



## Visalia Parks and Recreation Department Beverage & Healthy Snack Standards

In August 2012, the Visalia Parks and Recreation Department, which oversees nearly 40 City parks, Visalia's urban forest, and a wide menu of community programs, activities and special events, established a Beverage and Healthy Snack Standard for vending machines at its four community centers.

The policy calls for recreation programs to provide healthy snacks for participants during after school programs, camps and classes. Additionally, the policy recommends that at least half of the foods and drinks offered at community special events meet the nutrition standards. The new standards are an effort to help improve health and prevent type 2 diabetes, overweight and obesity.

The guidelines under the Department's Beverage and Healthy Snack Standards are listed below.

### Vending Machines:

- Fifty percent (50%) of beverages and snacks offered in vending machines in Parks and Recreation facilities shall meet Beverage and Healthy Snack Standards as noted below.

### Concessions at Leased Spaces-Youth & Adult Leagues:

- Recommend that all existing and future leased concession contracts meet 50% of approved Beverage and Healthy Snack Standards noted below.

### Community Special Events:

- Recommend that all special events meet 50% of approved Beverage and Healthy Snack Standards noted below.

### City Programs & Meetings:

- Required to provide healthy snacks at City programs including, but not limited to after school sites, classes and camps.
- Required to provide healthy snack options for staff meetings where snacks are provided. Healthy snacks are described in Healthy Snacks Standard below.
- Require healthy options for program special events and program offered concessions.

### Sport Leagues:

- Youth Leagues: Parks and Recreation staff will give each coach and participant a flyer promoting healthy snack options for team treats.
- Adult Leagues: Parks and Recreation staff will give each team captain a flyer and will promote healthier food choices on City website where adult participants access schedules and standings.

## **HEALTHY BEVERAGE STANDARDS:**

- a) Water with no additives, including sweeteners (caloric or non-caloric), vitamins and minerals (e.g. electrolytes) or stimulants (e.g. caffeine)
- b) Non-fat or 1% cow's milk
  - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces.
  - Excludes flavored milks, including chocolate, strawberry and vanilla
- c) Non-dairy milk alternatives (e.g., almond, rice, soy milk)
  - Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces
  - Excludes flavored milks such as chocolate, strawberry, and vanilla
  - No more than 5 grams of fat per 8 fluid ounces
  - No more than 12 grams of caloric sweetener per 8 fluid ounces
- d) Fruit and/or vegetable juices that contain at least 50% juice with no added sweeteners (caloric or non-caloric)
- e) Coffee or Tea with no added sweeteners (caloric or non-caloric)

## **HEALTHY SNACK STANDARDS:**

- a) Individually packaged food items must meet the following:
  - Not more than 250 calories
  - Not more than 35% of total calories from fat
  - Not more than 10% of total calories from saturated fat
  - Not more than 35% of total weight from sugar
  - EXEMPT SNACKS: Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), eggs, cheese packaged for individual sale, fruits, non-fried vegetables and legumes that do not contain added sugars or fat. All are exempt from the total fat limit; eggs and cheese are exempt from the saturated fat limit; fruit non-fried vegetables are exempt from the sugar limit. All must meet the limit of 250 calories or less.
- b) Healthy snack options for vending machines, programs and concession stands include but are not limited to: granola bars, nuts, sunflower seeds, baked chips, pretzels, jerky, fruit snacks, grain bars, yogurt bars, fiber bars, goldfish crackers, fruits and vegetables.
- c) Healthy snack options used for meetings include, but are not limited to: vegetables, fruit, humus, low fat yogurt and cheese, nuts, whole grain crackers and breads.