



LOCAL & COMMUNITY BASED	FAIR	ECOLOGICALLY SOUND	HUMANE
<p>RF Standard: These foods can be traced to nearby farms and businesses that are locally owned and operated. Sourcing these foods supports the local economy by keeping money in the community and builds community relations. The food travels fewer miles to reach consumers. The food is seasonal, and when it is fresh, it often has a higher nutrient content.</p>	<p>RF Standard: Individuals involved in food production, distribution, preparation— and other parts of the food system— work in safe and fair conditions; receive a living wage; are ensured the right to organize and the right to a grievance process; and have equal opportunity for employment. Fair food builds community capacity and ensures and promotes socially just practices in the food system.</p>	<p>RF Standard: Farms, businesses, and other operations involved with food production practice environmental stewardship that conserves biodiversity and preserves natural resources, including energy, wildlife, water, air, and soil. Production practices should minimize toxic substances as well as direct and indirect petroleum inputs.</p>	<p>RF Standard: Animals can express natural behavior in a low-stress environment and are raised with no added hormones or unnecessary medication.</p>

Green Light: Go for it! These criteria best represents the standard and count as real food

<p>Producer¹ must meet ALL of the below criteria:</p> <ol style="list-style-type: none"> All production, processing, and distribution facilities controlled by the producer, its parent or family companies, and contract farmers must be within 150 miles of the institution. Producer must be a privately-traded or cooperatively-owned business that grosses less than 1% of the industry leader. <ol style="list-style-type: none"> <u>Independently owned businesses</u> must have full autonomy and decision-making power about business, processing, and distribution practices. <u>Products from cooperatively owned businesses</u> must have been produced, processed, and distributed within 150 miles of the institution. Must be a true co-op rather than contractors to a larger corporation 	<p>Products with any of the following certifications:</p> <p>Internationally Sourced:</p> <ul style="list-style-type: none"> Ecocert Fair Trade Certified Fair for Life Certified by IMO Fair Trade Certified by Fair Labeling Organization (FLO) Fair Trade Certified by Fair Trade USA* <p>Domestically Sourced:</p> <ul style="list-style-type: none"> Food Justice Certified by Agricultural Justice Project Fair Food Standards Council Fair Food Program (Coalition of Immokalee Workers tomatoes) <p>Or, a single-source product that can confirm in writing the following for ALL employees:</p> <ul style="list-style-type: none"> Living wage Right to benefits Day of rest and overtime Seniority Equal pay for equal or equivalent work Right to return to seasonal position Right to freedom of association 	<p>Products with any of the following certifications or claims:</p> <p>All products:</p> <ul style="list-style-type: none"> <i>Biodynamic Certified</i> by Demeter <i>Food Alliance Certified</i>* <i>USDA Organic</i>** <i>Protected Harvest Certification</i> <i>Rainforest Alliance Certified</i>** <p>Fish Only:</p> <ul style="list-style-type: none"> <i>Marine Stewardship Council</i> Monterey Bay Aquarium Seafood Watch Guide "<u>Best Choices</u>" (Regional Guide or Buyer's Guide) <p>Coffee Only:</p> <ul style="list-style-type: none"> <i>Bird Friendly</i> by Smithsonian Migratory Bird Center <p>Produce Only:</p> <ul style="list-style-type: none"> Produce grown in a farm or garden at the institution, in which the researcher can confirm the use of organic practices 	<p>Products with any of the following certifications or claims:</p> <p>All Species:</p> <ul style="list-style-type: none"> <i>Animal Welfare Approved</i> by Animal Welfare Institute <i>Biodynamic Certified</i> by Demeter <i>Global Animal Partnership Steps 4-5+</i> <i>Certified Humane</i> by Humane Farm Animal Farm Care^{2,3}
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Yellow Light: Proceed with Caution. These criteria count as real food, but are not as strict as Green Light

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<p>Producer¹ must meet ALL of the below criteria:</p> <ol style="list-style-type: none"> All production, processing, and distribution facilities controlled by the producer, its parent or family companies, and contract farmers must be within 250 miles of the institution. Producer must be a privately-traded or cooperatively-owned business that grosses less than 1% of the industry leader. <ol style="list-style-type: none"> <u>Independently owned businesses</u> must have full autonomy and decision-making power about business, processing, and distribution practices. Products from <u>cooperatively owned businesses</u> must have been produced, processed, and distributed within 250 miles of the institution. Must be a true co-op rather than contractors to a larger corporation <p>Multi-source or multi-ingredient products:</p> <ul style="list-style-type: none"> Producer and 50% of the ingredients⁴ must meet all of the above criteria. 	<p>Products with any of the following certifications:</p> <ul style="list-style-type: none"> <i>Fair Trade Certified Ingredient</i> by Fair Trade USA <p>Multi-source or multi-ingredient products:</p> <ul style="list-style-type: none"> 50% of the ingredients in the product meet the above standards. 	<p>Products with any of the following certifications or claims:</p> <ul style="list-style-type: none"> <i>Fair Trade Certified</i> by Fair Trade USA* Monterey Bay Aquarium Seafood Watch Guide "<u>Good Alternatives</u>" (Regional Guide or Buyer's Guide) <i>Salmon Safe</i> <i>Transitional Organic</i> by OIA <p>Multi-source or multi-ingredient products:</p> <ul style="list-style-type: none"> Producer and 50% of the ingredients⁴ must meet all of the above criteria. 	<p>Products with any of the following certifications or claims:</p> <p>All Species:</p> <ul style="list-style-type: none"> <i>Certified Organic</i> by USDA-AMS* ** <i>Food Alliance Certified*</i> <i>Global Animal Partnership Step 3</i> <p>Ruminants Only:</p> <ul style="list-style-type: none"> <i>AGA Grassfed</i> "Process Verified Grassfed"*** by USDA-AMS and also either "Never Ever 3 by USDA-FSIS" or "Naturally Raised" by USDA-AMS <p>Hogs Only:</p> <ul style="list-style-type: none"> Certified Humane by Humane Farm Animal Care <p>Egg-Layers Only**</p> <ul style="list-style-type: none"> <i>American Humane Certified</i> (no enriched cage eggs) "Cage-Free" by USDA-AMS

RED LIGHT: No-go. These certifications, claims, etc., do **NOT COUNT** as real food *in the given category*

Product can still meet real food criteria in other categories

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Red Light 1: good start but not enough to count as real food (list not exhaustive)			
<p>Producer is independently or cooperatively owned but does not meet <u>all</u> of the above criteria.</p>	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> • <i>Rainforest Alliance Certified*</i> by Rainforest Alliance • <i>Food Alliance Certified*</i> <p>Products that have been processed or shipped by companies with fair labor conditions comprised of ingredients with unconfirmed labor standards.</p>	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> • "Raised without Antibiotics" • "No Antibiotics Administered" • "Never Ever 3" • "Naturally Raised" by USDA-FSIS • GAP Certified (Good Agricultural Practices) by USDA • "Non-GMO Project Verified" 	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> • Global Animal Partnership Steps 1 & 2 • "Grass fed" by USDA-FSIS (Ruminants) • "Gestation Crate Free" (Hogs) • "Free range" by USDA-FSIS (poultry) • "Free roaming" by USDA-FSIS (poultry) • "rBGH-free/rBST-free" by FDA (dairy)
Red Light 2: claim does not necessarily have substance, not real food (list not exhaustive)			
		<p>Products with the following claims:</p> <ul style="list-style-type: none"> • "Natural" • "GM Free" • "GMO Free" 	<p>Products with the following certification:</p> <ul style="list-style-type: none"> • GAP Certified (Good Agricultural Practices) by USDA
Red Light 3: no way, not real food (list not exhaustive)			
<p>Producer does not meet any of the above criteria.</p>	<p>Multi-source, highly processed products with no certification.</p>	<p>Products with the following claims:</p> <ul style="list-style-type: none"> • Monterey Bay Aquarium Seafood Watch Guide "Avoid" (regional guide) <p>Confinement or Battery Cages</p>	<p>Confinement or Battery cages, enriched cages, gestation crates, veal crates</p>

DISQUALIFICATIONS: Products containing disqualifying characteristics cannot count as real food in any category.

- Producer is known to be found guilty of criminal charges of slave labor or indentured servitude within the previous 10 years; producer is known to have been found guilty of, been cited, or settled a case relating to an OSHA, FSLA, or NLRB violation within the last 3 years (*see assessment tips for more info*)
- Producer is known to be a Concentrated Animal Feeding Operation (CAFO) (*see assessment tips for more info*)
- Product is likely to contain GMOs (e.g. *non-organic* corn and corn products including high fructose corn syrup; soy and soy products; canola and canola products; beet sugar; papaya) (*see assessment tips for more info*)
- Product contains any of the following: Acesulfame-Potassium, Butylated Hydroxyanisole (BHA), Caramel Coloring, Olestra (Olean), Partially Hydrogenated Oil (trans-fats), Propyl Gallate, rBGH/rBST, Saccharine, sodium nitrate added, sodium nitrite added; Dyes: Red #3, Yellow #5, Yellow #6, Blue #3 (*see assessment tips for more info*)

Legend

Italics = There is strong, third-party verification of the claim through a certification

"Text with Quotes" = Industry claim

* = Certification/claim occurs in more than one column

** = Needs verification that it is not from a Concentrated Animal Feeding Operation (CAFO)

¹ Producer is defined as the entity that produces the product. Thus, it could be a farmer, rancher, bakery, corporation, etc.

² For poultry, verify "Free Range" standards are followed

³ Does not include hogs (*Certified Humane* hogs fall under Yellow Light)

⁴ Ingredients are defined as raw ingredients, measured by weight, not including water. Ingredients must meet a given criterion at the first step of the supply chain to qualify as Real Food.

For additional guidance on how to best use this guide, see the Assessment Tips and the Calculator F.A.Q., both under “Resources”

Do you have a certification or other criteria to propose for the next version of the guide? Submit it at bit.ly/1KmnID0