

COUNTY OF SAN DIEGO, CALIFORNIA
BOARD OF SUPERVISORS POLICY

Subject

Healthy Choice Options in Vending Machines on County Property

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K-14

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Purpose

The purpose of this policy is to establish guidelines to provide healthy-choice options in vending machines on County property.

Background

Childhood obesity has reached epidemic proportions. Obesity causes health problems and results in significant financial burdens to individuals and taxpayers. A *Call to Action: San Diego County Childhood Obesity Action Plan* was developed using an ecological model to promote health. According to this Action Plan and the subsequent Childhood Obesity Initiative, a supportive environment helps individuals make positive behavioral changes. A key strategy of the Action Plan includes providing healthy choices in vending machines. This policy will improve the nutritional content of items sold in County vending machines to the benefit of individuals who use our facilities. High-calorie sodas and low-nutrition foods contribute to obesity. At the same time, low-nutrition foods displace healthier options in vending machines. By implementing this policy in County facilities, the County can assist in building a supportive community environment for healthy nutrition and create more demand for healthy foods in vending machines.

The implementation of this policy will promote good nutrition and create a positive environment to foster healthy eating habits in County employees, the public, and others who use our facilities.

Policy

It is the policy of the Board of Supervisors that:

1. The County supports efforts to reduce obesity in County employees and individuals who use our facilities by reducing high-calorie/low-nutrition beverages and foods, and providing healthy-choice options in all vending machines on County property.
2. All County Departments shall establish monitoring procedures to ensure that all vending machines located in their respective Departments meet the healthy-choice nutrition standards outlined below. Continued non-compliance will be reported to the Department of General Services.
3. Vending machines on County property shall contain the following percentages of items that meet the healthy-choice nutritional standards set forth in Section 4:
 - A. 100% of the food and beverages sold in vending machines at County facilities that primarily serve youth; and
 - B. 50% of the food and beverages sold in vending machines at all other County facilities.

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4. The healthy-choice nutritional standards are as follows:

- A. **Beverages:** Beverage volumes of no more than 12 ounces (except water), and no more than 250 calories per container. Note: If juices are available in smaller-sized portions, such as 6 ounces, they are preferred. The healthy-choice beverages offered in each vending machine shall be one or more of the following:
- i) Water (no volume limit; 0 calories);
 - ii) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 mL serving or 3 tsp. sugar per 1 cup;
 - iii) 100% fruit or vegetable juice;
 - iv) Fruit-based drinks containing at least 50% juice and no added caloric sweeteners, such as sugar or high-fructose corn syrup;
 - v) All other non-caloric beverages, including diet sodas; and
 - vi) Sport drinks with no more than 100 calories.
- B. **Snacks and Entrees:** Snacks and entrée food items offered in each vending machine shall meet all the following criteria for each individual package:
- i) Snacks: No more than 250 calories;
 - ii) Entrees: No more than 400 calories. An entrée is defined as a food generally regarded as being the primary food in a meal and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza;
 - iii) No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). Snack mixes and entrée foods, of which nuts are a part, must meet the 35% standard;
 - iv) No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale);
 - v) No trans fats;
 - vi) No more than 35% total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats; and
 - vii) No more than 360 mg. of sodium per serving for snacks and 575 mg. of sodium per serving for entrees.
- C. At least one item meeting the above criteria in each vending machine shall also meet the FDA definition of "low sodium" (less than 140 mg. of sodium per serving for a snack and 225 mg. per serving for an entree).
- D. It is also recommended that vending machines have items that contain at least 2 grams of dietary fiber.

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- E. These healthy-choice nutrition standards are based on standards set by California Education Code Sections 49430-49431.5 (SB 12 and SB 965, Statutes of 2005) and recommendations from the San Diego Nutrition Network and California Project LEAN.
5. Beverages, snacks, and other food items that meet these nutritional standards shall be comparatively priced to products that do not meet the nutritional standards.
 6. The County Public Health Officer in the Health & Human Services Agency shall be responsible for annual review to determine if substantial changes have been made to standards referenced in Section 4.E. or other current health recommendations that would warrant amending the nutrition guidelines established in this policy.
 7. The Public Health Officer shall also maintain a list of healthy-choice products that meet the criteria as listed in Section 4 above. This list shall be updated not less than annually and shall be available on the County's website to the general public, Departments, and County vending machine vendors.
 8. This policy shall be implemented as outlined in CAO Manual Section 0050-01-3, Vending Machine Installation and Operation.

Sunset Date

This policy will be reviewed for continuance by 12-31-2013.

Board Action

08-01-06 (23)

12-05-06 (10)

12-09-08 (33)

CAO Reference

1. Health and Human Services Agency
2. Purchasing and Contracting
3. General Services