

RESOLUTION NO. 11-23

A RESOLUTION OF THE SOUTH EL MONTE CITY COUNCIL  
ADOPTING A FOOD AND BEVERAGE POLICY

**WHEREAS**, the League of California Cities at its recent annual conference 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;

**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;

**WHEREAS**, the League initiated the Healthy Eating Active Living Cities Campaign to support cities to adopt policies to increase access to healthy food;

**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;

**WHEREAS**, one in four youth between the ages of 9 and 16 in California is overweight;

**WHEREAS**, according to the California Center for Public Health Advocacy, up to 35.5% of children in the City of South El Monte are overweight;

**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;

**WHEREAS**, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;

**WHEREAS**, being obese and overweight takes a tremendous toll on the health and productivity of all Californians, annually costing the state \$21 billion;

**WHEREAS**, the City of South El Monte bears a portion of these costs in health care premiums, sick days and lost productivity;

**WHEREAS**, teens and adults who consume one or more sodas or sugar sweetened beverages per day are more likely to be overweight or obese;

**WHEREAS**, foods and beverages of minimal nutritional value are marketed extensively;

**WHEREAS**, the City of South El Monte is committed to spending public funds to promote the public's health and welfare, including the health and welfare of children and families;

**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 of South El Monte adopts the following food and nutrition standards to ensure the City of South El Monte promotes healthy choices. These standards will become effective June 1, 2011.

**Section 1:** The following food snacks and beverages to be provided and or sold in city facilities and institutions, including but not limited to afterschool programs, recreation centers, pools, libraries, parks, community centers, childcare centers, etc. ("City Facilities"), and all food and beverages served during meetings (public, staff, interdepartmental, intradepartmental, community input, etc.) that include multiple city personnel shall meet the following guidelines:

(a) *Food Snacks.* Food snacks provided, sold or distributed (through vending machines or other means) shall meet the following criteria:

- 1) Snacks shall have no more than:
  - 35% of its calories from total fat (with the exclusion of nuts and seeds; snack mixes and other foods of which nuts and seeds are a part must meet the 35% standard)
  - 10% of its calories from saturated fat
  - 35% sugar by weight (with the exclusion of fruits and vegetables that do not contain added sweeteners or fats)
  - Total snacks have no more than 250 calories per serving or per portion
- 2) Snacks shall not contain ANY trans fat.
- 3) Fruit, vegetables, whole grains, and nonfat or low fat dairy products shall be emphasized.
- 4) All vending machines that sell snacks and food items shall:
  - Offer at least one snack item that has no more 360 mg of sodium per serving or per portion
- 5) Include at least one item that meets the snack criteria and also meets the FDA definition of "low sodium" less than 140 mg per serving or portion.
- 6) It is recommended that vending machines also have items that contain at least two grams of dietary fiber.

(b) Beverages. Tap water shall be provided as the preferred beverage whenever feasible. Other beverages provided or sold through vending or any other means shall have no added caloric sweeteners (examples include sports drinks, non-diet sodas, artificially sweetened water products) and shall meet all of the following guidelines:

- 1) Are fruit or vegetable-based and contain at least 50-100 percent real juice.
- 2) Are milk products that are two-percent, one-percent, nonfat, soy, rice, and other similar nondairy drinks.

**Section 2:** Future Contracts. Future procurement and or contractual negotiations for the provision of food snacks and beverages to be provided and or sold through vending machines and other means within city facilities, at city functions and sponsored events shall include a provision stipulating that all food snacks and beverages to be purchased or provided through contracts shall meet the City's Nutrition Guidelines outlined above.

**Section 3:** The City Clerk shall certify to the passage and adoption hereof.

**PASSED, APPROVED, AND ADOPTED** this 22<sup>nd</sup> day of March, 2011.

\_\_\_\_\_  
Mayor

ATTEST:

\_\_\_\_\_  
City Clerk

STATE OF CALIFORNIA            )  
COUNTY OF LOS ANGELES    ) SS:  
CITY OF SOUTH EL MONTE     )

I, Rose Juarez, City Clerk of the City of South El Monte, do hereby certify that the foregoing Resolution, being Resolution No. 11-23, was duly passed and approved by the City Council of the City of South El Monte at a regular meeting of said Council held the 22<sup>nd</sup> day March 2011, and that the Resolution was adopted by the following vote:

AYES:  
NOES:  
ABSENT:  
ABSTAIN:

\_\_\_\_\_  
City Clerk