

Appendix B

Howard County Healthy Options Packaged Food Standards

Pursuant to Executive Order 09-2012, and based upon current scientific evidence and nationally recognized best practices, the following shall constitute Howard County's Healthy Options Packaged Food Standards.

50% of the packaged foods offered (not including gum or mints) shall meet all of the following criteria:

- No more than 200 calories per portion as packaged;
- No more than 35% of calories shall be from fat with the exception of packages that contain 100% nuts or seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard.
- No more than 10% of calories shall be from saturated fat;
- No trans-fat;
- No more than 35% of calories from total sugars, except for yogurt with no more than 30 grams of total sugars, per 8 ounce portion as packaged
- Sodium content of 200 mg or less per portion as packaged

It is also recommended that packaged food items be made available that contain at least 2 grams of dietary fiber per serving.

The above standards apply to packaged foods sold, dispensed, or offered by county departments, in county-operated vending machines, at county-sponsored events and meetings, during county-sponsored programs or on county-owned or managed property.

The county and its departments will comply with these standards. The standards will be reviewed at least once every three years from the date of implementation.