



## SUSTAINABLE FOOD DEFINITIONS

### Criteria Checklist

Products that carry at least one of the following certifications or label claims or that meet the definition of “local” below are considered *sustainable* for Health Care Without Harm and Practice Greenhealth programs.

### Allowed Third Party Certifications

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- USDA Certified Organic (**full spectrum of food and beverages**)
- Food Alliance Certified (**beef, lamb, pork, poultry, dairy, eggs, shellfish, grains, legumes, fruit/veg, nuts, oils**)
- NON GMO Project Verified (**products containing corn, soy, canola; animal products**)
- American Grassfed certified (**products from ruminants such as beef cattle, dairy cattle, lamb**)
- Global Animal Partnership (**beef, poultry, pork**)
- Certified Humane Raised and Handled\* (**beef, lamb, pork, poultry, milk, cheese, eggs**)
- Animal Welfare Approved\* (**beef, lamb, pork, poultry, eggs, milk**)
- Salmon Safe (**fruit, vegetables, beef, lamb, milk, eggs, wine**)
- Certified Responsible Antibiotic Use (CRAU) (**poultry**)
- Marine Stewardship Council (**finfish, shellfish**)
- Rainforest Alliance Certified (**coffee/tea, cocoa/chocolate, tropical fruit, nuts**)
- Protected Harvest (**fruits, vegetables**)
- Fair Trade Certified (**coffee/tea, cocoa/chocolate, sugar, grains/rice, nuts, fruit**)
- Bird Friendly (**coffee**)

### Allowed Label Claims *(Should also carry the USDA Process Verified Shield)*

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- Raised without antibiotics/No antibiotics administered/No antibiotics ever (**poultry and meat products**)
- Raised without added hormones/No hormones added (**beef and lamb only**)
- rBGHfree/rBSTfree/Our farmers pledge not to use rBGH (**dairy products**)
- Cage-free (**eggs**)
- USDA Grassfed (**products from ruminants such as beef cattle, dairy cattle, lamb**)

### Local

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Grown/raised and processed within **250-miles** of your facility. For processed foods with multiple ingredients, including breads and other bakery items, only products with the majority of ingredients (>50% by weight) grown/raised and processed within the 250-mile radius may be considered local.

\* NOTE: *American Humane Certified* and *Natural* are NOT allowed claims

Below are listed third party certifications and label claims that we have determined to be highly meaningful given the following criteria. However, as the marketplace evolves, you may find new programs available. Use this list of criteria to assess programs not listed here:

- Clearly stated principles and criteria
- Measurable and transparent (publicly available) standards
- Third-party verification
- Improvements to standards as science, technology and markets allow

For more information, visit [www.HealthyFoodInHealthCare.org](http://www.HealthyFoodInHealthCare.org)