five step independently certified and audited rating program for farmers and ranchers that promotes and facilitates continuous improvement in animal agriculture and encourages welfare-friendly practices while informing consumers about animal farming systems.
- [Marine Stewardship Council](#): A volunteer certification program that guarantees fisheries involved in wild-capture of marine or freshwater organisms (e.g., fish, shellfish) meet internationally accepted best practice management. Fisheries must adhere to three principles: 1) fishing activity can continue at current level indefinitely, 2) the structure, productivity,

function, and diversity of the ecosystem remains intact, and 3) fishery complies with relevant laws and can respond to changing circumstances.

- [Non-GMO Project Verified](#): A third party verification program that guarantees genetically modified organism contamination in plants, animals, microorganisms, and other organisms does not exceed a certain level. The Standard is designed to assist farmers, processors and manufacturers in avoiding GMO contamination.
- [Protected Harvest](#): A third party certification of sustainably grown fruits and vegetables. Growers are assessed and audited on water, air, and soil quality; wildlife protection and social impacts on workers and the community.
- [Rainforest Alliance Certified](#): A third party certification program that assures farms have met the Sustainable Agriculture Network's ten principles: social and environmental management system, ecosystem conservation, wildlife conservation, fair treatment and good working conditions for workers, occupational health and safety, community relations, integrated crop management, soil management and conservation, and integrated waste management. Certification is available for over 100 farm crops.
- [Salmon Safe](#): A third party certification that encourages agricultural practices that protect water quality and wildlife habitat in West Coast salmon watersheds. The certification program focuses on management practices in six areas: riparian area management, water use management, erosion and sediment control, integrated pest management and water quality protection, animal management, and biodiversity conservation.
- [USDA Certified Organic](#): A USDA certification that ensures foods are produced using a set of cultural, biological, and mechanical practices that support the cycling of on-farm resources, promote ecological balance, and conserve biodiversity. These include maintaining or enhancing soil and water quality; conserving wetlands, woodlands, and wildlife; and avoiding use of synthetic fertilizers, sewage sludge, irradiation, and genetic engineering.

Allowed label claims

The USDA allows applicants to market products to consumers using independently verified label claims not certified by a third party auditor. Foods and beverages with the following label claims may be counted as a sustainable product:

- Raised without antibiotics/No antibiotics administered/No antibiotics ever: Meat and poultry products raised without antibiotics.
- Never Ever 3: Meat and poultry products in which antibiotics are never administered nor given hormones or animal by-products.
- Raised without added hormones/No hormones added: Beef and lamb raised without added hormones.
- rBGH-free/rBST-free/Our farmers pledge not to use rBGH: Dairy products raised without recombinant bovine growth hormone or recombinant bovine somatotropin.

Triple bottom-line—The triple bottom-line was coined by a consultant agency in the 1990s that suggested companies aim to improve three separate bottom lines: social, economic, and environment. The framework is now commonly used in the business community and among organizations engaged in improving sustainability. The triple bottom-line provides a framework for people and organizations to consider the social, environmental, and economic impact of choices.

Ultra-processed food products—Industrial formulations typically with many ingredients including salt, sugar, oils and fats, but also substances not commonly used in domestic cooking and additives whose purpose is to imitate sensorial qualities of unprocessed or minimally processed foods and culinary

preparations of these foods. Minimally processed foods are a small proportion of or are even absent from ultra-processed products. Examples include, but are not limited to industrially manufactured sports drinks, regular and diet colas, flavored milks, energy drinks, meal replacement or dietary supplement drinks or foods, sweet and/or savory snacks, ice cream, cakes and cake mixes, pastries, candies, chocolate bars, energy bars, granola bars, snack chips and mixes, packaged desserts, -grain-based desserts and breads, margarine, condiments, instant sauces and soups, hot dogs, sausages, luncheon meats, chicken patties and nuggets, breaded fish and sticks, frozen and packaged meals, prepacked pizza, fast food, and other foods with ingredients not usually sold to consumers for use in freshly prepared foods.^{xxiii, 13, 14}

Unprocessed foods— Edible parts of plants or animals, fungi, and water, after separation from nature. Examples include, but are not limited to plant fruits, leaves, stems, seeds, and roots; mushrooms; whole animal muscle; eggs; fluid milk; fresh ground water.^{xxiv}

Vending Machine— A machine that dispenses food and beverages in exchange for cash or credit.

Whole grains— Grains and grain products made from the entire grain seed, usually called the kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed, or flaked, it must retain the same relative proportions of bran, germ, and endosperm as the original grain in order to be called whole grain. Many, but not all, whole grains are also sources of dietary fiber.

Whole grain-rich— Foods that contain a blend of whole-grain and enriched meal and/or flour of which at least 50 percent is whole grain and the remaining 50 percent or less of grains, if any, must be enriched.

¹³ Freshly prepared foods and beverages are handmade preparations composed of unprocessed or minimally processed foods and culinary ingredients.¹³

¹⁴ Ultra-processed products may include an assortment of additives not typically found in unprocessed/minimally processed and moderately processed foods or culinary ingredients. Examples of substances only found in ultra-processed products include some directly extracted from foods, such as casein, lactose, whey, and gluten, and some derived from further processing of food constituents, such as hydrogenated or interesterified oils, hydrolyzed proteins, soy protein isolate, maltodextrin, invert sugar and high fructose corn syrup.

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