

OFFICE OF THE CITY ATTORNEY
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1 RESOLUTION NO. RES-11-0136

2
3 A RESOLUTION OF THE CITY COUNCIL OF THE
4 CITY OF LONG BEACH ADOPTING A HEALTHY SNACK
5 FOOD AND BEVERAGE POLICY
6

7 WHEREAS, obesity is a serious and growing public health problem, with
8 obesity rates more than doubling in the past twenty years; and

9 WHEREAS, the City of Long Beach is committed to promoting health and
10 combating the obesity epidemic; and

11 WHEREAS, the federal Centers for Disease Control and Prevention and the
12 Institute of Medicine recommend that local government entities implement policies and
13 practices to promote healthy food and beverages and reduce or eliminate the availability
14 of calorie dense nutrient poor foods; and

15 WHEREAS, the City of Long Beach has joined the federal government's
16 Let's Move Cities and Towns Campaign which encourages local government to adopt
17 policies that aim to reduce childhood obesity; and

18 WHEREAS, 31% of Long Beach adults are obese and therefore at risk for
19 many chronic conditions such as diabetes, heart disease, stroke, hypertension, arthritis,
20 and cancer; and

21 WHEREAS, childhood obesity in the United States has more than tripled in
22 the past 30 years; and

23 WHEREAS, approximately 27% of Long Beach 5th, 7th, and 9th graders
24 are considered obese; and

25 WHEREAS, the current generation of children may be the first that will be
26 less healthy and have a shorter life expectancy than their parents due to the increasing
27 rates of obesity; and

28 WHEREAS, obesity and overweight take a tremendous toll on the health

1 and productivity of all Californians, annually costing the state \$21 billion; and

2 WHEREAS, the City of Long Beach bears a portion of these costs in health
3 care premiums, sick days and lost productivity; and

4 WHEREAS, unhealthy foods and beverages are pervasive in our
5 community, and there is evidence that what we choose to eat is influenced by what is
6 available locally; and

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

9 WHEREAS, research has confirmed that a policy approach to preventing
10 disease confers significant benefit to the population at large; and

11 WHEREAS, the City of Long Beach is committed to using its public funds to
12 promote the public's health and welfare, including the health and welfare of children and
13 families; and

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

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

18 NOW, THEREFORE, the City Council of the City of Long Beach resolves as
19 follows:

20 Section 1. That the City Council of the City of Long Beach hereby adopts
21 a Healthy Snack Food and Beverage Policy, a copy of which is attached hereto as Exhibit
22 "A" and made a part hereof by this reference.

23 Section 2. That all snack foods to be sold in City-contracted vending
24 machines located in publicly accessible City-owned or City-controlled facilities and
25 institutions (including, but not limited to, parks, recreation centers, pools, City offices,
26 libraries, community centers, etc.) shall comply with the City's nutrition guidelines outlined
27 in the Policy.

28 Section 3. That all snack foods and beverages purchased by the City

1 and provided at all youth oriented City-sponsored meetings, programs and events, except
2 at special events, shall comply with the City's nutrition guidelines outlined in the Policy.

3 Section 4. That future procurement and negotiations of City contracts for
4 the operation of snack food vending machines within publicly accessible City facilities and
5 institutions shall specify a requirement that all snack foods to be sold in City-contracted
6 vending machines shall meet the City's nutrition guidelines outlined in the Policy.

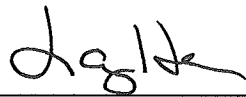
7 Section 5. This resolution shall take effect immediately upon its adoption
8 by the City Council, and the City Clerk shall certify the vote adopting this resolution.

9 I hereby certify that the foregoing resolution was adopted by the City
10 Council of the City of Long Beach at its meeting of December 6, 2011 by
11 the following vote:

12
13 Ayes: Councilmembers: Lowenthal, O'Donnell, Schipske,
14 Andrews, Johnson, Gabelich, Neal.

15
16
17 Noes: Councilmembers: None.

18
19 Absent: Councilmembers: Garcia, DeLong.

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23 _____
City Clerk

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Exhibit A
Long Beach Healthy Snack Food and Beverage Policy

The purpose of the Long Beach Healthy Snack Food and Beverage Policy is to promote good health among Long Beach residents, and to make Long Beach a healthy “world class” city.

The nutrition standards outlined in this policy have been established based on the standards used by California schools (SB 12), as well as those standards developed and successfully implemented in other cities and counties with food and beverage policies. These standards are also consistent with many of the nutrition messages provided in the *Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee, which is jointly established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, has created the *Dietary Guidelines for Americans* with the purpose of providing science-based advice to promote health and reduce the risk of chronic disease through diet and physical activity.*

Healthy Snack Food and Beverage Policy

Snacks and/or Beverages Served at Youth Oriented City Meetings and Classes

If snacks and/or beverages are served at meetings/classes where youth are present, the products **are required to be healthful**. Healthy food snacks include: baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts. Healthy beverages include: 50 -100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters. All meetings with youth where beverages are served must have water (pitchers and/or bottled) as an available beverage option.*

Snack Food Vending Machines

All snack food in vending machines **in public areas will be required to be healthful items**. For example, snack food vending machines may contain baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts.*

Note – snack food vending machines “not in public areas” are not subject to this policy. The products noted are not exclusive.

Policy Exemptions

The Long Beach Healthy Snack Food and Beverage Policy **does not** apply to the following:

- 1) All meals, snacks and beverages served at meetings for staff or the public which are oriented to primarily adult populations (age 18+). It is a recommendation that City staff strive to serve healthful items to adult populations.
- 2) Food items served as a meal or entrées (i.e., breakfast, lunch and/or dinner), including the accompanying dessert.
- 3) Food and beverage items donated for use at all staff or public events, or items purchased by individual staff (not using City funds). Potlucks, retirement celebrations, etc, are not subject to this policy.
- 4) Special events as defined by California Health and Safety Code Section 113755 (i.e., parades, festivals, etc.).
- 5) City-sponsored special events (i.e. Halloween carnivals held at parks, Spring egg hunts at parks).
- 6) Vendors in locations not under direct City control (i.e., golf courses, airport food vendors, city hall snack shop vendor).
- 7) Individuals or groups using/renting City facilities such as ball fields or park meeting halls.
- 8) City staff and City business meetings, including City Council, City Committee/Commission/Board meetings, where refreshments are not open to the general public.
- 9) During times of emergencies, as declared by authorized City safety personnel.

Definitions

- Youth-Sites – are those City sites open to the public where there is programming specifically for children and youth (under the age of 18) such as community health centers, libraries, park sites, or other spaces that regularly host out of school time programs, and athletic facilities that are used by youth teams.
 - Non-youth sites – are all sites City sites open to the public which do not meet the definition of a youth site.
 - Youth-Oriented Meetings - are those specifically geared toward children and teens (under the age of 18).
 - Snack Foods - when served at meetings/classes, snack foods include all foods that are not accompanied by an entrée. Dessert items such as cookies, cake, and other baked goods are allowed if a full meal is served.
 - Public Area – means any area to which the public is invited or in which the public is generally permitted and under the control of the City.
- * The Health Department can provide a "Healthy Snack Food and Beverage Policy" listing and additional information on nutritional requirements of said products in compliance with the noted nutrition standards.