



**Bowdoin Street  
Health Center**

## **BSHC Healthy Food Guidelines Framework**

The healthy food guidelines set forth by the Bowdoin Street Health Center for the purposes of its Healthy Corner Store Initiative aim to achieve the following:

- To increase the overall quantity and quality of healthier food products offered for sale by participating corner stores
- To promote consumer purchasing of ingredients to prepare and consume healthy, whole meals for themselves and their families
- To assist in increasing dietary variety by ensuring inclusion of foods from an array of categories as well as diversifying product availability within each category
- To address specific nutrients linked to lowering risk of chronic disease: fiber(↑), added sugar(↓), sodium(↓), saturated fat (↓), trans fat(↓), and mono-/poly-unsaturated fat(↑)
- To reduce consumption of sugar-sweetened beverages and encourage substitution in favor of beverages of nutritive value
- To provide attainable and enforceable standards for corner stores participating in the initiative, while providing guidance on procurement of required and recommended products
- To build a framework for profitability for the store owner, affordability for the customer, and the long-term sustainability of access to healthy foods at small retail establishments in Bowdoin Geneva

Items to be consistently stocked as part of participation in the Bowdoin Street Health Center’s Healthy Corner Store Initiative:

Product Category	Required Products	Additional Recommended Items <sup>1</sup>
<b>Fresh Fruits</b> <u>Nutrition guideline:</u> Whole, unprocessed <sup>2</sup> , fruits which have never been frozen and are in good condition (no spoilage)	At least 3 varieties fresh fruits	Ready-to-eat fresh fruits (apples, oranges, bananas, etc.)
<b>Fresh Vegetables<sup>2</sup></b> <u>Nutrition guideline:</u> Whole, unprocessed <sup>2</sup> , vegetables which have never been frozen and are in good condition (no spoilage)	At least 3 varieties of fresh vegetables	At least one dark green, leafy vegetable (collard greens, spinach, kale, etc.); summer and/or winter squash
<b>Canned, Frozen, and/or Dried Fruits</b> <u>Nutrition guideline:</u> No sugar added; Canned fruit must be in natural juices or light syrup	At least 3 varieties of healthfully packaged fruit	Canned peaches, frozen berries, dried apricots, applesauce, raisins
<b>Canned and/or Frozen Vegetables<sup>2</sup></b> <u>Nutrition guideline:</u> Sodium content must be less than or equal to 150 mg per serving; For canned vegetables, label must read “No Salt Added”	At least 3 varieties of unseasoned, packaged vegetables	Canned tomatoes, frozen spinach
<b>Lowfat &amp; Fat-Free Dairy</b> <u>Nutrition Guideline:</u> 0% or 1% milkfat	<ol style="list-style-type: none"> <li>1. Skim and/or 1% fluid milk (No added colors or flavors)</li> <li>2. Lowfat and/or non-fat plain yogurt</li> <li>3. Soy and/or lactose-free milk</li> </ol>	Lowfat cheese (string cheese, American cheese, deli cheese); light cream cheese; Greek yogurt; frozen yogurt, fat-free creamer
<b>100% Whole Grains<sup>3</sup></b> <u>Nutrition Guideline:</u> Whole grain products first ingredient; 3 grams or more dietary fiber per serving; no more than 6 grams of sugar per serving	<ol style="list-style-type: none"> <li>1. Brown rice</li> <li>2. 100% Whole grain bread</li> <li>3. 100% Whole grain, WIC-approved cereals</li> </ol>	Whole wheat/corn tortillas; crackers; pasta; quinoa; oatmeal; flour; croutons
<b>Fresh Meat &amp; Fish<sup>4</sup></b> <u>Nutrition Guideline:</u> Must contain 10% or less total fat; Sodium content less than or equal to 100mg per serving	<ol style="list-style-type: none"> <li>1. Lean ground meat (beef, pork, turkey)</li> <li>2. Skinless poultry</li> <li>3. Chunk white/light canned tuna in water</li> </ol>	Fresh or frozen fish; other low-sodium canned fish; low-sodium, lean deli meat; low-sodium turkey bacon; goat meat
<b>Other Sources of Protein</b> <u>Nutrition Guideline:</u> Sodium content must be less than or equal to 150 mg per serving; select lowest sodium options whenever possible	<ol style="list-style-type: none"> <li>1. Eggs</li> <li>2. Canned or dried beans</li> <li>3. Natural peanut butter (0g trans fat, no added sugar)</li> </ol>	Tofu, hummus, unsalted sunflower seeds, unsalted nuts
<b>Low-Sodium Seasonings &amp; Condiments</b> <u>Nutrition guideline:</u> Less than 150mg sodium per serving	<ol style="list-style-type: none"> <li>1. Canola and/or Olive oil</li> <li>2. Balsamic, white, or apple cider vinegar</li> <li>3. Low-sodium vegetable/chicken stock and/or bouillon</li> </ol>	Salt-free seasonings and spices; light coconut milk; cooking sprays; light or fat-free salad dressing; low-sodium salsa
<b>Snack Foods<sup>5</sup></b> <u>Nutrition guideline:</u> Less than 200 calories*; 2 or more grams of fiber; less than 10 grams or less of added sugar; less than 200 mg of sodium; less than 2 grams of saturated fat*; 0 grams trans fat; No more than 2 servings per package (single-serving packages preferred)	<ol style="list-style-type: none"> <li>1. Unsalted/natural nuts and/or seeds*</li> <li>2. Unsalted popcorn and/or low-salt pretzels</li> <li>3. Baked chips</li> </ol> <p>*Nuts and seeds are exempt from calorie and fat guidelines.</p>	Dried fruit; fruit and nut trail mix; “snackable” fresh fruits and vegetables prepared on-site (grapes, cut pineapple, carrot sticks, cut mango)
<b>Grab &amp; Go Beverages</b> <u>Nutrition guideline:</u> No added sugar	<ol style="list-style-type: none"> <li>1. 20 oz. or 1 liter bottled water</li> <li>2. 12 oz. bottles/cans 100% fruit juice</li> <li>3. 12 oz. skim and/or 1% milk</li> </ol>	Zero-calorie flavored water, flavored or unflavored seltzer water

Stores already meeting the requirements for one or more categories should aim to increase their product variety within each category by offering other recommended products and/or by diversifying existing products. Per the Memorandum of Understanding, all stores shall introduce a minimum 3 new qualifying healthy food items which were not offered at the time at which the Pre-Enrollment Inventory was conducted.

<sup>1</sup> Recommendations within each product category related to items meeting the established criteria that provide benefits to the consumer – in terms of ease of preparation, nutritional benefits, substitution for less healthy item (e.g. plain yogurt in place of sour cream), etc.

<sup>2</sup> White potatoes, yucca root, plantains and similarly starch-heavy items are encouraged in addition to, but not in place of, the minimum stocking requirements for vegetables.

<sup>3</sup> For many whole grain products, the words “whole” or “whole grain” will appear before the grain ingredient’s name. The whole grain should be the first ingredient listed.

<sup>4</sup> Stocking meat & fish products is required only of stores already selling meat.

<sup>5</sup> Any snack food meeting nutritional criteria may also be disqualified as an approved healthy food product at the discretion of the Bowdoin Street Health Center’s Nutritionist.

