### Real Food Criteria

**Legend**
- **=** there is strong, third-party verification of claim  
- **Plain text =** no independent verification of claim  
- **Underlined =** issues with specific food products/categories  
- **Bold =** information that can only be verified through a direct relationship with the producer or through transparent information from the distributor  
- **=** claim occurs in more than one column

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<th><strong>Local &amp; Community-Based</strong></th>
<th><strong>Fair</strong></th>
<th><strong>Ecologically Sound</strong></th>
<th><strong>Humane</strong></th>
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| **Green Light**  | Unprocessed Foods  
                   - Grown/Raised within 150 miles  
                   or the adjacent counties  
                   **and**  
                   a) You have a direct purchasing relationship with the farmer or your distributor  
                   provides you with transparent and verifiable information about farm practices and location  
                   b) **or**, Farm is independently or cooperatively owned and operated within the region  
                   c) **or**, Small-medium scale farm (size varies by crop; define by revenue or size?)  
                   Processed Foods  
                   - Over 50% local ingredients processed by a locally-owned business | -Fair trade direct purchasing  
                   (Agricultural Justice Project)  
                   -Seafood Watch Guide “Best Choices” (not air-flown)* | -Seafood Watch Guide “Best Choices” (not air-flown)* | -Pasture-Raised |
| **Yellow Light** | Unprocessed Foods  
                   - Grown within 250 miles  
                   **and** at least one of the following:  
                   -(a), (b) or (c) in the Green Light category (see above) | -Business/farm operates as a cooperative and/or has a profit sharing policy for all employees  
                   -Seafood Watch Guide “Good Alternatives” (not air flown)  
                   -Beyond Organic  
                   -Transitional Organic | -Seafood Watch Guide “Best Choices” (not air-flown)* | -AGA Grassfed  
                   -USDA Organic/Free-Range/Cage-Free (eggs)  
                   -Humanely Raised  
                   -100% Grassfed |

**YES**
| Red Light | -Grown more than 250 miles away  
-Traveled more than 250 miles away during distribution | -Child labor  
-Indentured servitude  
-Slave labor | -Seafood Watch Guide "Avoid"  
-Confinement/Battery Cages | -Confined/ Battery cages  
-Grassfed/Grain-finished |
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<tr>
<td>NO</td>
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| Red Light | -Raised without Antibiotics  
-No Antibiotics Administered | -Natural  
-GM Free/ GMO Free (needs 3rd party certification) | -Natural/ Fresh  
-No Antibiotics (chickens)  
-Hormone Free (chickens) |                                |
| NO        |                                                 |                                    |                                 |                                |
| Health Concerns | If any of these ingredients are present, the food item does not count in any category. | high fructose corn syrup, hydrogenated vegetable oil, MSG, rBGH/rBST, sodium nitrate, sodium nitrite, trans-fats |                                |                                |

**Processed Foods**  
-Distant ingredients processed by a locally-owned business e.g. locally baked goods, locally roasted coffee, etc

**-Business/farm has a social responsibility policy that includes for all workers:**  
-Union or prevailing wages  
-Transportation and/or Housing Support  
-Health care benefits

**-Coffee:** Shade-Grown, ___

**-USDA Grassfed**  
**-USDA Organic (meat)**  
-Raised Without Antibiotics  
-No Antibiotics Administered  
-Vegetarian Diet  
-Hormone Free  
rBGH-free/ rBST-free