

**CITY OF BELL GARDENS
HEALTHY VENDING POLICY LANGUAGE AND NUTRITION STANDARDS**

Food and Beverage Policies:

- 100% of snacks sold in vending machines on City property* shall meet specified nutrition standards.
- 100% of beverages sold in vending machines on City property* shall meet specified nutrition standards.

** City property includes those locations where City programs operate and excludes properties that are leased to outside organizations or vendors.*

This document outlines the standards for snack foods and beverages available in all vending machines located on city property. The goal of the standards is to improve the health of all Bell Gardens employees and residents that utilize City services and/or participate in City programs and events. These standards have been developed based on the feedback, review, and agreement of local collaborative groups, community residents and City staff members.

City departments and their contractors are expected to follow the standards described in each of the three sections:

- I. **Standards for Snack Foods:** snacks available in vending machines located on City property.
- II. **Standards for Beverages at Youth-Oriented Facilities:** beverages available in vending machines located on City property and in City facilities that are youth-oriented (i.e. parks, teen centers, etc.).
- III. **Standards for Beverages at City Facilities that are Not Oriented Toward Youth:** beverages available in vending machines located on City property and in City facilities that are non youth-oriented (i.e. police department).

City departments must ensure that all snacks and beverages offered in vending machines meet the standards in sections I, II, and III. These standards ensure that departments are providing healthier options, thereby making healthier snacks and beverages the norm.

I. **Standards for Snack Foods**

All snack items must comply with the following:

- **Total Fat:** 35% or less of calories from fat with the exception of nuts, seeds, plant based spreads (i.e. hummus, pesto dip, etc.), and low fat or reduced fat cheeses.
- **Saturated Fat:** 10% or less of calories from saturated fat with the exception of low fat or reduced cheeses.
- **Trans Fat:** No trans fats or no “partially hydrogenated oil” listed in the ingredient list.
- **Sugar:** 35% or less sugar by weight with the exception of fruits and vegetables that have not been processed with added sweeteners or fats.
- **Calories:** 250 calorie maximum per single serving food item.
- **Sodium:** 360 mg or less of sodium per package/serving.

Exempt snack items include:

- Fruits and vegetables that have not been processed with added sweeteners or fat
- Nuts and seeds

II. **Standards for Beverages at Youth-Oriented Facilities**

Standards for beverages in vending machines located at youth-oriented facilities (i.e. parks, teen centers, etc.)

- Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners.
- Drinking water with no added caloric or non-caloric sweeteners.
- 1% low fat or nonfat, non-flavored milk products.
- Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup.
- Fresh coffee and tea, and any unsweetened iced tea.

Excluded beverages include:

- Regular and diet sodas
- Regular and diet sports drinks
- Energy drinks and vitamin waters
- Sweetened iced teas, lemonades, and punches
- Highly sweetened flavored milks

Water is required to be available in all vending machines.

III. **Standards for Beverages at City Facilities that are Not Oriented toward Youth**

Standards for beverages at City facilities that are not accessed by public nor oriented toward youth to include 75% healthy options such as:

- Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners.
- Drinking water with no added caloric or non-caloric sweeteners.
- 1% low fat or nonfat milk products.
- 1% low fat or nonfat flavored milk products with no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup.
- Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup.
- Fresh coffee and tea, and any unsweetened iced tea.
- No more than 25% of the items offered in vending machines may be diet sodas or other artificially sweetened beverages.

Basis for Snack and Beverage Nutritional Standards

The nutritional standards outlined in this report have been established to mirror many of the standards used by the Montebello Unified School District (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 the nutrition messages provided in the *Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee (DGAC) that is jointly established by the US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS) 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.

Additional Recommendations

- Provide at least one item with 2 or more grams of fiber per package/serving.
- When possible, choose smaller portions of fruit juices. Recommended portion for children is 4 oz and for teens and adults is 6 oz.
- When choosing grain products like crackers and granola bars – choose whole grain varieties.
- Choose unsalted or lightly salted nuts/seeds.