



HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN

Healthy Procurement Practices: *Set the Standards for Good Food*

Americans eat an estimated one-third of their calories outside their homes and spend almost half of their food budget on food they don't prepare themselves. State and local governments can implement practices to improve the diet and health of their residents, which would save an estimated \$114 billion per year in medical expenses, reduced productivity and lost lives nationwide.

These practices will help you provide healthy food options to your residents:



ACCESS TO MORE HEALTHY FOOD OPTIONS:

Use Regulatory Power:

Enact laws or regulations, such as through your general plan or zoning code, to promote farmers' markets and community gardens that provide affordable produce and increase community building.

Provide Incentives to Attract and Support Healthy Food Options:

Use tax breaks, grants, loans, land assembly, conditional use zoning, and fast track permitting to build grocery stores in underserved areas.

Increase Access for Low-Income Populations:

Encourage or require farmers' markets to accept EBT, WIC and Senior Farmers' Market Program vouchers.

Identify Healthy Food Contractors:

Identify vending contractors who offer healthy food options and consider switching to those contractors when current contracts expire.





HEALTHY EATING
ACTIVE LIVING
CITIES
CAMPAIGN

Healthy Procurement Practices: *Set the Standards for Good Food*



MINIMUM NUTRITION STANDARDS

Establish Nutritional Standards for City Properties:

Using guidelines from the local health department or USDA, set the number of calories, fat and sodium per beverage, snack or meal. When procuring food for city employees and residents, prohibit the purchase of foods and beverages that don't meet those standards.

Set up Internal Policies for Healthy Food:

Create a policy to offer healthy options for the food provided to city employees at breaks, meetings, conferences and other work-related events on city property.

Update Vending Machine Offerings:

Provide healthier snack options by requiring 75% of food and beverages sold in government vending machines to meet certain nutritional standards.



Fact sheet created with support from Kaiser Permanente, a founding partner of the HEAL Cities Campaign

Icons by Gan Khoon Lay, Bastian König and Gregor Cresnar from the Noun Project and by Freepik from flaticon.com