



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

**WHEREAS**, the League of California Cities unanimously adopted a resolution reaffirming its recognition of the important role cities play in combating 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**, according to 2008 Los Angeles County Public Health Office of Epidemiology statistics, the prevalence of childhood obesity in Los Angeles County is 23.0%; and

**WHEREAS**, according to 2008 Los Angeles County Public Health Office of Epidemiology statistics, the prevalence of childhood obesity in the City of XXXXX is ##%; and

**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 take a tremendous toll on the health and productivity of all Californians, annually costing the state \$21 billion; and

**WHEREAS**, the City of XXXXX 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 XXXXX 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 Council of the City of XXXXX adopts the following standards to ensure that the healthier choice is an easier choice in the City of XXXXX:

**SECTION 1.** All food and beverages provided, distributed, and/or sold in city facilities and programs (city hall, parks, pools, libraries, community centers, childcare centers, vending machines, and after school programs, etc.) are to meet the following standards, and

All food and beverages served during meetings sponsored by the City of XXXXX (public, staff, interdepartmental, intradepartmental, community input, etc.) are to meet the following standards:

**a. Food-Snacks**

- Snack foods shall 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 item
  - *Exempt snack foods: Nuts, nut butters (such as peanut butter), seeds, legumes (beans), eggs, cheese, and fruits/vegetables that have not been deep fried and do not contain added sugars and/or fat do not have to meet the above nutrition standards except for the 250 calorie limit.*
- Snack foods shall contain no trans fat
- Snack foods shall 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:
  - Include at least one item that contains no more than 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

**b. Food-Entrées**

- Entrées shall have no more than:
  - 4 grams of fat per 100 calories
  - 400 calories per serving
- Facilities providing, distributing, and/or selling 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 and/or main dishes)

**c. Beverages**

- Beverages shall not be sweetened with added caloric or non-caloric sweeteners.
  - *Acceptable Beverages:*

- *Water*
  - *100% fruit/ vegetable juice or fruit/vegetable juice combined with water or carbonated water (limited to a maximum of 12-oz and with no more than 200 mg of sodium per container)*
  - *Low fat (1%) and nonfat milk with no added flavors*
  - *Non-dairy milks fortified with calcium and vitamin D (such as soy, rice and/or other similar milks) with less than 200 calories per container and with no added flavors*
- Access to safe, free drinking water is required wherever beverages are sold or offered.

**SECTION 2.** 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 city-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.

**SECTION 3.** 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.

**SECTION 4.** This resolution will become effective **XXXX (Month) ## (Day), ##### (Year)**. The City Manager shall designate appropriate city staff persons or person to disseminate information and train city staff on the above nutrition standards to ensure implementation and compliance. The designated city staff persons or person shall monitor compliance and report back to the City Council every six months.

**SECTION 5.** All other resolutions in conflict with this resolution are hereby repealed.