

REHABILITATION DIVISION

GENERAL ADMINISTRATIVE MANUAL

4.27 BEN Nutrition Standards Policy



I. PURPOSE/SCOPE

The Bureau of Services to the Blind and Visually Impaired (BSBVI), Business Enterprises of Nevada Program (BEN), as approved by the Nevada Committee of Blind Vendors (NCBV), has established a BEN Nutrition Standards Policy. This policy was developed in conjunction with the Southern Nevada Health District and requires that food and beverages sold in concessions, micro-markets, cafeterias/cafes, snack bars, dining places, vending machines, and any other food retail location operated by or subcontracted through Business Enterprises of Nevada (BEN) meet the following nutrition standards.

II. POLICY

Beverage Standards

At least 50% of beverages offered for sale must adhere to one of the following nutritional standards categories:

- Water: non-carbonated, no added sugars or artificial sweeteners, any size
- Milk: plain fat-free, 1% low fat, or 2% reduced-fat milk or flavored fat-free or 1% low fat milk, ≤ 160 calories/ 8 oz
- Juice: 100% fruit and/or vegetable juice with no added sweeteners and ≤ 230 mg sodium/ 8 oz
- Low-calorie beverages: ≤ 40 calories/ 8 oz, ≤ 100 calories per bottle
- Non-caloric beverages: including diet sodas, any size

Additional beverage standards for dining places (term 'dining places' for the purposes of this policy refers to BEN food service establishments with food production, for a more detailed definition refer to page 3 of this document):*

- Chilled drinking water must be available at no additional charge during all meal service.
- Soda fountains must provide both water and non-caloric carbonated water. At least 50% of the soda fountain options must meet one of the beverage standards listed above.
- Fresh-made smoothies and juices must contain no added caloric or non-caloric sweeteners.

Food Standards

At least 50% of foods offered for sale must meet the following nutritional standards:

- Contains zero trans-fat per serving as defined by the Food and Drug Administration (FDA)
- Contains ≤ 250 calories per package for snack foods and ≤ 500 calories for commercially pre-packaged meals

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- Contains ≤ 230 mg sodium per package for snack foods and ≤ 480 mg sodium for commercially pre-packaged meals
- ≤ 10 g fat per package for snack foods and $\leq 35\%$ total calories from fat for commercially pre-packaged meals (excludes nuts and seeds)
- ≤ 3 g saturated fat per package for snack foods and $\leq 10\%$ of calories from saturated fat for commercially pre-packaged meals (excludes nuts and seeds)
- ≤ 20 g total sugars per package for snack foods and $\leq 35\%$ of total calories from total sugar for commercially pre-packaged meals (excludes unsweetened dried fruit)
- $\leq 10\%$ of total calories from added sugars for snack foods and commercially pre-packaged meals
- If sold, yogurt that is fat-free, 1% low fat, or 2% reduced fat with ≤ 20 g of total sugar/6 oz
- Gum and mints are exempt from the nutrition standards.

*Additional food standards for dining places**:

- A minimum of four menu items at all meal service must meet the following nutrition standards, where applicable:
 - 1) Proteins that are lean (as defined by the USDA), unprocessed/unpreserved, and prepared with a cooking method that does not add calories, such as grilled, steamed, roasted or baked (not deep-fried)
 - 2) Grains and grain products that are 100% whole grain
 - 3) Dairy that is fat-free or low-fat and unsweetened
 - 4) Fruit that is raw or cooked and unsweetened
 - 5) Vegetables that are raw or cooked with a cooking method that does not add calories, such as grilled, steamed, roasted or baked (not deep-fried)
- Items meeting the nutrition standards must be highlighted on the menu board as such
- A side and/or beverage option meeting the nutrition standards must be available for combination meals at no additional charge.
- All canned and frozen fruit must be packaged in 100% water or unsweetened juice, with no added sweeteners.

Dining places must comply with three of the following nutrition standards:*

- Offer daily whole or sliced fresh, unsweetened fruits.
- Offer daily leafy green salads and at least one vinegar-based salad dressing.
- Offer daily at least one steamed, baked, roasted or grilled vegetable option.

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- Offer daily at least one soup that is low-sodium (defined as ≤ 480 mg of sodium/ 8 oz).
- Offer daily 100% whole grain options for substitution at no extra cost.

*Dining places for the purposes of this particular policy are defined as non-military establishments that are equipped with a kitchen range and hood and that sell food items that are prepared or cooked on premises.

Calorie Labeling

The U.S. Food and Drug Administration will require by December 1, 2016 that restaurants and similar retail food establishments that are a part of 20 or more locations, or operators who own or operate 20 or more vending machines disclose calorie information for foods and beverages sold.

Pricing/Placement/Marketing Standards

- Where possible, marketing shall include advertising and promotion only of beverages and foods that meet the nutrition standards outlined in this policy. Excludes daily specials.
- For vending machines, individual items meeting the nutrition standards in this policy must be clearly identifiable as such within the machine.
- It is recommended that the items meeting the nutrition standards are priced at or below the price of a comparable item that does not meet the nutrition standards.
- Pricing of 'bottled water' is recommended to be a minimum of \$.25 lower than a regular soda or sugar-sweetened beverage of the same size.

III. QUALITY ASSURANCE/EVALUATION

The nutrition standards must be reviewed and updated by state or local Health District staff within six months of each update of the Dietary Guidelines for Americans. The nutrition standards policy will be reviewed within two years of implementation by Business Enterprises of Nevada, and any revisions will be made with an consent of both BEN Program and NCBV Committee, and in conjunction with the Southern Nevada Health District. BEN Chief reserves the right to provide policy waivers on a case by case basis, and to those locations which:

- (1) Are identified as non-viable, unprofitable or loss-making per BEN Chief's determination;
- (2) Otherwise would not be financially feasible;
- (3) Are facing other extenuating circumstances as determined valid by the BEN Chief; or

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(4) At a written request of the host agency** , where that particular BEN site is located.

All waived sites will be reevaluated on a semi-annual basis and a report will be generated with recommendations by Business Enterprise Officer II and submitted to the Chief Enterprise Officer.

**Host agency – refers to a government organization with which BEN Program has established an agreement to “host” a particular BEN Site.

IV. REFERENCES

1. Centers for Disease Control and Prevention. Health and Sustainability Guidelines for Federal Concessions and Vending Operations. (2012). Available at: http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf
2. National Alliance for Nutrition and Activity (NANA). (2013). Model beverage and food vending machine standards. Available at: <https://cspinet.org/new/pdf/final-model-vending-standards.pdf>
3. The Nemours Foundation. Healthy Vending Guide.(2010). Available at: <https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/resource/healthyvending.pdf>
4. New York City Department of Health and Mental Hygiene. (2011). New York City Food Standards Cafeterias/Cafes. Available at: <http://www.nyc.gov/html/doh/downloads/pdf/cardio/cafeterias-standards.pdf>