



City of Cambridge

Purchasing Department

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Notice of implementation of a ban on artificial trans fats in catered food and drink items provided to the City of Cambridge.

The Cambridge Public Health Department has promulgated a regulation to phase out the use of artificial trans fat in its food service establishments. Many Cambridge restaurants have already stopped using artificial trans fat, or are in the process of doing so.

The regulation will take effect in two phases on July 1, 2009 and October 1, 2009, respectively. The City of Cambridge is taking a leadership role in supporting the trans fat ban and, as of January 1, 2009, will require that caterers for city-sponsored events serve food that is free of artificial trans fat.

The regulation considers foods free of artificial trans fat if:

- The ingredients list does not contain any of the following terms: “**partially hydrogenated,**” “**shortening,**” or “**margarine.**”
- The ingredients list does include the terms “partially hydrogenated,” “shortening,” or “margarine,” but the Nutrition Facts label lists “0 grams” or “less than 0.5 grams” of trans fat per serving.

Please note that individual items served in their original sealed packaging with a label from the manufacturer (e.g. small bags of chips, cans of soda) are **exempt**.

Caterers should check most foods for artificial trans fat. Exceptions are fresh items such as fresh unprocessed produce, fresh unprocessed meats and poultry, and grains such as plain rice or plain flour that is not part of a mix.

Artificial trans fat can be found in many products, including:

- Oils, shortenings, and margarines
- Bread crumbs, croutons, dressings, sauces, and mixes
- Pre-fried foods such as onion rings, chicken, fries, fish fillets, chips, taco shells, and donuts
- Baked goods such as pies, cakes, pastries, rolls, buns, and pizza dough
- Beverages such as hot cocoa or other beverage mixes

For more information, go to www.cambridgepublichealth.org or call 617-665-3800.

