



# 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 Label Claims** (The USDA allows the following label claims. Note that no third-party audit is required to use these claims without the Process Verified seal. For this reason we strongly encourage purchasers to review the [Official Listing of Approved USDA Process Verified Programs](#).)

- ◆ Raised without antibiotics/No antibiotics administered/No antibiotics ever/No antibiotics added (**meat and poultry products**)
- ◆ Raised without added hormones/No hormones added (**beef and lamb only**)
- ◆ rBGH-free/rBST-free/Our farmers pledge not to use rBGH (**dairy products**)

**Local** 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.

We have determined these third party certifications and label claims to be highly meaningful. 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)

## Allowed Third Party Certifications

### General

- ◆ USDA Certified Organic (**full spectrum of food and beverages**)
- ◆ Food Alliance Certified (**beef, lamb, pork, poultry, dairy, eggs, shellfish, grains, legumes, fruit/vegetables, nuts, oils**)
- ◆ NON GMO Project Verified (products containing corn, soy, canola; non-dairy milk; animal products)
- ◆ Salmon Safe (**fruit, vegetables, beef, lamb, milk, eggs, wine**)
- ◆ Protected Harvest (**fruits, vegetables**)
- ◆ Rainforest Alliance Certified (**coffee/tea, cocoa/chocolate, tropical fruit, nuts, juice**)
- ◆ Fair Trade Certified (**coffee/tea, cocoa/chocolate, sugar, grains/rice, nuts, fruit, juice, non-dairy milk**)
- ◆ Bird Friendly (**coffee**)

### Meat, Poultry & Dairy

- ◆ Certified Grassfed by Food Alliance (**beef, sheep and goats**)
- ◆ 100% Grassfed by Pennsylvania Certified Organic (**beef and dairy**)
- ◆ American Grassfed certified (**products from ruminants such as beef, dairy, lamb**)
- ◆ Global Animal Partnership Steps 1-5+ (**beef, broiler chicken, eggs, turkey, pork, bison, sheep, goat**)
- ◆ Certified Humane Raised and Handled (**beef, lamb, pork, broiler chicken, turkey, dairy, eggs**)
- ◆ Animal Welfare Approved by A Greener World (**beef, lamb, broiler chicken, turkey, eggs, dairy**)
- ◆ Certified Grassfed by A Greener World (**beef, dairy, meat and dairy from sheep and goats and bison**)
- ◆ Certified Responsible Antibiotic Use (**broiler chicken**)

### Seafood

- ◆ Marine Stewardship Council (**wild and domestic species only**)
- ◆ Monterey Bay Aquarium, Seafood Watch\*, Best Choice List (**wild and domestic species only**)
- ◆ Gulf of Maine Responsibly Harvested (**finfish, shellfish**)

**Notes:** “American Humane Certified,” “Natural,” “Cage-Free,” and “Free-Range” or “Free-roaming” are NOT allowed claims. Seafood Watch isn’t a certification but criteria-based recommendations, updated quarterly. Refer to [Choosing Seafood for Health Care](#).