



Earth Fair Food Vending Guidelines

PURPOSE

The City of Kingston recognizes the impact of food choices on the health of individuals, communities, and the environment. In accordance with the values and spirit of Earth Fair, we have established guidelines for all food vendors to follow.

BACKGROUND

The connection between a healthy diet and a healthy planet has become an important overlap both in the field of health and in the field of environmental science. The landmark report [EAT-Lancet Commission on Food, Planet, Health](#)¹, released in 2019, makes a strong argument for ***what we eat directly contributing to the health of the planet*** through water usage, greenhouse gasses, and food waste throughout the food supply chain and in our homes. This report concludes that following a nutritious, mostly or all plant-based diet, and with minimally processed foods, is healthy for both us *and* our planet.

Additionally, the power of food choices and purchasing has significant effects on our food system as a whole. The [Good Food Purchasing Standards](#)² understand that food is more than nutrients, and that changing the food system is a big goal that needs direction through shared values. To help achieve this, they have developed the first purchasing standards to address food purchases holistically through five values: local economies, environmental sustainability, valued workforce, animal welfare and nutrition.

In 2024 the City of Kingston adopted updated Procurement Policy and Procedures that includes Green Procurement standards that are based upon the [GreenNY procurement specifications](#).

The Earth Fair Food Vending Guidelines are both inspired by and inclusive of these recommendations.

REQUIREMENTS

On the next page, requirements are broken into 2 categories: Vendor and Food. For questions regarding the guidelines or requests for technical assistance, contact:

Kristin Kessler, RDN, CDN, CYT
Project Manager, Department of Health & Wellness
Email: kkessler@kingston-ny.gov
Phone: 845-334-3917

¹ https://eatforum.org/content/uploads/2019/07/EAT-Lancet_Commission_Summary_Report.pdf

² <https://goodfoodpurchasing.org/program-overview/#values>



Vendor Requirements

1. Locality:

- Business is local to Kingston or the Hudson Valley.
- Preference for businesses that prioritize purchasing local ingredients and/or supplies whenever possible.

2. Sustainable practices*

- Businesses must use compostable, reusable, or recyclable serviceware. **No single use plastics will be allowed, including drinks sold.**
- Businesses must collect/divert compost at the back of house.
- Businesses must collect/divert recycling at the back of house.

**If a food vendor would like to participate in this requirement, but finds financial hardship, please contact the Earth Fair committee (contact on page 1) to discuss options.*

Food Requirements

1. Environmentally-Friendly

- Prefer menus that include items that are organic and/or grown through other environmentally sustainable practices that help to:
 - reduce or eliminate synthetic pesticides and fertilizers;
 - avoid the use of hormones, routine antibiotics and genetic engineering;
 - conserve and regenerate soil and water;
 - protect and enhance wildlife habitats and biodiversity;
 - and reduce on-farm energy and water consumption, food waste and greenhouse gas emissions.

2. Plant-Based

- Prioritize plant-based foods (such as vegetarian and vegan options) over animal-based foods. Preference will be given to vendor applicants that have a majority plant-based menu.
- Must offer at least one substantial vegetarian or vegan option.

3. Nutritious

- As much as possible, food should be minimally processed.
- Menus should offer multiple options that include nutrient dense foods, such as:
 - Non-fried vegetables
 - Fruit dishes without added sugar



- Plant-based sources of protein, such as beans, legumes, nuts, seeds, and soy products
- At least 50% of all grains should be whole grains, such as brown rice, whole wheat pasta, whole wheat bread or tortillas, quinoa,
 - At least 50% of the menu options should be lower in sodium, saturated fat, trans fat, and added sugar.
 - At least 50% of the beverages offered should not contain added sugar or sugar alternatives. Examples include water, sparkling water, unsweetened flavored water, unsweetened tea.

4. Equitable & Accessible

- Menu offerings on average should be affordable.
- The more nutritious options on the menu should be priced similarly or equal to other options.

While not required, in accordance with the GreenNY specifications, vendors who meet at least one of the 3 food standards are preferred:

- Have taken the Taste NY Pledge; or
- are a member of the Green Restaurant Association; or
- are a member of the New York Environmental Leaders program

Compostable Serviceware Resources

Look for items with the following seals:

- GreenSeal
- Environmental Choice
- FSC
- EPA
- Green Label

Look for certified compostable items at: <https://products.bpiworld.org/>

Learn more about the GreenNY specifications at: <https://ogs.ny.gov/greeny/approved-greeny-specifications>



Earth Fair Food Vending Guidelines Agreement

- I have read the Earth Fair Food Vending Guidelines (the Guidelines).
- I understand that the Guidelines are a requirement for all Earth Fair Food Vendors and agree to follow them. If I am unable to follow them, I will let the Project Manager listed on page 1 of the Guidelines know ASAP.
- I understand that not following the Guidelines on the day of the event may result in not being asked to participate at subsequent Earth Fairs.

Signature: _____

Print Name: _____

Business Name: _____

Date: _____



Nutrition References

For more information on creating balanced, nutritious menus that are healthy for both the body and the planet, see the following resources.

Planetary Health Diet

<https://eatforum.org/learn-and-discover/the-planetary-health-diet/>





Harvard Healthy Eating Plate

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



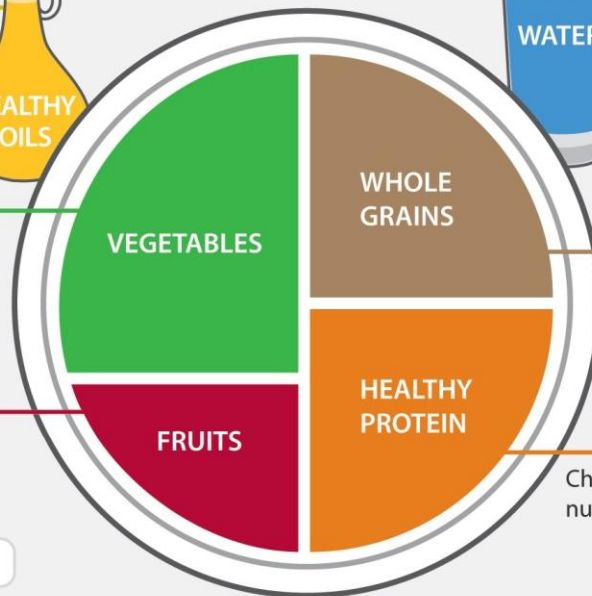
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

