

The Real Food Guide

Local & Community Based	Fair	Ecologically Sound	Humane
<p><i>These foods can be traced to nearby farms, ranches, boats, and businesses that are locally owned and operated. Supporting small and mid-size food businesses challenges trends towards consolidation in the food industry and supports local economies.</i></p>	<p><i>Individuals involved in food production work in safe and fair conditions, receive fair compensation, are ensured the right to organize and the right to a grievance process, and have equal opportunity for employment.</i></p>	<p><i>Farms, ranches, boats, and other operations involved with food production practice environmental stewardship that conserves biodiversity and ecosystem resilience and preserves natural resources, including energy, wildlife, water, air, and soil. Production practices minimize toxic substances, greenhouse gas emissions, natural resource depletion, and environmental degradation.</i></p>	<p><i>Animals have their mental, physical, and behavioral needs met in a low-stress environment and throughout their life are only administered drugs for treatment of diagnosed illness or disease.</i></p>

GREEN LIGHT: Products meeting these criteria or certifications qualify as Real Food and best represent the standard

<p>Single-ingredient products: A product must meet ALL the following criteria:</p> <p>A. Ownership: Producer must be a privately or cooperatively owned enterprise. <i>Wild-caught seafood must come from owner-operated boats.</i></p> <p>B. Size:</p> <ul style="list-style-type: none"> • <u>Produce:</u> Individual farms must gross \$5 million/year or less • <u>Baked goods, beverages, dairy, eggs, grocery, meat, poultry, seafood:</u> Company or cooperative must gross \$50 million/year or less <p>C. Distance: All production, processing, and distribution facilities must be within a 250 mile radius of the institution. <i>This radius is extended to 500 miles for Meat, Poultry, and Seafood.</i></p> <p>Single-ingredient products (aggregated): 100% of the products must meet the criteria for Ownership, Size, and Distance</p> <p>Multi-ingredient product: The company and at least 95% of the ingredients by volume must meet the criteria for Ownership, Size, and Distance</p>	<p>A single-ingredient product must be certified by ONE of the following approved certifications or criteria:</p> <p>International products:</p> <ul style="list-style-type: none"> • <i>Ecocert Fair Trade Certified</i> • <i>Fair for Life Certified</i> by Institute for Marketecology (IMO) • <i>Fairtrade America (Fairtrade International FLO)</i> • <i>FairWild</i> • <i>Hand in Hand</i> • <i>Small Producer Symbol</i> <p>Domestic products:</p> <ul style="list-style-type: none"> • <i>Equitable Food Initiative (EFI)</i> • <i>Food Justice Certified</i> by Agricultural Justice Project • Farms unionized through FLOC (AFL-CIO), FUJ, PCUN, UFW <p>Worker-driven Social Responsibility programs*:</p> <ul style="list-style-type: none"> • <i>Fair Food Program</i> by the Coalition of Immokalee Workers • <i>Milk with Dignity</i> by Migrant Justice 	<p>A product must be certified by ONE of the following approved certifications:</p> <p>Single-ingredient products:</p> <ul style="list-style-type: none"> • <i>Biodynamic Certified</i> by Demeter • <i>FairWild</i> • <i>Food Alliance Certified</i> (produce and grocery only) • <i>Rainforest Alliance Certified</i> • <i>Regenerative Organic Certified</i> • <i>Salmon Safe</i> • <i>USDA Organic</i> and approved certifiers <p>Coffee only:</p> <ul style="list-style-type: none"> • <i>Bird Friendly</i> by Smithsonian <p>Produce only: Produce grown in a farm or garden at the institution, in which the researcher can confirm the use of organic practices</p>	<p>A product must be certified by ONE of the following approved certifications**:</p> <p>All products:</p> <ul style="list-style-type: none"> • <i>Animal Welfare Approved/Certified (AWA)</i> by A Greener World • <i>AWA Grassfed</i> by A Greener World • <i>Biodynamic Certified</i> by Demeter • <i>Global Animal Partnership Steps 4-5+</i>
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YELLOW LIGHT: Products meeting these criteria or certifications qualify as Real Food but do not represent the *fullest* expression of the standard

Multi-ingredient products:

Company must meet ALL the following criteria:

- A. **Ownership:** Company must be a privately or cooperatively owned enterprise
- B. **Size:** Company or cooperative must gross \$50 million/year or less
- C. **Distance:** All processing and distribution facilities must be within a 250 mile radius of the institution.

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At least half (50%) of the ingredients by volume must come from farms meeting ALL the following criteria:

- A. **Ownership:** Company must be a privately or cooperatively owned enterprise
- B. **Size:**
 - Produce: Individual farms must gross \$5 million/year or less
 - Baked goods, beverages, dairy, eggs, grocery, meat, poultry, seafood: Company or cooperative must gross \$50 million/year or less
- C. **Distance:** All production facilities must be within a 250 mile radius of the institution

Single-ingredient products (aggregated):

At least three-quarters (75%) of the product (by volume) must meet the criteria for Ownership, Size, and Distance

A product must meet ONE of the following criteria:

All products:

- *Fair Trade USA*

Multi-ingredient products:

- At least one of the primary ingredients (20% by volume) meets the Green Light criteria

A product must meet ONE of the following criteria:

Single-ingredient products:

Be certified by one of the following approved certifications:

- *ANSI/LEO-4000* (gold- or platinum-certified) by Leonardo Academy
- *Bee Better Certified*
- *Certified Sustainably Grown*
- *Fair Trade USA*
- *LEAF Marque* (Linking Environment and Farming)
- *USDA Transitional Organic*

Multi-ingredient products:

- At least half (50% by volume) of the ingredients meet the Green Light criteria

Seafood (wild-caught only):

- *Marine Stewardship Council (MSC)* Blue Eco Label paired with the *MSC Chain of Custody Certification*
- *Monterey Bay Aquarium Seafood Watch Guide "Best Choices"* and "Good Alternatives"

A product must be certified by ONE of the following approved certifications:

Broiler chickens:

- *Certified Humane Free Range/Pasture Raised*
- *Global Animal Partnership Step 3*

Laying hens:

- *American Humane Certified Free Range / Pasture Raised*
- *Certified Humane Free Range / Pasture Raised*
- *Global Animal Partnership Step 3*

Swine:

- *Global Animal Partnership Step 3*

DISQUALIFICATIONS: Products containing disqualifying characteristics cannot count as Real Food in any category

- **Egregious human rights violations**
 - **Forced labor** (including **Prison labor**): Producers have been found guilty of criminal charges of forced labor within the previous 10 years OR products that have been produced in prisons or using prison labor (through state or county correctional industries or through lease to, or partnership with, private agricultural or food processing companies).
- **Labor violations:** Producer has been found guilty of or has been cited for three or more cases relating to serious, repeat, or willful Occupational Safety and Health Administration (OSHA), National Labor Relations Board (NLRB), or Fair Labor Standards Act (FLSA) violations within the last three years.
- **Concentrated Animal Feeding Operations (CAFOs):** Producer is a Concentrated Animal Feeding Operation (CAFO)
 - | *Except for dairy that has been aggregated from multiple farms if the average farm size is less than 200 cows*
- **Genetically Modified Organisms (GMOs):** Products made with genetically engineered ingredients (including corn, soy, rapeseed, beet sugar, papayas and summer squash) and their derivatives
 - | *Unless these ingredients are used in trace amounts or the product carries a certification that precludes the presence of GMOs (Non-GMO Project Verified or any of the certifications that qualify as Ecologically Sound)*
- **Ultra-processed foods:** Products made with the following ingredients: Aspartame; Butylated hydroxyanisole (BHA), Butylated hydroxytoluene (BHT); Caramel coloring; Partially hydrogenated oil (trans-fats); Potassium bromate; Propyl gallate; rBGH/rBST; Saccharine; Sodium nitrate added; Sodium nitrite added; Dyes: Red #3, Red #40, Yellow #5, Yellow #6.

***Worker-Driven Social Responsibility Programs are exempt from Disqualifiers and can count as Real Food even if they have a disqualifying characteristic.**

****Animal products that meet the certifications in the "Green Light" Humane category are exempt from the CAFO disqualifier. All other animal products should be researched for the CAFO disqualifier.**