



Healthy Foods - Procedure

Requirements and standards for healthy foods at Southeast

2. Standards

- ❖ The artificial trans fat content of food prepared by SEC shall not exceed the following amounts:
- ❖ The trans fat content of vegetable oil or spreadable margarine used in the preparation of foods at a SEC must not exceed 2% of the product's total fat content,
- ❖ A pre-packaged product, excluding meat or dairy products, is deemed not to contain artificial trans fat if the nutrition facts table lists the trans fat content as 0.2 grams or less per serving,
- ❖ . The trans fat content of other foods, excluding meat or dairy products, must not exceed 5% of the food's total fat content.
- ❖ Exceptions will be made in special circumstances such as students' personal food, or for special occasions such as pizza lunches if the food items are not available every day.
- ❖ That artificial sugary drink choices be eliminated, and healthy options be made available at meals.

That the Chef Supervisor, relay total nutritional contents of items prepare in the kitchen to all staff and students for each meal served.

Adoption Date: August 21/12	Revision Date:
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