

The Real Food Guide

Local & Community Based	Fair	Ecologically Sound	Humane
<p>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.</p>	<p>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.</p>	<p>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 should minimize toxic substances, direct and indirect greenhouse gas emissions, natural resource depletion, and environmental degradation.</p>	<p>Animals can express natural behavior in a low-stress environment and are raised with no added hormones or non-therapeutic antibiotics.</p>
Green Light: Products meeting these criteria or certifications qualify as Real Food and best represent the standard			
<p>Single-ingredient Products:</p> <p>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"> • Produce: Individual farms must gross \$5 million/year or less • Meat, Poultry, Eggs, Dairy, Seafood, Grocery: Company 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</i></p> <p>Single-ingredient Products (Aggregated): 100% of the products must meet the criteria for Ownership, Size and Distance</p>	<p>A product must be certified by ONE of the following approved certifications:</p> <p>International Products:</p> <ul style="list-style-type: none"> • <i>Ecocert Fair Trade Certified</i> • <i>Fairtrade America (Fairtrade International FLO)</i> • <i>Fair For Life Certified</i> by Institute for Marketecology (IMO) • <i>Fair Trade Certified</i> by Fair Trade USA • <i>FairWild</i> • <i>Hand in Hand</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 <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>All Products:</p> <ul style="list-style-type: none"> • <i>ANSI/LEO-4000</i> the American National Standard for Sustainable Agriculture by Leonardo Academy • <i>Biodynamic Certified</i> by Demeter • <i>FairWild</i> • <i>Food Alliance Certified</i> • <i>Rainforest Alliance Certified</i> • <i>Salmon Safe</i> • <i>USDA Organic Standard and approved certifiers</i> <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>American Humane Certified [Free Range]</i> (egg-layers only) • <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>Certified Humane</i> by Humane Farm Animal Care (<i>all species except swine</i>) • <i>Global Animal Partnership steps 4-5+</i> • <i>Pennsylvania Certified Organic 100% Grassfed</i> by USDA • <i>Rainforest Alliance Certified</i>

Yellow Light: Products meeting these criteria or certifications qualify as Real Food but do not represent the *fullest* expression of the standard

<p>Multi-ingredient Products: (e.g. Baked Goods)</p> <p>Company must meet ALL the following criteria:</p> <p>A. Ownership: Company must be a privately or cooperatively owned enterprise</p> <p>B. Size: Company must gross \$50 million/year or less</p> <p>C. Distance: All processing and distribution facilities must be within a 250 mile radius of the institution.</p> <p style="text-align: center;">-AND-</p> <p>At least half (50%) of the ingredients must come from farms meeting ALL the following criteria:</p> <p>A. Ownership: Company must be a privately or cooperatively owned enterprise</p> <p>B. Size:</p> <ul style="list-style-type: none"> • Produce: Individual farms must gross \$5 million/year or less • All other ingredients: Company must gross \$50 million/year or less <p>C. Distance: All production facilities must be within a 250 mile radius of the institution</p> <p>Single-ingredient Products (Aggregated): At least three-quarters (75%) of the product (by volume) must meet <i>Green Light</i> criteria for Ownership, Size and Distance</p>	<p>A product must meet ONE of the following criteria:</p> <p>For multi-ingredient products:</p> <ul style="list-style-type: none"> • Producer and at least half (50%) of the ingredients meet the <i>Green Light</i> criteria • <i>Fair Trade Certified Ingredient</i> by Fair Trade USA 	<p>A product must meet ONE of the following criteria:</p> <p>Single-ingredient Products Be certified by one of the following approved certifications:</p> <ul style="list-style-type: none"> • <i>Certified Sustainably Grown</i> • <i>Fair Trade USA Certified</i> • <i>LEAF (Linking Environment and Farming)</i> • <i>Protected Harvest Certified</i> • <i>USDA Transitional Organic Standard</i> <p>Multi-ingredient products:</p> <ul style="list-style-type: none"> • At least half (50%) of the ingredients meet the <i>Green Light</i> criteria <p>Seafood (wild-caught only):</p> <ul style="list-style-type: none"> • <i>Marine Stewardship Council (MSC) Blue Eco Label</i> paired with the <i>MSC Chain of Custody Certification</i> • <i>Monterey Bay Aquarium Seafood Watch Guide "Best Choices"</i> (Regional Guide or Buyer's Guide) 	<p>A product must be certified by ONE of the following approved certifications:</p> <ul style="list-style-type: none"> • <i>AGA Grassfed</i> by American Grassfed Association (ruminants only) • <i>American Humane Certified [Cage Free and Enriched Colony]</i> (egg-layers only) • <i>Certified Humane</i> by Humane Farm Animal Care (swine only) • <i>Food Alliance Certified</i> • <i>Global Animal Partnership Step 3</i>
---	---	---	---

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

- **Egregious Human Rights Violations:** Producers have been found guilty of criminal charges of forced labor within the previous 10 years.
- **Labor Violations:** Producer is known to have been found guilty of or has been cited for a case relating to a serious, repeat or willful Occupational Safety and Health Administration (OSHA), National Labor Relations Board (NLRB), or Fair Labor Standards Act (FLSA) violation within the last 3 years. They will be disqualified unless the producer has addressed these violations by: 1) Making the workers whole, 2) Paying any fines and 3) Developing written policy preventing future violations. In the case of wage theft and/or worker fatality, a producer is disqualified for 3 years regardless of any steps they have taken to address the violation.
- **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*