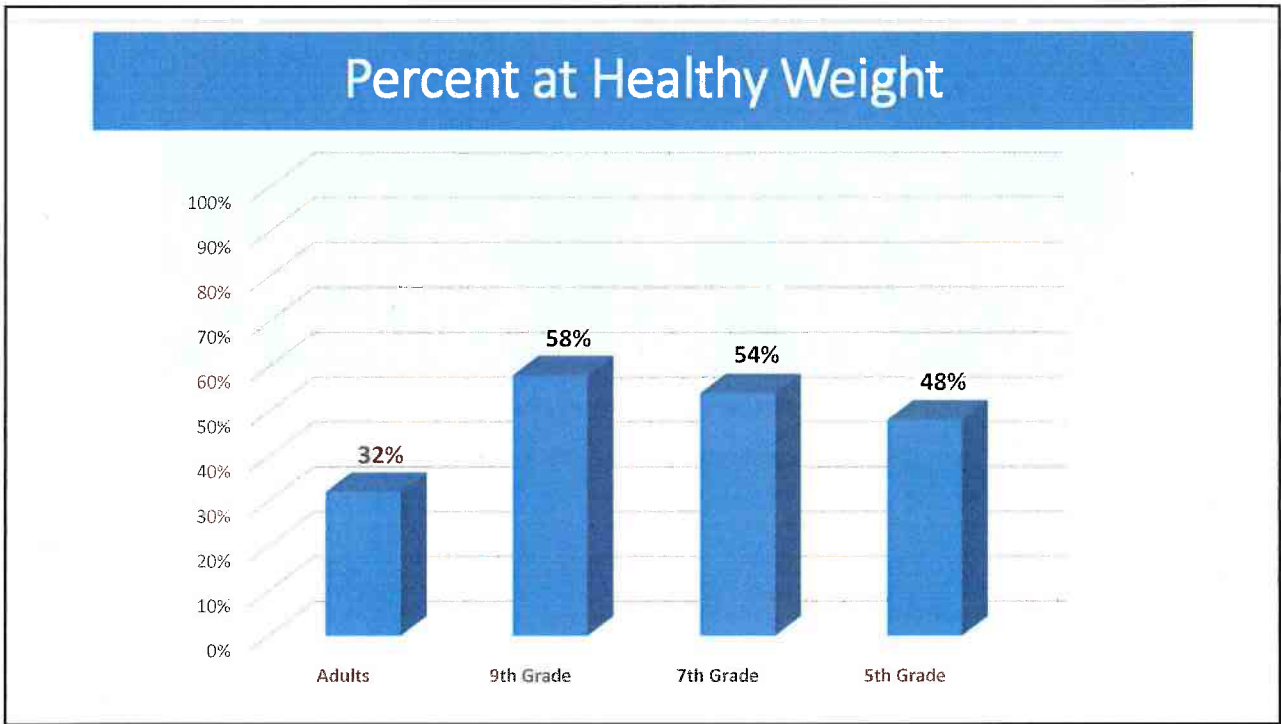


Healthy Food Policies

Kelly Colopy, Director
Long Beach Department of Health & Human Services

Why are these policies important?





3 Behaviors: lack of physical activity, poor nutrition, tobacco use

5 Chronic diseases: heart disease, cancer, respiratory conditions, stroke, and diabetes

66% of deaths in Long Beach

CONTRIBUTE TO

THESE 5 DISEASES ACCOUNT FOR

City of Long Beach 2014-2015

Supporting Health

To support health in Long Beach, we:

- **EDUCATE** people of all ages about what it means to be healthy
- Ensure **ACCESS** to healthy nutrition, safe places for physical exercise and recreation, and health care
- Support healthy **CHOICES** so that the healthy choice is the easy choice

Supporting Health

- In some cases, schools, after school programs and parks programs are the only opportunity for healthy options for youth.
- Families don't always have the resources or easy access to healthy foods. We can be a source of support.

Background

- April 2011: City Council passed a motion to craft healthy food policies focused on foods served at citywide meetings, and food and beverage items sold in vending machines.
- December 2011: The Healthy Snack Food and Beverage Policy and the Healthy Beverage Vending Policy were adopted by the City Council.

Nutritional Guidelines

Based on:

- The standards used by California schools (SB 12).
- Standards developed and successfully implemented in other cities and counties with food and beverage policies.
- Consistent with many of the nutrition messages provided in the *Dietary Guidelines for Americans*.

The Healthy Snack Food & Beverage Policy

- **Snacks and/or Beverages Served at Youth-Oriented City Meetings and Classes**
- Adult-oriented activities are also encouraged to provide healthy choices.

Examples of Healthy Snacks

Snacks and/or beverages served at meetings/classes **where youth are present are required to be healthful.**

- **Healthy Snacks (examples):**
Baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruit, fresh fruit and vegetables, animal and graham crackers, low-fat/reduced-fat cheeses, non-fat cream cheese, hummus and pesto dips, crackers, yogurt, and some bite-sized muffins.
- **Not Included:**
Large cookies or large muffins, doughnuts, croissants, pastries and chips.

Examples of Healthy Beverages

Healthy Beverages:

- 50 -100% fruit juices, bottled water, unflavored low-fat and non-fat 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.
- For adults only - coffee, tea and diet sodas are also available options.
- Not Included:
Non-diet soda (Coca Cola, Pepsi, 7-Up, etc.)

Snack Food Vending Machines

- Snack food vending machines **in public areas** are required to stock healthful items.

Healthy Snacks Criteria

- 35% or less of calories from fat.
- 10% or less of calories from saturated fat.
- 35% or less of sugar by weight.
- 250 calorie maximum per single serving.
- 0 grams of trans fats per serving.
- 360 mg or less of sodium per serving for at least one option (snack vending only).

Healthy Beverage Criteria

- Fruit and/or vegetable based drinks that contain at least 50% real juice and contain no added caloric sweeteners.
- Plain drinking water.
- Carbonated or seltzer water with no added caloric sweeteners.
- 1% low-fat or nonfat unflavored animal derived milk products.
- Plant derived dairy alternative products (soy, rice, etc.) that contain no more than 12 grams of sugar per one cup of beverage.
- Artificially sweetened electrolyte beverages (sports drinks) and vitamin waters.
- Adults may have coffee, tea, and diet sodas.

Exemptions to Policy

- Policy is for snacks only. It does not apply to meals or entrées.
- Applies only to snacks purchased using City funds. Does not apply to donated foods and beverages or items purchased by staff.
- Does not apply to special events (e.g. parades, festivals, carnivals, ground breaking or ribbon cutting ceremonies).
- Does not apply to vendors in locations not under direct City control or those using/renting City facilities such as ball fields or park meeting halls.
- Does not apply to City staff and City business meetings where refreshments are not open to the general public.
- Does not apply during times of emergencies, as declared by authorized City safety personnel.

Healthy Beverage Vending Policy

Applies to beverage vending machines **in public areas.**

In youth sites:

- May contain 50 -100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters.

In all other beverage vending machines:

- Same as the youth sites, but also allows for diet sodas and diet teas.

Vending Machine Impact

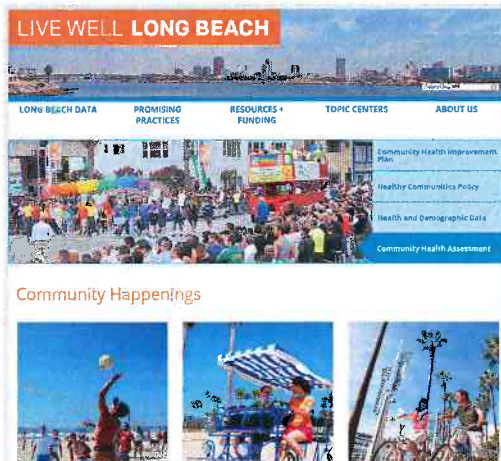
- The original contract with Coca Cola was set to expire on January 31, 2012. The City is now on a month to month contract.
- At the height of the original contract **146** vending machines and \$300,000 annual revenue.
- At the end of the original contract **63** vending machines.
- Currently **54** vending machines and approximately \$24,000 annual revenue.
- No evidence of a direct relationship between the Healthy Vending Policy and the reduction of vending machines. The numbers were dropping prior to implementation of the policy.

Next Steps

Include the following into the Healthy Snack and Beverage Policy when paid for with City funds:

- Community Meetings
- Ground Breakings
- Ribbon Cuttings

Thank you.



www.livewelllongbeach.org