

RESOLUTION NO. 6645

**RESOLUTION OF THE CITY COUNCIL OF THE
CITY OF PICO RIVERA, CALIFORNIA, FOR
THE ESTABLISHMENT OF A HEALTHY FOOD
AND BEVERAGE POLICY**

WHEREAS, the City of Pico Rivera has a strong interest and moral obligation in providing an all-encompassing environment that is conducive to the health of children, which leads to better school attendance, improved behavior, lower incidence of illness, and increased attention, creativity, and academic achievement;

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 the California to join the Let's Move Cities and Towns Campaign, and

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, and

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

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, 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; and

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

WHEREAS, according to the 2009-2010 California Physical Fitness Report, approximately 38% of 5th, 7th and 9th graders in a local school district were not in the healthy fitness zone for weight, and are overweight or obese; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight, and more specifically according to the County of Los Angeles Public Health Office of Health Assessment and Epidemiology 2007 report, the prevalence of childhood obesity in Pico Rivera is 26%; and a goal of the Let's Move Cities and Towns Campaign is to make healthy food available to children and families in municipal facilities, and

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

WHEREAS, the City of Pico Rivera bears a portion of these costs in health care premiums, sick days and lost productivity, and

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

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

WHEREAS, there are healthier, alternatives to soft drinks and sugary snacks that can be made accessible to participants in programs and facilities throughout the city; and

WHEREAS, research has confirmed that a policy approach to preventing disease confers significant benefit to the populations at large; and

WHEREAS, the City of Pico Rivera is committed to promoting the public's health and welfare, including the health and welfare of children and families, and

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, and

NOW, THEREFORE, BE IT RESOLVED by the City Council of the City of Pico Rivera as follows:

SECTION 1. That food, beverages, meals, and snacks provided and or sold by the city in child supervision programs, classes, parks, community centers, etc. shall provide healthier options to youth and residents in the following manner:

a. **FOOD SNACKS** Snack foods (through vending machines or other means) shall meet all of the following criteria:

- 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 SNACKFOODS:** 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 sugar or fat, do not have to meet the above nutrition standards except for the limit of 250 calories or less.
- Snack foods shall contain NO trans fat

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

- Offer at least one snack item that has no more than 360 mg of sodium per serving or per portion
- Include at least one item that meets the PDA 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-ENTRÉES** shall have no more than:

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

Facilities selling or providing more than one entrée shall:

- Offer at least one item that meets the FDA definition of low sodium: 140 mg or less per 100 g for meals or main dishes

c. **BEVERAGES** shall have no added caloric sweeteners or artificial non-caloric sweeteners (excluding milk and non-dairy milk products). Flavored milk products are exempt.

Beverages must be:

- Plain water* *or*
- 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-daily milks fortified with calcium and vitamin D such as soy, rice or other similar milks *and*
- Less than 100 mg of sodium per 8 oz (excluding milk and non-dairy milk products)
- Tap water shall be provided as the preferred beverage whenever feasible

SECTION 2. Mandate City of Pico Rivera staff to receive regular training and updates on incorporating healthy vending and healthy snacks for special events (holiday functions, youth and teen center special events) to comply with the aforementioned nutrition standards.

SECTION 3. That youth-oriented programs funded by the city will ensure that snacks served during programs will comply with this resolution and ensure that the message of health is modeled for participating youth;

SECTION 4. That non-City programs and others that use city facilities will be encouraged to comply with this policy and ensure that the message of health is modeled for participating youth. City staff will offer a healthy snack guide and healthy fundraising options to program leaders to support compliance with the motion;

SECTION 5. That the following city events and programs shall be exempt from compliance with this policy; Banquets, Awards, Receptions, Special Events, and Senior Citizen Activities. Staff planning these events and programs shall strive to include Healthy food and beverage options at these events and programs;

SECTION 6. That to further promote health in all youth programs, any program that is not primarily physical activity-based will strive for 10 minutes of physical activity for every 50 minutes of programming;

SECTION 7. That to assist in the implementation of this resolution, appropriate city staff will be designated, in collaboration with health organizations, such as California Center for Public Health Advocacy, Los Angeles Public Health Department, and health care providers to disseminate information on healthier foods and beverages and physical activity program options to all city staff and facility participants to ensure compliance.

SECTION 8. The city shall develop and encourage employees to participate in a City-wide Wellness Program that encourages good health.

SECTION 9. That this resolution shall become effective immediately and designated city staff shall monitor status of implementation and enduring compliance of the policy.


SECTION 10. That the City Clerk shall attest to the passage of this resolution and it shall thereupon be in full force and effect.

APPROVED AND ADOPTED the 25 day of October, 2011.


David W. Armenta, Mayor

ATTEST:

APPROVED AS TO FORM:


Daryl A. Bétancur, City Clerk


Arnold M. Alvarez-Glasman, City Attorney

AYES: Camacho, Contreras Rapisarda, Salcido, Archuleta, & Armenta

NOES: None

ABSENT: None

ABSTAIN: None