



**MODEL LANGUAGE FOR
CITY AND COUNTY FOOD AND BEVERAGE POLICY**

WHEREAS, the League of California Cities at its recent annual conference unanimously adopted a resolution reaffirming its recognition of the important role cities play in combatting the obesity epidemic and called upon cities in California to join the Let's Move Cities and Towns Campaign, and

WHEREAS a goal of the Let's Move Cities and Towns Campaign is to make healthy food available to children and families in municipal facilities, and

WHEREAS, the League initiated the Healthy Eating Active Living Cities Campaign to support cities to adopt policies to increase access to healthy food, and

WHEREAS, more than half of California's adults are overweight or obese and therefore at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and, hypertension; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight. *<Enter local data available at <http://www.publichealthadvocacy.org/growingepidemic.html>>*

WHEREAS, more children are being diagnosed with diseases linked to overweight and obesity previously seen only in adults, such as Type 2 diabetes and heart disease; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity; and

WHEREAS, obesity and overweight takes a tremendous toll on the health and productivity of all Californians, annually costing the state \$21 billion, and

WHEREAS, the City of _____ bears a portion of these costs in health care premiums, sick days and lost productivity, and

WHEREAS, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese; and

WHEREAS, foods and beverages of minimal nutritional value are marketed extensively; and

WHEREAS, the city of ____ is committed to spending public funds to promote the public's health and welfare, including the health and welfare of children and families, and

WHEREAS, the City Council has jurisdiction over municipal facilities and programs serving employees and residents where they consume food and beverages, and

WHEREAS it is in the City's interest to use its facilities and programs to promote and support health,

NOW, THEREFORE, BE IT RESOLVED, the city of _____ adopts the following food and nutrition standards to ensure the city of _____ promotes healthy choices. These standards will become effective ____MONTH ____ DAY, 2011 (suggested date is six months from policy adoption) and will be monitored by designated staff every 6 months for compliance.

All food and beverages to be provided and or sold in city facilities and institutions (afterschool programs, recreation centers, pools, libraries, parks, community centers, childcare centers, etc.) are to meet the following guidelines, and

All food and beverages served during meetings (public, staff, interdepartmental, intradepartmental, community input, etc.) that include multiple city personnel are to meet the following guidelines:

FOOD-SNACKS

100% of snack foods provided, sold or distributed (through vending machines or other means) shall meet all of the following criteria:

- Snack foods **must have no more than:**
 - 35% of its calories from total fat
 - 10% of its calories from saturated fat
 - 35% sugar by weight
 - 250 calories per individual food item
 - **EXEMPT SNACK FOODS:** *Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), legumes (beans), eggs, cheese, and fruits/vegetables that have not been deep fried and **do not contain added sugars or fat**, do not have to meet the above nutrition standards except for the limit of 250 calories or less.*
- Snack foods shall contain NO trans fat

Snack foods will emphasize fruit, vegetables, whole grains, and low fat (1%) or nonfat dairy products. Sales venues where more than one snack food is sold, (including vending machines), shall:

- Offer at least one snack item that has no more 360 mg of sodium per serving or per portion
- Include at least one item that meets the FDA definition of "low sodium": 140 mg or less per serving or portion
- Include at least one item that contains at least two grams of dietary fiber

FOOD-ENTREES

Entrees sold or provided by or in city facilities (noted above) through vending or whatever means, shall *have no more than*:

- 4 grams of fat per 100 calories
- 400 calories per serving

Facilities selling or providing more than one entrée shall:

- offer at least one item that meets the FDA definition of low sodium: 140 mg or less per 100 g for meals or main dishes

BEVERAGES

Beverages must be:

- Fruit and vegetable juices that contain at least 50 percent fruit and/or vegetable juice without added caloric sweeteners *or*
- Milk products that are lowfat (1%) or nonfat, *or*
- Non-dairy milks fortified with calcium and vitamin D such as soy, rice or other similar milks *or*
- Drinks sweetened with non-caloric sweeteners (diet beverages) that do not contain added caloric sweeteners

Tap water shall be provided as the preferred beverage whenever feasible

FUTURE CONTRACTS

Future procurement and or contractual negotiations for the provision of food and beverages to be provided and or sold through vending machines and other means within city facilities, at city functions and sponsored events shall include a provision stipulating that all food and beverages to be purchased or provided through contracts shall meet the city's Nutrition Standards outlined above.

PHYSICAL ACTIVITY

To further promote health in all youth programs, any program that is not primarily physical activity-based will provide 10 minutes of physical activity for every 50 minutes of programming;

IMPLEMENTATION

To assist in the implementation of this resolution, the Mayor and City Council members will designate appropriate city staff persons or person, in collaboration with health organizations, to disseminate information and train city staff on the above nutrition standards to ensure complete comprehension and compliance. The designated city staff persons or person shall monitor enduring compliance, and report back to the Mayor and City Council every 6 months on the status of implementation.

PRIOR RELATED RESOLUTIONS

All other resolutions in conflict with this resolution are hereby repealed

For more information contact: