

Wellness Platform Certification Standards



Certification Standards for the Deli

Product type & minimum standard	Manufacturer/Resource:	Product Choices:	Comments:
At least 1 variety of whole grain bread	Approved bakery, regional baker	100% whole grain	'Wheat' bread is not necessarily whole grain
At least 3 fresh vegetable toppings	Local produce vendor, prime distribution	Lettuce, tomato, red onion, cucumber, etc.	
At least 1 as side choice	Frito Lay	Unsalted pretzels, baked chips, reduced fat snacks	Bulk or snack rack located near deli area
	Recipe #56564	Celery & Carrots w/FF ranch dressing	Feature these Simply To Go items in your refrigerated merchandiser, but also at the deli, too.
	Recipe #56575	Celery sticks w/peanut butter	
	Recipe #56541	Grapes 2 Go	
At least 3 varieties of lean deli meats	Jennie – O	Lean turkey breast #8540-02	
	Farmland	Lean ham, 97% FF #70247128780	
	Cargill	Low sodium deli roast beef #745759	
At least 1 chicken breast	Koch	4 ounce, natural boneless breast #370240	Use this natural product (cooked, without marinade) or all-white diced chicken meat for your preparations.
At least 2 reduced calorie protein salads	Recipe #52778, 52834	House Chicken Salad, Light Tuna Salad	Made with low fat mayo consistent with Sodexo recipes
At least 1 lower fat sliced cheese	County Line	Part skim mozzarella, provolone	
At least 1 low fat or fat free mayonnaise	Ken's	Fat free or low-fat mayo	
At least 2 varieties of mustard	Grey Poupon	Dijon mustard	
	Gulden's	Brown mustard	
	French's	Yellow mustard	
At least 2 other healthy spreads, condiments	Pace	Salsa/Picante	
	Frank's	Red Hot Sauce	
	Sysco/Packer	Hot pepper rings	
	Recipe #53610	Fat-free hummus	
At least one ½ sandwich and soup combo (if so equipped)	National Retail Menu M3		Where soup is offered from the deli station, the soup must meet Wellness & You criteria.



Certification Standards for the Grill

Product type & minimum standard	Manufacturer/Resource:	Product Choices:	Comments:
At least 1 variety of whole grain bread	Approved bakery, regional baker	100% whole grain	'Wheat' bread is not necessarily whole grain
At least 3 fresh vegetable toppings	Local produce vendor, prime distribution	Lettuce, tomato, red onion, cucumber, etc.	
At least 1 as side choice	Frito Lay	Unsalted pretzels, reduced sodium & reduced fat snacks	Bulk or snack rack located near deli area Feature these Simply To Go items in your refrigerated merchandiser, but also at the grill, too. Also consider pre-portioned side orders of cold W&Y salads (cole slaw, etc).
	Recipe #56564	Celery & Carrots w/FF ranch dressing	
	Recipe #56575	Celery sticks w/peanut butter	
	Recipe #56541	Grapes 2 Go	
At least 2 varieties of lean meats	Jennie – O	Lean turkey breast #8540-02	
	Farmland	Lean ham, 97% FF #70247128780	
At least 1 chicken breast	Koch	4 ounce, natural boneless breast #370240	Use this natural product (cooked, without marinade)
At least 1 Vegetarian burger	Gardenburger	Vegetarian burger, 3.4 ounce	Charbroil or cook separately from other burgers
At least 1 lower fat sliced cheese	County Line	Part skim mozzarella, provolone	
At least 1 low fat or fat free mayonnaise	Ken's	Fat free or low-fat mayo	
At least 2 varieties of mustard	Grey Poupon	Dijon mustard	
	Gulden's	Brown mustard	
	French's	Yellow mustard	
At least 2 other healthy spreads, condiments	Pace	Salsa/Picante	
	Frank's	Red Hot Sauce	
	Sysco/Packer	Hot pepper rings	
	Recipe #53610	Fat-free hummus	



Certification Standards for the Salad Bar

Product type & minimum standard	Manufacturer/Resource:	Product Choices:	Comments:
At least 2 low fat or fat-free salad dressings	Ken's	Italian Lite, French Lite, Ranch Lite, Olive oil vinaigrette Lite, Italian fat-free, Honey Dijon fat-free, French fat-free, Tomato Basil fat-free, Sundried Tomato fat-free	Select based on availability from your regional distribution center.
At least 1 variety deep green, leafy lettuce	Local produce vendor, prime distribution	Romaine, spinach, leaf, spring greens.	
At least 1 lean protein source	Empress	Chunk White tuna, water pack	Use this natural product (cooked, without marinade) or all-white diced chicken meat for your preparations.
	Jennie-O	Diced turkey breast meat, cooked (#8540-02)	
	Michael's Foods	Fully cooked hard-boiled eggs	
	Regional Dairy/Packer/County Line	LF Cottage Cheese, Shredded part-skim mozzarella cheese	
At least 1 lean vegetable protein source	Packer	Cooked legumes (i.e., chickpeas, kidney beans, navy beans, etc.) tofu (not fried)	
At least 1 spice blend	Mrs. Dash	Original spice blend	
At least 1 seed, nut, dried fruit topper	Packer	Raisins, sunflower seeds, walnuts, pumpkin seeds	
At least 1 vinegar	Roland	Balsamic, Red Wine, Cider Vinegar	Retail bottle, per menu M3
At least 1 W&Y composite salad	Menu tool, In Season promotions	-various-	Select composite salads with the W&Y logo.



Certification Standards for Simply To Go

Product type & minimum standard	Manufacturer/Resource:	Product Choices:	Comments:
At least 1 variety low fat yogurt	Yoplait, Dannon	Low fat yogurt (<1% milk fat)	
At least 2 varieties fresh fruit	Local produce vendor	Whole 'hand' fruit; apples, oranges, bananas, etc.	
	Recipe #56541	Grapes 2 Go	
At least 2 varieties of vegetable snackers	Recipe #53172	Hummus & Pita	
	Recipe #56564	Celery & Carrots w/FF Ranch dip	
	Recipe #56575	Celery & Peanut Butter	
Low fat / sugar free dessert options	Menu tool/In Season promotions	'Smart Sweet' desserts (Wellness & You)	
	Recipe #152703649	Diet Gelatin	
	Recipe #5927	Diet Vanilla Pudding	
At least 1 light/fat free dressing option for salads	Kens	Lite Ranch, Lite Italian, Fat Free Honey Dijon, Fat Free Caesar	If dressing is portioned at the unit, clearly identify light/fat free options.



Certification Standards for Breakfast

Product type & minimum standard	Manufacturer/Resource:	Product Choices:	Comments:
At least 1 variety of whole grain bread	Approved bakery, regional baker	100% whole grain	'Wheat' bread is not necessarily whole grain. Margarine spread offered but not applied by staff (breads served 'dry')
Egg Substitute available	Michael's Foods	Cholesterol-free Egg Substitute (liquid)	Use at the grill station for customer request—recipe #46713
At least 1 hot cereal offered daily	Recipe #46696	Oatmeal	Assure that recipe is followed; melted margarine, etc. not added.
	Recipe #46693	Cream of Wheat	
Fresh fruit, LF or FF yogurt, LF cottage cheese available	Packer	Seasonal fresh hand or cut fruit	Separate display, at salad bar, or in Simply To Go cooler, as appropriate. Cut fruit should be from fresh or water packed, as seasonally appropriate.
	Yoplait	Portion cup yogurt assortment, low fat and/or fat free	
	Regional dairy/packer	LF cottage cheese	
At least 1 breakfast parfait	40611	Two Grape Rice Krispie Parfait	Select recipes based on seasonal fruit for peak freshness and lowest cost.
	40588	Strawberry Special K Parfait	
	40602	Red White & Blue Parfait	
	40613	Raspberry Raisin Bran Parfait	
	40586	Pineapple Granola Parfait	
	40624	Pear Frosted Flakes Parfait	
	40601	Peach Honey Cheerios Parfait	
	40623	Orange Granola Parfait	
	40603	Mixed Fruit Granola Parfait	
	40612	Cinnamon Apple Parfait	
	40625	Banana Kiwi Special K Parfait	
	40587	Banana Granola Parfait	



Certification Standards for Beverages

Product type & minimum standard	Manufacturer/Resource:	Product Choices*:	Comments:
At least 1 variety low-fat, fat-free milk	Local dairy	Low fat milk (1% or fat-free)	
Soy milk (optional)	Local dairy	LF Soy milk – any flavor	Optional to offer soy milk as a coffee condiment.
Lowfat milk available for coffee station	Local dairy	Dispenser/thermal container; low fat milk	
At least one brewed, dispensed, unsweetened iced tea option	Tetley, Lipton, Gold Peak	Tetley fresh brewed, Lipton leaf brewed, Gold Peak dispensed	Separate from bottled or fountain dispensed offerings.
At least 1 variety of diet fruit beverage or flavored tea	Kraft	Crystal Light	Prepared in-unit using a 'bubbler' or 'On the Go' sticks
	PepsiCo	Sobe Lean	As further defined in the division Cold Beverage Strategy
	Coca-Cola	Fuze	
At least 2 variety water	Nestle Waters, PepsiCo, Coca Cola	Any unsweetened water	As further defined in the division Cold Beverage Strategy.
At least 2 varieties of 100% fruit & vegetable juices	Campbell's, PepsiCo, Coca-Cola	Low sodium V-8, Tropicana, Dole, Minute Maid, Simply	As further defined in the division Cold Beverage Strategy.
At least 2 varieties of Hot herbal teas	Bigelow, Lipton, Revolution	Herbal, green teas	As further defined in the division Hot Beverage Strategy.

**Please note these are examples of product options. Additional similar offerings may be including in the Hot and Cold Beverage Strategy program guidelines that list full details.*