



Local Beverage Policies adopted by California Cities and Counties February 2012

California cities and counties have adopted policies to support breastfeeding, to limit the availability of sugary drinks and to increase the availability of healthy beverages. Below is a list of current local beverage policies listed by city and by county, each group in alphabetical order.

Cities

Arcata

Fast Food Restaurants

Description: Limits the number of formula restaurants to no more than nine at any one time.

<http://eatbettermovemore.org/sa/policies/pdf/text/Humboldt%20Arcata%20Formula%20Restaurant%20Ban.pdf>

Contact: Larry Oetker, Community Development Director, City of Arcata

Phone: (707) 822-5955 Email: comdev@cityofarcata.org

Baldwin Park

Nutrition Standards: Vending and City Events

Description: Mandates that beverages sold in vending machines in all city buildings and at all city-sponsored events conform to standards defined in SB 12 and SB 965; additionally sports drinks are prohibited. Further mandates that city staff receive yearly trainings on incorporating healthy vending and healthy snacks (as required by SB 12 and SB 965) into special events.

Contact: Christina Cardenas, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: cc@publichealthadvocacy.org

Worksite Breastfeeding Accommodations

Description: Requires the city to provide reasonable amount of break time and make a reasonable effort to provide space other than a toilet stall, close to the employee's work area, to accommodate a city employee desiring to express breast milk. The break time shall be unpaid if the break time does not run concurrently with the rest time authorized for the employee. The city is not required to provide breaks for pumping if taking break time beyond the usual time allotted for breaks would seriously disrupt the operations of the city. <http://www.healcitiescampaign.org/document.html?id=12>

Contact: Christina Cardenas, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: cc@publichealthadvocacy.org

Brentwood

City Wellness: Beverage Nutrition Standards

Description: Requires that all vending and concession beverages sold at city-owned parks and facilities comply with the following healthy beverage standards:

Vendors selling soft drinks must sell and make equally accessible water and 100% fruit or vegetable juice with no added sweetener. The sale or service of foods containing 40% or more added sugar by weight is prohibited. Any fruit or fruit-based drinks sold must contain a minimum of 50% fruit juice with no added sweetener. 12-ounce maximum serving requirement on all beverages other than drinking water or milk, including but not limited to,

chocolate milk, soy milk, rice milk, and other dairy or non-dairy milk, and electrolyte replacement beverages. Electrolyte replacement beverages (sports drinks) shall contain no more than 42 grams of added sweetener per 20-ounce serving.

The wellness policy also includes nutrition standards for foods sold at parks and city facilities and addresses the marketing of healthy food, among other wellness promoting policies.

<http://www.ci.brentwood.ca.us/pdf/new/parks/wellnesspolicy.pdf>

Contact: Sue Barry, Recreation Supervisor

Phone: 925-516-5363

Calistoga

Fast Food Restaurants

Description: Prohibits formula restaurants within the town.

www.ci.calistoga.ca.us/Modules/ShowDocument.aspx?documentid=1736

Carmel

Fast Food Restaurants

Description: Prohibits fast food, drive-in and formula food establishments within the City.

<http://www.codepublishing.com/CA/carmel.html> (see: 17.56 commercial land uses)

Chula Vista

Nutrition Standards: Vending

Description: Requires that all beverages sold from public vending machines located in any city facility meet the following standards (according to SB 19 and SB 12 standards):

- 1) Beverages are limited to a portion size no greater than 12 ounces (no limit on water or sports drinks). Note: If juices are available in smaller sizes portions (6 ounces), they are preferred.
- 2) Beverages offered in each vending machine shall be one or a combination of the following:
 - a) Water
 - b) Non fat or 1% low fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 tsp sugar per 1 cup milk)
 - c) 100% fruit/vegetable juice
 - d) Fruit based drinks containing at least 50% juice and no added caloric sweeteners
 - e) All other non-caloric beverages, including diet sodas
 - f) Sports drinks

This policy also includes nutrition standards for food.

<http://www.healcitiescampaign.org/document.html?id=76>

Contact: Dana Richardson, Community Health Improvement Partners

Phone: 888-609-7968 Email: drichardson@sdchip.org

Worksite Breastfeeding Accommodations

Description: Requires provision of a private room or space, other than a toilet stall, for female employees of the city who are breastfeeding to express milk.

<http://eatbettermovemore.org/sa/policies/pdf/text/ChulaVistaBreastfeeding.pdf>

Contact: Dana Richardson, Community Health Improvement Partners

Phone: 888-609-7968 Email: drichardson@sdchip.org

Coronado

Fast Food Restaurants

Description: Limits the number of formula restaurants within the city to 10 at any given time. New formula restaurants must obtain a special use permit, may not locate on a corner, and must meet design standards.

<http://eatbettermovemore.org/sa/policies/pdf/text/CORONADO%20Formula%20Restaurant%20Ordinance.pdf>

El Monte

Nutrition Standards: Vending and City Facilities

Description: Mandates that beverages served or sold at programs or facilities geared toward youth, including in vending machines or snack bars, conform to specific nutrition standards. Beverages must meet the following standards:

- 1) Tap water must be provided as the preferred drink wherever possible.
- 2) Fruit and vegetable based drinks must contain at least 50 percent fruit or veggie juice and no added caloric sweeteners.
- 3) Dairy products must be 2 or 1 percent or nonfat or similar nondairy alternatives.
- 4) Other drinks must contain only non-caloric sweeteners, such as diet beverages.

Beverages bought or provided through contracts to be served at youth-oriented events and facilities must also meet the above standards. In order to ensure that these standards are met the city and partner health organizations will provide training to the staff of programs and services aimed at youth. In addition, city staff will provide a snack guide and healthy fundraising options to program leaders working with youth. Some city-sponsored traditional events are excluded from these standards. This policy also includes nutrition standards for food.

http://publichealthadvocacy.org/PDFs/beverage_policies/ElMonteResolution_5.3.11.pdf

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

Huntington Park

Nutrition Standards: City Funds and Vending

- 1) Description: Requires that 100% of beverages funded by the city or provided in or sold in city facilities must be the following: Water
- 2) Fruit or vegetable based containing at least 50-100% real juice without added caloric sweeteners
- 3) Milk products that are 1% (low fat), or nonfat
- 4) Non-dairy milk products such as soy, rice, and other similar milks
- 5) Drinks with no more than 50 calories per 20-ounce container (or 2.5 calories per each ounce of serving)

<http://healcitiescampaign.org/document.html?id=241>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

La Mesa

City Wellness: Nutrition Standards

Description: Encourages city-owned facilities to: eliminate unhealthy snack and unhealthy beverage vending options, provide healthy food at city-sponsored events, provide healthy snacks and lunches at city recreational programs, and provide healthy choice alternatives at athletic league snack bars.

http://publichealthadvocacy.org/PDFs/beverage_policies/LaMesaCommunityWellnessProgram.pdf

Contact: Melanie Briones, Live Well La Mesa-Spring Valley

Phone: (619) 300-2868 Email: brionesconsulting@gmail.com

La Puente

Nutrition Standards: Vending and City Events

Description: Mandates that beverages sold at city facilities or provided at meetings of city personnel comply with the following nutrition standards:

- 1) Tap water must be provided wherever feasible
- 2) Other beverages sold or provided must contain no added caloric sweeteners
- 3) Other beverages must be either fruit/vegetable based or milk products/substitutes
- 4) Fruit or vegetable based beverages must contain fifty to one-hundred-percent real juice
- 5) Milk products must be one-percent, nonfat, soy, rice, or other similar nondairy drinks and must be fortified with calcium and vitamin D

This policy also includes nutrition standards for food.

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

Long Beach

Nutrition Standards: Vending

Description: Requires that beverages in city-controlled vending machines that are accessible to the public in youth-areas must be:

- 1) 50-100% fruit juice
- 2) Bottled water
- 3) Unflavored low-fat and non-fat milk
- 4) Artificially sweetened sports drinks (max 25% of product)
- 5) Artificially sweetened vitamin waters
- 6) Artificially flavored waters

In addition, city-controlled vending machines in non-youth public areas may contain diet sodas and diet teas; however, these products cannot exceed 25% of all products for sale).

<http://healcitiescampaign.org/document.html?id=251>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

Los Angeles

Child Nutrition Policy: Nutrition Standards:

Description: Requires that healthy items (as defined by SB 19 standards) make up 40% of vending and other sales at facilities where with city sponsored programs operate. The policy stipulated that at 175 Recreation Centers, annual evaluations would be conducted to recommend incremental increases to the percentage of healthy choices with the goal of reaching 100%.

<http://eatbettermovemore.org/sa/policies/pdf/text/LAChildNutrition.pdf>

Contact: Matthew Sharp, California Food Policy Advocates

Phone: (213) 482-8200 Email: matt@cfpa.net

Worksite Breastfeeding Accommodations

Description: Promotes and supports breastfeeding and the expression of breast milk by employees of the City Attorney's office when they return to work by:

- 1) Creating a work environment that is supportive of breastfeeding, including providing information to all supervisors about the benefits of breastfeeding and the office Breastfeeding Policy
- 2) Allowing sufficient break time for breastfeeding mothers to express milk
- 3) Encouraging supervisors to be supportive of working mothers, including considering flexible schedules to accommodate breastfeeding mothers

4) Providing a private room to express milk

<http://www.healcitiescampaign.org/document.html?id=20>

Pacific Grove

Fast Food Restaurants

Description: Restricts issuance of permits for food service establishments specializing in short order or quick food service (i.e. fast food)

<http://eatbettermovemore.org/sa/policies/pdf/Pacific%20Grove%20Formula%20Restaurant%20Ban.pdf>

Contact: Lynn Burgess, Community Development Department, City of Pacific Grove

Phone: (831) 648-3188 Email: lburgess@ci.pg.ca.us

Palm Desert

Mobile Food Vending

Description: Prohibits vending truck operations within 1500 feet of schools, parks and recreational facilities.

<http://eatbettermovemore.org/sa/policies/pdf/Palm%20Desert%20Municipal%20Code%20Food%20Vending%20Vehicles.pdf>

Pasadena

Nutrition Standards: Vending and Procurement

Description: Requires that 100% of the beverages sold in vending machines on city property, as well as 100% of the beverages served at all meetings, programs, and events led or coordinated by City staff and programs, or purchased using city funds, meet the following nutrition standards:

- 1) Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners
- 2) Water with no added caloric or non-caloric sweeteners
- 3) One percent, low fat or nonfat unflavored milk products
- 4) Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup
- 5) Fresh coffee and tea, and any unsweetened iced tea

Water is required to be available in all vending machines and at all meetings/events/programs that serve beverages. This policy also includes standards for food.

http://ww2.cityofpasadena.net/councilagendas/2011%20agendas/Oct_03_11/AR%202.pdf

San Fernando

Nutrition Standards: Vending

Description: 100% of the beverages (and food) sold in vending machines located in city facilities and institutions must be:

- 1) Water
- 2) Fruit or vegetable based containing at least 50-100% real juice without added caloric sweeteners
- 3) Milk products that are 1% (low fat), or nonfat
- 4) Non-dairy milk products such as soy, rice, and other similar milks
- 5) Drinks with no more than 50 calories per 20-ounce container (or 2.5 calories per each ounce of serving)

This policy also includes standards for food.

<http://healcitiescampaign.org/document.html?id=248>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

Redding

Nutrition Standards: Vending and City Facilities

Description: 100% of the beverages sold in vending machines at facilities that primarily serve Youth (such as recreation centers and sports facilities) must be:

- 1) Water (no volume limit: 0 calories);
- 2) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 ml serving or 3 tsp. sugar per 1 cup;
- 3) 100% fruit or vegetable juice (6 oz. preferred, not to exceed 12 oz.);
- 4) Fruit-based drinks containing at least 50% juice and no added calorie sweeteners, such as sugar or high-fructose corn syrup (not to exceed 20 oz.);
- 5) All other non-calorie beverages, including diet sodas; and sport drinks (not to exceed 20 oz.).

Additionally, 50% of the beverages sold in vending machines at all other facilities (such as parks and open space), and 50% of the beverages (and food) sold at concession stands must meet the above standards. This policy also includes nutrition standards for food.

http://publichealthadvocacy.org/_PDFs/beverage_policies/ReddingNutritionStandardsPolicy.pdf

Sacramento

Nutrition Standards: Vending

Description: 50% of the beverages and food sold in vending machines at city facilities must meet state standards.

Santa Ana

Nutrition Standards: Vending

Description: Requires that at least 50% of beverages sold through vending machines on city owned facilities be of a healthy variety, including items such as water, low fat milk products, natural fruit juice drinks, and sports drinks. This policy also includes nutrition standards for food.

<http://eatbettermovemore.org/sa/policies/pdf/text/StAnaHealthySnacks.pdf>

San Jose

Nutrition Standards: Vending

Description: Requires that 100% of beverages sold in library vending machines and at least 50% of beverages sold in vending machines on city property (including the San Jose International Airport) meet the following nutrition standards:

- 1) Water (with no additives)
- 2) One hundred percent fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
- 2) Dairy milk, non-fat, 1% and 2% only (no flavored milks)
- 3) Plant derived (i.e. rice, almond, soy, etc.) milks (no flavored milks)
- 4) Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container (teas, electrolyte replacements)
- 5) Other non-caloric beverages, such as coffee, tea and diet sodas

http://www.sanjoseca.gov/clerk/Agenda/031406/031406_03.04att.pdf

http://www.sanjoseca.gov/clerk/Agenda/061306/061306_02.13.pdf

Marjorie Freedman, Nutrition and Food Science Department, San Jose State University

Phone: (408) 924-3105 Email: mrfphd@earthlink.net

San Juan Bautista

Fast Food Restaurants and Large Retailers

Description: Restricts formula businesses (i.e. fast food chains) and other large scale retail businesses (any structure designed to accommodate an occupancy of greater than 5,000 square feet by any one retail establishment) within the city.

<http://www.san-juan-bautista.ca.us/PDFs/Ordinances/Ord%202007-04%20Formula%20Business.pdf>

San Leandro

Nutrition Standards

Description: Requires that meals and snacks (including beverage and food) provided by Recreation and Human Services Department in their youth and senior programs meet the following nutrition guidelines: calories from fat not to exceed 30% of total calories; calories from saturated and trans fats not to exceed 10% of total calories and calories from sugar not to exceed 30% of total calories. Water is noted as the preferable beverage

http://publichealthadvocacy.org/PDFs/beverage_policies/SanLeandroWellnessPolicy.pdf

Contact: Carolyn Knudsen, San Leandro Recreation and Human Services Director

Phone: (510) 577-3466 Email: cknudtson@ci.san-leandro.ca.us

Sausalito

Fast Food Restaurants Description: Restricts formula retail establishments to the Central Commercial, Shopping Center, Neighborhood Commercial, and Commercial Waterfront Districts and requires a conditional use permit for all formula retail establishments (i.e. fast food) within the city.

See page 5: www.ci.sausalito.ca.us/Modules/ShowDocument.aspx?documentid=4814

South El Monte

Nutrition Standards: Vending and City Events

Description: Mandates that beverages sold at city facilities or provided at meetings of city personnel meet the following nutrition standards:

- 1) Water with no added caloric sweeteners
- 2) Beverages sold or provided must contain no added caloric sweeteners
- 3) Beverages must be either fruit/vegetable based or milk products/substitutes
- 4) Fruit or vegetable based beverages must contain fifty to one-hundred-percent real juice
- 5) Milk products must be two-percent, one-percent, nonfat, soy, rice, or other similar nondairy drinks

Tap water must be provided wherever feasible. This policy also includes nutrition standards for food.

<http://healcitiescampaign.org/document.htm?id=202>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: jf@publichealthadvocacy.org

Visalia

Nutrition Standards: Vending, Concessions, Special Events

Description: Requires that 50% of beverages sold in vending machines in Parks and Recreation facilities, concession stands, and at special events must be:

- 1) Water with no additives, including sweeteners (caloric or non-caloric), vitamins and minerals (e.g. electrolytes), or stimulants (e.g., caffeine)
- 2) Non-fat or 1% cow's milk. Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces. Excludes flavored milks, including chocolate, strawberry and vanilla
- 3) Non-dairy milk alternatives (e.g., almond, rice, soy milk). Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces. Excludes flavored milks such

as chocolate, strawberry, and vanilla. No more than 5 grams of fat per 8 fluid ounces. No more than 12 grams of caloric sweetener per 8 fluid ounces.

- 4) Fruit and/or vegetable juices that contain at least 50% juice with no added sweeteners (caloric or non-caloric).
- 5) Coffee or tea with no added sweeteners (caloric or non-caloric)

This policy also makes recommendations beverages (and food) served at city meetings and programs and in sports leagues.

<http://www.ci.visalia.ca.us/civica/filebank/blobdload.asp?BlobID=11349>

Counties

Contra Costa County

Nutrition Standards: Vending

Description: Requires that vending machines located in any county owned, leased or operated space or facility comply with the following beverage standards: 50% of beverages offered in each vending machine shall be one or a combination of the following:

- a) Water
- b) Coffee or tea
- c) Reduced fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 tsp sugar per 1 cup milk)
- d) 100% fruit/vegetable juice
- e) Fruit based drinks containing at least 50% juice and no added caloric sweeteners
- f) All other non-caloric beverages, including diet sodas

This policy also includes nutrition standards for food sold in vending machines.

<http://www.co.contra-costa.ca.us/index.aspx?NID=653>

Contact: Tracey Ratray, Contra Costa Health Services

Phone: (925) 313-6217 Email: trattray@hsd.cccounty.us

Fresno County

Worksite Breastfeeding Accommodation

Description: Supports worksite lactation accommodation for county employees. Department Heads are responsible for preparing and issuing written procedures within their respective departments to assure lactation accommodation.

http://publichealthadvocacy.org/PDFs/beverage_policies/FresnoCntyAP59-LactationAccommodation.pdf

Contact: Laurie Misaki, Fresno County Department of Public Health

Phone: (559) 445-3307 Email: lmisaki@co.fresno.ca.us

Health Department Worksite Breastfeeding Accommodation

Description: Requires that the Department of Community Health (Department of Public Health) provide a reasonable amount of break time to accommodate their employee who expresses milk for the employee's infant child. The break time, if possible, runs concurrently with break time already provided to the employee. Break time that does not run concurrently with break time already provided to the employee is unpaid. The Department makes a reasonable effort to provide the employee with the use of a room or other appropriate location in close proximity to the employee's work area so that the employee may express milk in private.

http://publichealthadvocacy.org/PDFs/beverage_policies/FresnoCntyDCH_LactationPolicy.pdf

Contact: Laurie Misaki, Fresno County Department of Public Health:

Phone: (559) 445-3307 Email: lmisaki@co.fresno.ca.us

Los Angeles County

Breastfeeding Accommodations

Description: Promotes breastfeeding and increased access to lactation rooms in county facilities and other amenities that promote breastfeeding.

http://publichealthadvocacy.org/PDFs/beverage_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf

Nutrition Guidelines for County Contracts; Sponsorships

Description: Supports the reduced consumption of unhealthy foods and beverages and increases the consumption of healthy foods and beverages by:

- 1) Considering limitations on sugary drinks and other items not compliant with California food nutrition guidelines as a condition of all county contracts with outside organizations;
- 2) Phasing out sugary drink company sponsorships and advertising at county facilities and events by December 2012, including in recreational, cultural and entertainment venues.

http://publichealthadvocacy.org/PDFs/beverage_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf

Contact: Michelle Gutierrez, California Center for Public Health Policy

Phone: (626) 962-5900 Email: mg@publichealthadvocacy.org

Nutrition Standards: Vending Machines, County Sponsored Meetings, and Fundraising

Description: Requires vending machine within county facilities to provide beverages which comply with the nutrition standards of the Los Angeles County Food Policy (as noted below); however, custodial facilities and existing contracts within the department of beaches and harbors are exempt from the requirements.

Requires all beverages purchased with County funds and served at County-sponsored meetings and events comply with the nutrition guidelines contained in the Los Angeles County Food Policy which stipulates that beverages meet the following standards:

- 1) Fruit-based and vegetable based drinks that are at least 50 percent fruit juice without added sweeteners
- 2) Water without added sweeteners
- 3) Milk products including two-percent, one-percent, nonfat, soy, rice and other similar non-dairy milk
- 4) Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

This policy also provides recommendations for foods sold for fundraising purposes based on the guidelines for vending machines and includes nutrition standards for foods.

Contact: Michele Gutierrez, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: mg@publichealthadvocacy.org

Monterey County

Nutrition Standards: Vending

Description: Requires that 50% percent of beverages offered in vending machines located within any County owned, leased or operated space of facility shall be one or a combination of the following:

- 1) Water
- 2) Coffee or tea
- 3) Reduced fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than fifteen (15) grams of added sugar per 250 gram serving or three (3) teaspoons of sugar per one (1) cup of milk)
- 4) One hundred (100%) percent fruit/vegetable juice

- 5) Fruit based drinks containing at least fifty (50%) percent juice and no added caloric sweeteners
- 6) All other non-caloric beverages, including diet sodas.

This policy also provides nutrition standards for food.

<http://www.co.monterey.ca.us/admin/pdfs/HealthyVendingPolicy.pdf>

Contact: Christine Moss, Network for a Healthy California - Central Coast Region

Phone: (831) 796-2894 Email: mossacd@co.monterey.ca.us

Nutrition Standards: Monterey County Health Department Meetings and Events

Description: Requires that beverages at all Monterey County Health Department sponsored and/or coordinated meetings and events, both in the community and at worksites, for staff, community agency representatives or community members must be one of the following healthy options: water, 100% fruit or vegetable juices, mineral water, diet sodas, tea, and coffee. Drinks which are prohibited include: high sugar beverages, such as soft drinks/sodas, fruit drinks with less than 100% natural juice, and sports drinks.

http://publichealthadvocacy.org/_PDFs/beverage_policies/MontereyHealthDepartmentNutritionPolicy.pdf

Contact: Christine Moss, Network for a Healthy California - Central Coast Region

Phone: (831) 796-2894 Email: mossacd@co.monterey.ca.us

Worksite Breastfeeding Accommodations

Description: Requires that county employees be allowed a flexible schedule for pumping breast milk. The time allowed may exceed a normal lunch or break period. Any time in excess of a normal lunch or break period will not be paid as regular work time but with supervisory approval, the employee may make up her time with either sick leave, annual/vacation leave, or a flexed work schedule. Requires that county employees be provided the use of a clean, comfortable space or "Lactation Area."

<http://publicagendas.co.monterey.ca.us/MG86107/AS86133/AS86137/AI90122/DO90127/1.DO.C>

Contact: Janet Vaughan, Monterey County WIC Breastfeeding Coordinator

Phone: (831) 796-2866 Email: vaughanjc@co.monterey.ca.us

Santa Barbara County

Worksite Breastfeeding Accommodations

Description: Declares that the County of Santa Barbara is a breastfeeding friendly workplace. Mandates that all county supervisors will support an employee's choice to breastfeed or pump breast milk. Requires that breastfeeding employees be permitted to take two to three breaks along with the lunch period to breastfeed or pump in a private break area or room. Provides access to county-owned electric breast pumps.

http://publichealthadvocacy.org/_PDFs/beverage_policies/SantaBarbaraBreastfeedingPolicy.pdf

Contact: Meg Beard, Santa Barbara County Public Health Department

Phone: (805) 681-5276 Email: meg.beard@sbcphd.org

Santa Clara County

Nutrition Standards: Restaurant Meals Incentives

Description: Prohibits restaurants in unincorporated areas of the county from providing incentive items with sales of beverages which provide or contain:

- 1) Excessive calories: more than one hundred twenty (120) calories;
- 2) Excessive fat: more than thirty-five percent (35%) of total calories from fat;
- 3) Excessive sugars: more than ten percent (10%) of calories from added caloric sweeteners;

- 4) Added Non-Nutritive Sweeteners; OR
- 5) Caffeine

Policy also includes nutrition standards for incentives with food.

<http://www.sccgov.org/keyboard/attachments/BOS%20Agenda/2010/April%2027,%202010/202926863/TMPKeyboard203046978.pdf>

Nutrition Standards: County Purchases

Description: Requires that 100% of beverages purchased with county dollars, by county programs or by county contractors and served free of charge to individuals or groups participating in a county department or program meet the following nutrition standards:

- 1) Water (with no additives)
- 2) One hundred percent fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
- 3) Dairy milk: non-fat, 1% and 2% only (no flavored milks)
- 4) Plant derived (i.e. rice, almond, soy, etc.) milks (no flavored milks)
- 5) Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container (teas, electrolyte replacements)
- 6) Other non-caloric beverages such as coffee, tea and diet sodas

<http://www.sccgov.org/SCC/docs%2FSCC%20Public%20Portal%2FAttachments%2FBeverage%2FNutritional%2FCriteria%2F18.pdf>

Nutrition Standards: Vending, Meetings and Events:

Description: Requires 50% of beverages sold in county vending machines meet specific nutrition guidelines and sets nutrition standards for county-sponsored meetings and events. Healthy beverages are defined as: water, 100% fruit juices, with no additives, non-fat, 1%, and 2% non-flavored milk, plant-derived (i.e. soy, rice, etc.) milk, artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container, and other non-caloric beverages.

The policy also includes nutrition standards for food.

<http://www.sccgov.org/keyboard/attachments/BOS%20Agenda/2008/October%2021,%202008/202166611/TMPKeyboard202448284.pdf>

San Diego County

Nutrition Standards: Vending

Description: Requires that 100% of the beverages sold in vending machines at county facilities that primarily serve youth and 50% of the beverages sold in vending machines at all other county facilities meet the following healthy-choice nutritional standards:

Beverage volumes of no more than 12 ounces (except water), and no more than 250 calories per container. Note: If juices are available in smaller-sized portions, such as 6 ounces, they are preferred. The healthy-choice beverages offered in each vending machine shall be one or more of the following:

- 1) Water (no volume limit; 0 calories);
- 2) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 mL serving or 3 tsp. sugar per 1 cup;
- 3) 100% fruit or vegetable juice;
- 4) Fruit-based drinks containing at least 50% juice and no added caloric sweeteners, such as sugar or high-fructose corn syrup;
- 5) All other non-caloric beverages, including diet sodas; and
- 6) Sport drinks with no more than 100 calories.

The policy also includes standards for food sold in vending machines.

<http://www.sdcountry.ca.gov/hhsa/programs/phs/documents/HealthyChoiceOptionsinVendingMachinesPolicy3-07.pdf>

San Francisco City and County

Mobile Vending

Description: Prohibits mobile catering vehicle operators from selling or giving away any drink within 1500 feet of the property line of any public middle school, junior high school, or high school.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/ordinances07/o0068-07.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School

District Phone: (415)355-7356 Email: waymackn@sfusd.edu

Nutrition Standards: Vending

Description: Prohibits the sale of calorically sweetened drink from vending machines on city property. Beverage offerings are to include ample choices of water, low-fat and/or 1% milk, including soy milk, rice milk and other similar dairy or non dairy milk. When juice is made available, it is 100% fruit or vegetable juice with no added sweeteners. Diet sodas are limited to 25% of items offered.

<http://www.sfgov3.org/Modules/ShowDocument.aspx?documentid=68>

Contact: Christina Goette, San Francisco Department of Public Health

Phone: 415-581-2422 Email: Christina.Goette@sfdph.org

Fast Food Restaurants

Description: Permits formula retail businesses (i.e. fast food restaurants) in a Neighborhood Commercial District after neighborhood commercial notification and design review procedures.

Prohibits formula businesses in the Hayes-Gough Neighborhood Commercial District, and designates formula business use as conditional use in the Neighborhood Commercial Cluster Districts at Cole and Carl Streets and Parnassus and Stanyan streets.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/ordinances04/o0062-04.pdf>

Nutrition Standards: Restaurant Meals Incentives

Description: Prohibits restaurants from providing for free an incentive item, such as a toy, with any meal that does not meet specific nutrition standards. A meal that includes excessive calories (more than 600), excessive sodium (more than 640 milligrams), excessive fat (more than 35% of total calories from fat), excessive saturated fat (more than 10% of total calories) or excessive trans fat (more than 0.5 grams) may not be accompanied by an incentive item. In addition, restaurants may not provide for free an incentive item with a meal unless it includes at least 0.5 cups of fruits and 0.5 cups of vegetables (vegetables are not required for breakfast meals) and any bread that is provided with the meal (including hamburger buns) must be made with at least 50% whole wheat. Restaurants also may not provide for free an incentive item linked to a beverage if it includes excessive fat (more than 35% of total calories) or excessive sugars (more than 10% of calories from added sweeteners).

These beverage nutrition standards apply to beverages purchased separately, not as part of a meal.

http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/committees/materials/lu100410_101096.pdf

Yolo County

Worksite Breastfeeding Accommodations

Description: Requires that county employees be allowed reasonable break time for nursing or pumping breast milk. The time allowed may exceed a normal lunch or other break. Any time in excess of a normal lunch or other break must be made up by using sick leave, annual leave, or an agreed upon adjusted schedule such as coming in earlier or working later. A private, secure room with an electrical outlet, table and chair must be made available where the breastfeeding employee can express breast milk. This space must be reasonably near the employee's normal work area, and

must not be a toilet stall or bathroom. <http://www.yolocounty.org/agendas/2005/080205/11.pdf>
Contact: Samantha Pfeifer, Yolo County WIC Program
Phone: (530) 666-8446 Email: Samantha.Pfeifer@yolocounty.org

Three School District Wellness polices include provisions that exceed state law.

Berkeley Unified School District

Fund Raising

Description: Eliminates school fundraising in K-8 that includes sale of soda, candy, sweets and cookies.

http://www.berkeley.net/uploads/nutrition/BUSD_Food_Policy.pdf

Contact: Marni Posey, Director of Nutrition Services, Berkeley Unified School District

Phone: (510) 644-6200 Email: Marni_Posey@berkeley.k12.ca.us

San Francisco Unified School District

Commercial Free Schools

Description: Restricts advertising of commercial products within San Francisco Unified School District (SFUSD). Prohibits SFUSD from entering into an exclusive contract with a soft drink or snack food company. Commits to making healthy drinks and healthy snacks available to students. Eliminates the purchase or use of curriculum materials that feature brand names.

This policy was also endorsed by the San Francisco County Board of Supervisors.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/resolutions00/r0253-00.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School District
Phone: (415)355-7356 Email: waymackn@sfusd.edu

Beverage Nutrition Standards

Description: Restricts beverage sales to milk, 100% juice, and water-juice blends with no added sweeteners, caffeine, or herbal supplements. Prohibits the sale of sports drinks, electrolyte-replacement drinks, “vitamin water,” “energy water,” and “fruit water.”

<http://portal.sfusd.edu/data/board/pdf/memberreso/Supt%20Wellness%20Policy.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School District

Phone: (415)355-7356 Email: waymackn@sfusd.edu

CCPHA is interested to learn about other local beverage policies. If you know of a beverage policy which is not included here, please email cs@publichealthadvocacy.org and provide a copy of the policy.

Revised February 1, 2012