



CITY OF LONG BEACH

R-28

DEPARTMENT OF HEALTH AND HUMAN SERVICES

2525 GRAND AVENUE • LONG BEACH, CALIFORNIA 90815 • (562) 570-4000 • FAX: (562) 570-4049

August 18, 2015

HONORABLE MAYOR AND CITY COUNCIL

City of Long Beach

California

RECOMMENDATION:

Adopt the attached Resolution amending and restating the City of Long Beach Healthy Snack Food, Beverage and Vending Policy. (Citywide)

DISCUSSION

In April 2011, the City Council passed a motion to craft healthy food policies focused on foods served at citywide meetings, and food and beverage items in vending machines. The two policies developed were the Healthy Snack Food and Beverage Policy and the Healthy Beverage Vending Policy, (collectively the "Policy") which were adopted by the City Council on December 6, 2011.

At its March 10, 2015 meeting, the City Council requested that the Department of Health and Human Services report back to the Council on the status of the Policy, providing an overview of the impact of the Policy over the past four years.

On May 19, 2015, the City Council received a presentation from the Department of Health and Human Services on the status of the Policy, and passed a motion to amend the Policy in order to expand the Policy to cover community meetings, ground breakings, and ribbon cuttings, and for future vending contracts to meet the nutritional standards established in the USDA Dietary Guidelines for Americans and the Health and Sustainability Guidelines for Federal Concessions and Vending Operations. Among other things, the amended Policy requires that:

- At least 50 percent of snacks sold in all vending machines on City property shall meet specified Nutrition Standards;
- At least 50 percent of beverages sold in vending machines on City property, which are not accessible to the public (i.e., inward facing machines), shall meet Nutrition Standards. All beverages in vending machines accessible to the public (i.e., outward facing machines) shall remain unchanged at 100 percent.

Pursuant to Council's request, the above-described Resolution is hereby being submitted for your consideration.

This matter was reviewed by Deputy City Attorney Linda Vu on July 23, 2015, and by Budget Management Officer Victoria Bell on July 24, 2015.

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TIMING CONSIDERATIONS

Council action on this matter is not time critical.


FISCAL IMPACT

There is no fiscal impact associated with this item.

SUGGESTED ACTION:

Approve recommendation.

Respectfully submitted,


KELLY COLOPY
DIRECTOR
HEALTH AND HUMAN SERVICES

Attachment--Resolution

APPROVED:



PATRICK H. WEST
CITY MANAGER

OFFICE OF THE CITY ATTORNEY
CHARLES PARKIN, City Attorney
333 West Ocean Boulevard, 11th Floor
Lona Beach, CA 90802-4664

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RESOLUTION NO.

A RESOLUTION OF THE CITY COUNCIL OF THE CITY
OF LONG BEACH AMENDING AND RESTATING A HEALTHY
SNACK FOOD, BEVERAGE AND VENDING POLICY

WHEREAS, in April 2011, the City Council passed a motion to craft healthy food policies focused on foods served at citywide meetings, and food and beverage items in vending machines; and

WHEREAS, on December 6, 2011, the City of Long Beach adopted Resolution Nos. RES-11-0136 and RES-11-0137 in which the City adopted a Healthy Snack Food and Beverage Policy and a Healthy Beverage Vending Policy (collectively, the "Policy"); and

WHEREAS, at its meeting on May 19, 2015, the City Council received a presentation from the Department of Health and Human Services on the status of the Policy and passed a motion to amend the Policy in order to expand the Policy to cover community meetings, ground breakings, and ribbon cuttings, and for future vending contracts to include a requirement that at least fifty percent (50%) of all snacks in a snack food vending machine meet the nutritional standards established in the USDA Dietary Guidelines or Americans and the Health and Sustainability Guidelines for Federal Concessions and Vending Machines (inward and outward) and inward facing beverage vending machines (outward facing beverage vending machines shall remain unchanged at 100%); and

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

Section 1. That the City Council of the City of Long Beach hereby amends and restates the Healthy Snack Food, Beverage and Vending Policy as set forth in Exhibit "A", attached hereto and made a part hereof by this reference as if fully set

OFFICE OF THE CITY ATTORNEY
CHARLES PARKIN, City Attorney
333 West Ocean Boulevard, 11th Floor
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1 forth.

2 Section 2. The City Council hereby authorizes the City Manager and the
3 Director of the Department of Health and Human Services, or their designees, to
4 subsequently amend the nutrition standards specified in the Healthy Snack Food,
5 Beverage and Vending Policy as necessary in order to remain consistent with any and all
6 future changes to the U.S. Department of Agriculture (USDA) Dietary Guidelines for
7 Americans and the Health and Sustainability Guidelines for Federal Concessions and
8 Vending Operations.

9 Section 3. This resolution shall amend, restate, replace and supersede
10 Resolution Nos. RES-11-0136 and RES-11-0137.

11 Section 4. This resolution shall take effect immediately upon its adoption
12 by the City Council, and the City Clerk shall certify the vote adopting this resolution.

13 I hereby certify that the foregoing resolution was adopted by the City Council
14 of the City of Long Beach at its meeting of _____, 2015
15 by the following vote:

16 Ayes: Councilmembers: _____
17
18 _____

19 Noes: Councilmembers: _____
20 _____

21 Absent: Councilmembers: _____
22 _____

23
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27 _____ City Clerk

EXHIBIT "A"

Healthy Snack Food, Beverage and Vending 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 were established based on the previously adopted Long Beach Healthy Snack Food and Beverage Policy; the Federal Food, Nutrition, and Sustainability Guidelines for Concessions and Vending Operations; and are consistent with the 2010 USDA 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.

The Nutrition Standards (as specified in Attachment A) will be reviewed periodically and updated to remain consistent with updates to the USDA Dietary Guidelines for Americans. [LV1]

Healthy Snack Food and Beverage Policy

- 100% of beverages and snacks served at youth serving sites/youth-oriented City meetings and classes, ground breaking and ribbon cutting events, and community meetings/forums/classes, which are led or coordinated by City staff or programs, using City funds, shall meet specified Nutrition Standards. All meetings where beverages are served must have water (pitchers and/or bottled) as an available beverage option.

Healthy Snack Food and Beverage Vending Machine Policy

Snack foods and beverages to be sold in City-contracted vending machines accessible on City-owned or City-controlled facilities and institutions (including, but not limited to, parks, recreation centers, pools, City offices, libraries, community centers, etc.) shall be subject to the following provisions:

- At least 50% of snacks sold in all vending machines on City property shall meet specified Nutrition Standards.
- 100% of beverages sold in vending machines on City property, and accessible to the public, shall meet specified Nutrition Standards.
- At least 50% of beverages sold in vending machines on City property, which are not accessible to the public, shall meet specified Nutrition Standards.
- Require that by 12/1/2016, vending machines, located on City property, display the total calorie content for each item sold in accordance with Section 4205 of the Patient Protection and Affordable Care Act.
- Language specific to compliance to these standards will be included in vending contracts. Specifically, future procurement and negotiations of City contracts for the operation of snack food and/or beverage vending machines within publicly accessible City facilities and institutions shall specify a requirement that all snack foods and beverages to be sold in City-contracted vending machines shall meet the City's Nutrition Standards outlined under this policy.

Exemptions to the Policy

The above snack and beverage standards do not apply to the following:

1. Food items served as a meal or entrée
2. Food and/or beverages available at City events that require a special permit (i.e. parades, festivals, etc.) or City-sponsored special events (i.e. Spring egg hunts at parks or Halloween carnivals).
3. Food and/or beverage items donated or purchased by individual staff (not using City funds) such as potlucks, retirement celebrations, etc.
4. Meetings/Forums/Classes not open to the community.
5. During times of emergencies, as declared by authorized City safety personnel.

Attachment A

Nutrition Standards

Nutrition Standards for Snack Foods	
Calories	≤ 200 Calories per serving
Total Fat	≤ 35% or less of calories from fat
Saturated Fat	≤ 10% or less of calories from saturated fat
Trans Fat	0 trans fats and contains no “partially hydrogenated oil” on the ingredients list
Sugar	≤35% or less sugar
Sodium	≤230mg Sodium per serving

Snack items exempt from these standards and are available under this policy include:

- Fruits and Vegetables with no added salt, sugar and/or fat
- Nuts and seeds (including nut butters and peanut butters with no added trans fat)
- Plant based spreads (i.e. hummus, guacamole, pesto dip, etc.)
- Low-fat, reduced fat, or fat-free cheeses (including light cream cheese)

Examples of healthy food snacks include: baked chips, pretzels, popcorn, granola bars, fruit snacks, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, select small bagels and low-fat muffins, and yogurts (see Appendix A for suggested products).

Nutrition Standards for Beverages	
Water	Required to be available at all meetings/events that serve water. Carbonated and/or seltzer waters with no added (caloric or non-caloric) sweeteners are allowed. Water with added fruits, vegetables, and/or herbs for flavoring are allowed.
Fruit and/or Vegetable Juices	Must be 100% juice Vegetable juices must contain ≤230mg Sodium per serving Recommended portion sizes: Children – 4oz Teens and Adults – 6oz
Milk	1% or nonfat unflavored milk products
Dairy Alternative (i.e. soy)	≤35% sugar
Diet Sodas and other Artificially Sweetened Beverages	Must contain ≤40 calories per serving No more than 25% of beverages sold/offered should be “diet.”
Coffee and Tea	Unsweetened

Healthy beverages include: 100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters.

Appendix B

Guideline to Suggested Products

July 1, 2014

The list of snacks below meets the U.S. Department of Agriculture (USDA) Smart Snacks in School Guidelines, effective July 1, 2014. This is intended to only be a first-step guide. Because of the ever changing nature of production formulation and discontinuation, it is important that users should check each food item's label to confirm its current compliance before using. An easy way to check for compliance is to use the "Food Calculator". (<http://rdp.healthiergeneration.org/calc/calculator>) Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools. In addition, the Alliance for a Healthier Generation has a list of additional snacks that may meet USDA guidelines. [View the list of additional snacks that may meet USDA guidelines.](#)

This list is provided as a courtesy to schools and other organizations that are looking for acceptable snack products that meet the guidelines. The following companies are known to have provided acceptable snacks. This list is not inclusive of all manufactured products that might be available. Inclusion on this list does not imply approval or recommendation by the Long Beach Department of Health and Human Services.

Fruit Snacks / Fruit / Yogurt

- Welch's Fruit Snacks, Mixed Fruit and Berries 'N Cherries flavors (1.55 oz.)
- Fieldstone Apple Delights and Strawberry Delights (1.41 oz.)
- Go-Gurt (2.25 oz.)
- Snapz Apple Crisps: Original, Cinnamon, and Apple Strawberry (0.46 oz.)
- Upstate Farms yogurt: All flavors (4 oz.)
- Yoplait yogurt – Original: All flavors (4 oz., 6 oz.)
- Yoplait Greek yogurt: All flavors (4 oz.)
- Yoplait Greek Blended yogurt: All flavors (5.3 oz.)

Popcorn

- Angie's Boom Chick-A-Pop All-Natural Popcorn (0.6 oz.)
- Popcorn Indiana: Kettle Corn (1 oz.)
- Smartfood Delight Popcorn: White Cheddar (0.5 oz.)
- Vic's Lite White Popcorn (0.5 oz.)

Chips

- SunChips – All Flavors
- Padrinos Reduced Fat Tortilla Chips
- PopChips: BBQ, Cheddar & Sour Cream, Sour Cream & Onion, Salt & Vinegar, and Nacho Tortilla (1 oz.)
- Popcorn Indiana Chip'ins: Sea Salt, White Cheddar
- Salveo Puffed Multigrain: Caramel Crunch, Apple Cinnamon (0.5 oz.)
- Salveo Pops: Original Sea Salt
- Special K Cracker Chips: Cheddar, Sea Salt, Sour Cream & Onion, and Southwest Ranch (0.87 oz.)
- Deer River Snacks, Baked Crisps with Sea Salt flavor only (1 oz.)
- Eagle Popped Crisps, Original, Honey BBQ, and Sour Cream and Onion (22 grams)
- Cheetos - Baked: Crunchy and Flamin' Hot (0.875 oz.)
- Cheetos – Reduced Fat: Puffs Flamin' Hot (0.7 oz.)
- Cheetos Fantastix: Hot (1 oz.)
- Doritos – Reduced Fat: Nacho, Ranch, and Spicy Sweet Chili (1 oz.)
- Lays - Baked: Original, BBQ, and Sour Cream & Onion (0.875 oz.)
- Tostitos Scoops – Baked (0.875 oz.)
- Kashi Hummus Crisps: Caramelized Onion and Sundried Tomato (0.81 oz.)

Granola / Granola Bars / Cereal / Cereal Bars

- Betty Crocker Oatmeal Bars: Butterscotch, Chocolate Chip, and Double Chocolate (1.24 oz.)
- Clif Bar Kid Z Organic: Chocolate Brownie, Chocolate Chip, Honey Graham, Iced Lemon Cookie, Iced Oatmeal Cookie, Monster Chocolate Mint, Peanut Butter, S'more (1.27 oz.)
- Clif Bar Kid Z Crispy: Chocolate, Chocolate Chip, Cookies & Cream, and Peanut Butter
- Clif Bar Kid Z Protein: Chocolate Chip, Chocolate Mint, Peanut Butter Chocolate
- Clif Minis: Chocolate Brownie, Chocolate Chip, Crunchy Peanut Butter

- Fiber One Granola Bars: Trail Mix, Oats and Caramel, Oats and Strawberries
- Fieldstone Bar: Totally Apple Cinnamon, Totally Chocolate Chip, Apple Delights, and Strawberry Delights (1.5 oz.)
- Fieldstone Granola (1.125 oz.)
- General Mills Cereal Bars: Apple Cinnamon Cheerios, Team Cheerios Strawberry, Fruity Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Golden Grahams, Trix
- General Mills Cereal Bowls: Berry Kix (0.688 oz.), Cheerios (1 oz.), Frosted Corn Flakes (1 oz.), Golden Grahams (1 oz.), Honey Nut Cheerios (1 oz.), Kix (0.625 oz.), Reduced Sugar Cinnamon Toast Crunch (1 oz.), Reduced Sugar Cocoa Puffs (1.06 oz.)
- General Mills Cereal On-The-Go Pouches: Cinnamon Toast Crunch, Golden Grahams, Fruity Cheerios (1 oz.), and Reduced Sugar Cocoa Puffs (0.88 oz.)
- Kashi Chewy Granola Bars: Chocolate Chip Chia, Honey Oat Flax, Berry Lemonade with Chia, Chocolate Almond and Sea Salt with Chia, Dark Mocha Almond, Trail Mix, Honey Almond Flax, Peanut Peanut Butter, Cherry Dark Chocolate
- Kashi Soft 'n Chewy: Apple Cobbler, Banana Chocolate Chip, Berry Muffin
- Kashi Layered Granola Bars: Peanutty Dark Chocolate
- *Not in compliance: Dark Chocolate Coconut Layered Granola Bar
- Kashi Cereal Bars: Cherry Vanilla, Blackberry Graham, Ripe Strawberry
- Kashi Crunchy Granola Bars: Honey Toasted 7-Grain, Roasted Almond Crunch, Pumpkin Spice Flax
- Kellogg's Nutri-Grain Bar- Chewy: Apple Cinnamon, Strawberry, Blueberry, Mixed Berry, Cherry, Raspberry, Strawberry Yogurt (1.3 oz.)
- Nature Valley Crunchy Granola Bar: Oats 'n Honey, Peanut Butter, Apple Crisp, Cinnamon, Maple Brown Sugar, and Oats & Dark Chocolate (2 bars) (1.6 oz.)
- Nature Valley Chewy Bars: Fruit & Nut Trail Mix (1.2 oz.), and Chocolate Chunk
- Nature Valley Oatmeal Squares: Cinnamon Brown Sugar
- Nature Valley Crisps: Chocolate Chip and Cinnamon
- Nature Valley Trail Mix Granola Bars: Fruit & Nut and Dark Chocolate Nut
- Quaker Oat and Yogurt Sandwich Biscuits: Strawberry and Vanilla

- Quaker Chewy Regular: Peanut Butter Chocolate Chip (1 oz.), and Low-Fat S'mores (0.84 oz.)
- Quaker Chewy 90 Calorie: Chocolate Chunk, Oatmeal Raisin, Peanut Butter, and S'mores (0.84 oz.)
- Quaker Chewy 25 percent Reduced Sugar: Chocolate Chip, Cookies & Cream, and Peanut Butter Chocolate Chip (0.84 oz.)
- Quaker Chewy School Days: Amazing Apple
- Special K Bars: Honey Nut
- Read-Bake Benefit: Mini Bars: Oatmeal Spice and Maple Brown Sugar (1.25 oz.)

Baked Goods

- Best Maid Smart Grains Cookies – 51percent Whole Grain: Chocolate Chip, Sugar, Snickerdoodle, Chocolate Chip M&M, and Strawberry Shortcake (1 oz.)
- Best Maid Smart Grains Cookies – 100 Whole Grain: Oatmeal Chocolate Chip, Oatmeal Apple Cinnamon (1.5 oz.)
- J&J Whole Grain Soft Pretzel (2.2 oz.)
- J&J Whole Grain Superstix: Cinnamon Bun (2.1 oz.)
- Kraft Bagel-ful: Strawberry and Cinnamon Apple (2.5 oz.)
- Lender's White Whole Grain Bagel: Plain (2 oz.)
- Otis Spunkmeyer Delicious Essentials Cookies: Chocolate Chip, Oatmeal Raisin, Sugar, Carnival (1 oz.), and Chocolate Brownie (1.5 oz.)
- Otis Spunkmeyer Delicious Essentials Whole Grain Muffins: Blueberry, Apple Cinnamon, Banana, and Chocolate Chocolate Chip (2 oz.)
- Pillsbury Mini Muffins: Blueberry and Chocolate Chip (1.6 oz.)
- Quaker Soft Baked Bread: Banana Nut and Cinnamon Nut
- SuperBakery Whole Grain Cupcakes: Chocolate and Vanilla (1.5 oz.)
- SuperBakery Whole Grain Mini Loaf: Very Berry, Blueberry, Apple Cinnamon, Chocolate Chip, and Dreamy Orange (2 oz.)
- Read-Bake Benefit frozen cookie dough made from whole grain: Chocolate Chip (1 oz.), Oatmeal Raisin (1 oz., 1.33 oz. and 1.85 oz.)

- Readi-Bake BeneFIT Whole Grain Deluxe Cinnamon Roll (1.7 oz.)

Frozen / Ice Cream

- Blue Bunny CoolDaze ice cream sandwich (3 oz.)
- Blue Bunny CoolDaze Sundae Crunch bar: Chocolate and Strawberry (3 oz.)
- Fruchi Smoothie: Island Splash (4 oz.)
- Kemps Fudge Bar (2.5 oz.)
- Luigi's frozen juice sorbet cups: All flavors (4.4 oz.)
- MixMi Frozen Yogurt: All flavors (6 oz.)
- Blue Bunny CoolDaze FrozFruit Chunky Pineapple and Chunky Strawberry (4 oz.)
- Blue Bunny CoolDaze Fudge bar (3 oz.)
- Shape Ups made from 100 percent fruit juice (4.4 oz.)
- Whole Fruit 100 percent frozen fruit juice cups (2-4.4 oz.)
- Minute Maid 100 percent juice bars: blue raspberry, cherry, grape and orange (2.25 oz.)
- Coldstone Creamery Frozen Yogurt: all flavors EXCEPT peanut butter, key lime and salted caramel (in "Like It" size only)

Other snack items

- Belly Bears Graham Cookies: Chocolate and Cinnamon (1 oz.)
- Cheese sticks: Mozzarella
- Chex Mix: Hot 'n Spicy (0.92 oz.)
- Simply Chex: Cheddar (0.92 oz.) and Strawberry Yogurt (1.03 oz.)
- Chortles: Chocolate Chip, Chocolate, and Cinnamon (0.95 oz.)
- Corn Nuts: Original, BBQ, and Ranch
- Dakota Gourmet Lightly Salted Sunflower Seeds (1 oz.)
- Darlington Spikerz Cracker Bites: Nacho Cheese, Ranch, Salsa, and Chili Cheese (0.9 oz.)

- Keebler Bug Bites Grahams (1 oz.)
- Keebler Elf Grahams: Cinnamon (1 oz.)
- Keebler Gripz Mini Grahams: Cinnamon and Chocolate Chip (0.95 oz.)
- Keebler Scooby Doo Graham Cracker Bones (1 oz.)
- MJM: Apple Cinnamon Graham Bears (2 ct.), Chocolate Graham Bears (2 ct.), (0.9 oz.)
- MJM: Honey Graham (0.9 oz.)
- MJM All-Sports: Vanilla (1 oz.)

**All MJM products are marketed as meeting USDA Smart Snacks Guidelines*

- Nabisco Teddy Grahams - honey (0.75 oz.)
- Peanuts, Cashews, Almonds, or Pistachios - lightly salted (1 oz.)
- Pepperidge Farm Goldfish: Whole Grain Cheddar and Whole Grain Original (0.75 oz.)
- Pepperidge Farm Goldfish Physedibles: Vanilla and Lemon (0.9 oz.)
- Quaker Rice Cakes: Caramel (0.91 oz.)
- Rold Gold Pretzels: Hartzels (0.7 oz.)
- Seapoint Farms Edamame: Dry Roasted and Wasabi (0.79 oz.)
- Smucker's Peanut Butter portion cup (0.75 oz.)
- Read-Bake BeneFIT whole grain graham crackers: Jungle Crackers, Dots, ABC and SPORTS (1 oz.)
- Kellogg's Rice Krispies Treats made with whole grain (1.41 oz.)
- Cheez-It, Atomic Cheddar and Original flavors (0.75 oz.)