



## Legislation Text

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**File #:** 11-0661, **Version:** 1

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Recommendation to adopt resolution adopting a City of Long Beach Healthy Snack Food and Beverage Policy. (Citywide)

On April 19, 2011, the City Council requested the creation of a Long Beach Healthy Food, Beverage and Vending Policy that promotes good nutrition and healthy environments within City facilities and at City-sponsored meetings/events. This action was recommended due to the significant health consequences associated with the growing rate of overweight and obese youth and adults in Long Beach. Recent data indicates that 67 percent of adults and 47 percent of youth are overweight or obese.

This action is intended to impact the obesity problem, and for the City to take a leadership role in supporting a healthy Long Beach.

As originally proposed, this policy was to include the following standards:

- 100% of the snacks and beverages sold in vending machines on City property and/or where City programs operate shall meet specified nutrition standards;
- 100% of the beverages and snack foods served at meetings/events led or coordinated by City staff or programs shall meet specified nutrition standards;
- Specified nutrition standards will be based on nationally recognized and accepted guidelines, similar to those used for foods and beverages sold in California schools (SB 12 and SB 965); and
- The standards are to include limits on sugar, fat, sodium and calories for snack foods, as well as the elimination of sugar-sweetened beverages, and limits on artificially sweetened beverages.

### Proposed Policy

The attached Resolution conveys the recommendation for the proposed City of Long Beach Healthy Snack Food and Beverage Policy (Policy). The Policy reflects the requested direction of the City Council, with priority focus on the protective measures for youth populations.

The proposed Policy addresses snack foods provided in publicly accessible snack vending machines located throughout the city, and snack foods provided at public meetings focused on youth. The Healthy Beverage Vending Policy will be addressed in separate City Council action.

The proposed Policy is based on guidance from California schools for allowable snacks and beverages, programs successfully implemented in other cities and counties, and on input provided from local nutrition experts and community residents. These include nutritional limits on snacks

served in vending machines, as well as those snacks and beverages served to youth populations at City sponsored meetings and classes. Limits are provided on fat, saturated fat, sugar and calories, with recommendations for limits on sodium. Items that fit these criteria include fruits, vegetables, baked chips, granola bars, crackers, low-fat cheeses, etc. Allowable beverages include those without added sugars such as water, 50-100% fruit juices, and low-fat milk. Also included are limitations on other artificially sweetened beverages served to youth at meetings.

The proposed Policy aims to improve the food environment by making the healthy choice the easy choice. The federal government recommends healthier food and beverage policies as an important strategy in addressing the obesity epidemic. As a City that takes a strong stand on obesity prevention and health promotion (through bikefriendly campaigns, participation in the Let's Move Campaign, etc.) the adoption of a food policy is consistent with the health focus of the City of Long Beach.

The proposed Policy is for food and beverages served at City meetings and classes oriented for youth populations (under the age of 18), requiring that 100 percent of the beverages and snack foods served at these meetings paid for with City funds and led or coordinated by City staff meet specified nutrition standards. The proposed Policy does not apply to special events (i.e., parades, festivals, etc.) nor do they apply to employee or public events oriented to adult populations (over the age of 18).

Upon adoption of the proposed Policy, the Health and Human Services Department will help ensure comprehension and compliance of the Policy by disseminating user-friendly information and by facilitating training sessions for City staff.

The matter was reviewed by Deputy City Attorney Linda Trang on November 18, 2011 and by Budget Management Officer Victoria Bell on November 22,2011.

City Council action is requested on December 6, 2011 in order to begin implementation of the Policy.

There is no fiscal impact or local job impact associated with this recommendation.

Approve recommendation.

#### A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF LONG BEACH ADOPTING A HEALTHY SNACK FOOD AND BEVERAGE POLICY

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