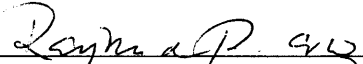
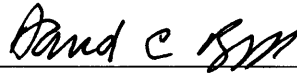


# Report to Mayor and City Council

February 7, 2012  
New Business Consent

**SUBJECT: CONSIDER APPROVING RESOLUTION NO. 12-005 IMPLEMENTING A MUNICIPAL FACILITY FOOD AND BEVERAGE POLICY**

  
Submitted by Raymond R. Cruz  
Public Services General Manager

  
Approved by David C. Biggs  
City Manager

## I. SUMMARY

The League of California Cities and the California Center for Public Health Advocacy is spearheading a campaign to respond to the obesity epidemic among the state's children and families. The campaign actively encourages cities to develop policies that increase residents' access to healthy food and improve physical activity. On November 16, 2011, the Parks and Recreation Commission held a special meeting to discuss implementing a policy for the city of Carson. The Municipal Facility Food and Beverage Policy would increase the availability of healthy food and beverage choices to children and families who visit municipal facilities in Carson, primarily the city's parks. The Parks and Recreation Commission voted unanimously to recommend to the City Council to implement this policy (Exhibit No. 1). Tonight, the City Council is asked to approve Resolution No. 12-005 supporting the Municipal Facility Food and Beverage Policy (Exhibit No. 2), as well as the guidelines that govern its implementation in the city (Exhibit No. 3).

## II. RECOMMENDATION

TAKE the following actions:

1. WAIVE further reading and ADOPT Resolution No. 12-005, "A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CARSON, CALIFORNIA, SUPPORTING THE MUNICIPAL FACILITY FOOD AND BEVERAGE POLICY."
2. APPROVE the guidelines for the Municipal Facility Food and Beverage Policy.
3. DIRECT staff to transmit the resolution and guidelines to the League of California Cities and the California Center for Public Health Advocacy.

## III. ALTERNATIVES

TAKE another action the City Council deems appropriate.

**IV. BACKGROUND**

It is estimated that more than half of California's adults are overweight or obese, making them at risk for many chronic conditions including diabetes, heart disease, cancer, arthritis, stroke, and hypertension. Of greater concern is that the current generation of children is expected to have shorter life spans than their parents, as one in four youth between the ages of nine and sixteen in California is overweight.

In an effort to respond to this epidemic, the League of California Cities has joined forces with the California Center for Public Health Advocacy to launch a new campaign to encourage cities to adopt policies that would improve physical activity and provide greater opportunities for healthy eating. On November 16, 2011, the Parks and Recreation Commission held a special meeting to discuss joining the other 96 California cities currently in the program by adopting a policy for the city of Carson. The commission considered and approved recommending to the City Council a Municipal Facility Food and Beverage Policy that would increase the availability of healthy food and beverage choices to children and families who visit municipal facilities in the City of Carson, primarily the city's parks. Specifically, all food sold or distributed through vending machines at the parks must be low fat, low calorie, low sugar and low sodium.

**V. FISCAL IMPACT**

None at this time.

**VI. EXHIBITS**

1. Parks and Recreation Minutes, November 16, 2011, Item No. 11-14. (pgs. 4-5)
2. Resolution No. 12-005. (pgs. 6-7)
3. Municipal Facility Food and Beverage Guidelines. (pgs. 8-9)

Prepared by: Cedric L. Hicks, Sr., Recreation Superintendent

TO:Rev091911

Reviewed by:

City Clerk	City Treasurer
Administrative Services	Development Services
Economic Development	Public Services

Action taken by City Council

Date \_\_\_\_\_

Action \_\_\_\_\_

**MINUTES**  
**Parks and Recreation Commission**  
**Special Meeting**  
**Monday, November 16, 2011**

**NEW BUSINESS**

**1. Item No. 11-14: California Campaign for Healthy Beverage**

Recreation Superintendent Hicks, Sr. shared that the city of Carson Parks were selected to be a part of a survey, and were found to be one of the unhealthiest in terms of snacks and beverages. Mr. Alfred Amada will share some ideas and strategies for making our parks healthier and providing healthier choices for park patrons.

Mr. Alfred Mata shared some valuable information from the CA Campaign for Healthy Beverages. Four parks were sampled in the city of Carson. Carson has a 25.8% rate of childhood obesity which is 3 points higher than the county's average. He pointed out that the society is inundated with unhealthy drinks and snacks, fast food, super sizing, drive thrus and less activity overall has contributed to obesity. Sodas are the primary source of sugar in the America's diet. Of kids aged 2 – 11, 31% of them drink one soda or more daily, and of kids aged 12 – 17, 62% of them drink one or more sodas daily. Healthy items are outnumbered 4 to 1. Mr. Mata shared many, many other interesting facts on unhealthy foods and noted that most cities do not have nutrition standards. Many organizations are calling for healthier, less sugar laden drinks to be offered in vending machines. Mr. Mata mentioned healthier alternatives such as water, soy milk, almond milk, 100% juice, lo-fat or non- fat milk, Baked chips, granola bars, things of that nature. The packet he provided has an extensive list of suggested snacks and drinks. He invites the city of Carson to join in the movement. Council woman Davis-Holmes is interested.

Recreation Superintendent Hicks, Sr. had already begun a campaign to remove some sodas from the parks. Carson had 74% unhealthy beverages at the parks and pools. His goal is to reduce that number by 30%. Soda is the number one sales item. His goal is to begin the campaign with the Veterans SportsComplex and the boxing center. He asked the body if they would like to get on board, if so it will be presented to City Council for further discussion.

Commissioner Reed mentioned his daughter is pre-diabetic and overweight; his family has begun eating healthier. He recommended fruit in the snack bars, cut and ready to eat to sell to children rather than junk food.

Commissioner Gonzalez asked about the vending machines contracts, and suggested that the Volunteer Associations at each park get on board as well.

**ACTION:** Chair Harris asked for a motion for staff to move forward. Commissioner Reed made a motion for staff to move forward with the program; Commissioner Gonzalez seconded the motion, and it unanimously carried.



RESOLUTION NO. 12-005

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CARSON,  
CALIFORNIA, SUPPORTING THE MUNICIPAL FACILITY FOOD AND  
BEVERAGE POLICY

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, one in four youth between the ages of nine and sixteen in California is overweight, 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. As a consequence, the current generation of children are expected to have shorter lives than their parents, and

WHEREAS, obesity takes a tremendous toll on the health and productivity of all Californians annually costing the state \$21 billion, and

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 them to join its Healthy Eating, Active Living Cities Campaign. This program encourages cities to implement policies that would increase residents' access to healthy food and improve physical activity, and

WHEREAS, on November 16, 2011, the Parks and Recreation Commission approved recommending to the City Council that it support a Municipal Facility Food and Beverage Policy that would increase the availability of healthy food and beverage choices to children and families who visit municipal facilities in Carson, primarily the city's parks, and

WHEREAS, this policy would require all food sold or distributed through vending machines at the parks must be low fat, low calorie, low sugar and low sodium, and

WHEREAS, the City Council has jurisdiction over municipal facilities, including the parks, and programs serving employees and residents where they consume food and beverages, and

WHEREAS, it is the City's interest to use its facilities and programs to promote and support health.

NOW, THEREFORE, BE IT RESOLVED, that the city of Carson, California does hereby support the Municipal Facility Food and Beverage Policy. These standards will become effective July 1, 2012.



PASSED, APPROVED, and ADOPTED this \_\_\_\_\_ day of February, 2012.

\_\_\_\_\_  
Mayor Jim Dear

ATTEST:

\_\_\_\_\_  
Chief Deputy City Clerk Wanda S. Higaki

APPROVED AS TO FORM:

\_\_\_\_\_  
City Attorney



# City of Carson

## Municipal Facility Food and Beverage Policy Guidelines

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### Purpose and Scope

To establish guidelines for the implementation of a Municipal Facility Food and Beverage Policy that would require the city to ensure that all snack foods sold or distributed through vending machines at all city parks shall be healthy, as defined in General Policy.

### General Policy

#### A. FOOD – SNACKS

All snack foods sold or distributed through vending machines shall meet all of the following criteria:

1. Snack foods **must 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 food item
  - ✓ EXEMPT SNACK FOODS: Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), legumes (beans), eggs, cheese, and fruits/vegetables that have not been deep fried and **do not contain added sugars or fat**, do not have to meet the above nutrition standards except for the limit of 250 calories or less
  
2. Snack foods shall contain NO trans fat.

Snack foods will emphasize fruit, vegetables, whole grains, and low fat (1%) or nonfat dairy products. Vending machines, where more than one snack food is sold, shall:

- ✓ Offer at least one snack item that has no more than 360 mg of sodium preserving 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 – ENTREES

Entrees sold or distributed in the city’s parks through vending machines should have no more than:

- ✓ 4 grams of fat per 100 calories
- ✓ 400 calories per serving





## C. BEVERAGES

Beverages shall be:

- ✓ Fruit and vegetable juices that contain at least 50 percent fruit and/or vegetable juice without added caloric sweeteners, or
- ✓ Milk products that are low-fat (1%) or nonfat, or
- ✓ Non-dairy milks fortified with calcium and vitamin D such as soy, rice, or other similar milks, or
- ✓ Drinks sweetened with non-caloric sweeteners (diet beverages) that do not contain added caloric sweeteners.

Bottled water shall be provided as the beverage of choice whenever feasible.