

2009 OHSU FARMERS MARKET VENDOR SELECTION GUIDELINES

This is a list of criteria that is the ideal for the OHSU FM. For our second season, we hope to fill at least 90% of our spaces with vendors that comply with these criteria. We will give priority to those that fulfill our criteria.

Many of the nutritional guidelines below were based on the Oregon School Foods Bill developed by the Oregon Nutrition Policy Alliance in 2006 to promote healthy eating in the public schools. Following these guidelines helps promote healthy eating behaviors in both children and adults.

- Local as defined by “Within the state of Oregon or within 100 miles of Portland.”
- Farm owners provide safe and fair working conditions for all farm workers.
- Organic methods (not necessarily certified) used in growing produce (at minimum, pesticide and herbicide-free).
- Humanely raised animal products (at minimum: raise animals without added/prophylactic hormones and antibiotics, and allowed to graze in open space)
- GMO-free
- Dairy is rBGH free
- Trans-fat free
- Animals (beef and other grass-eating animals) are grass fed for ½ of their life.
- >50% of baked goods sold by any 1 vendor are >50% whole grain.
- Produce occupies at least 40% of vendor spaces.
- Preference for those processed foods containing local ingredients when available (in season).
- Variety given priority, especially items other than produce.
- 75% of overall product may not contain more than 35% sugar by weight. (excluding plain fruits and vegetables).
- 75% of overall product may not contain more than 4 g of fat per 100 calories (excluding cheese, plain nuts, seeds, and oils).
- Seafood does not include anything from the “Avoid” category of the Monterey Bay Aquarium “Seafood Watch” criteria
- No high sodium items (>480mg sodium per serving)
- No alcoholic beverages

These guidelines are subject to revision: Rev 2-19-09