

Long Beach Healthy Snack Food and Beverage Policy

Frequently Asked Questions

1. What food does this policy apply to?

The policy applies to:

- Snacks sold in vending machines located in City facilities that are accessible to the public
- Snacks and beverages purchased by the City and served at youth oriented meetings and classes

2. What types of snacks and beverages will be sold in vending machines and offered at youth oriented meetings and classes?

Snack foods and beverages sold and offered will be lower in calories, fat, and sugar and have smaller portion sizes. This includes lower calorie, lower fat, and lower sugar versions of many favorite snacks. Healthier options may include:

- Water, 100% juice, unflavored low fat milk, soy milk, and seltzer waters
- Fruits, vegetables, yogurt, pita chips and hummus dip, baked tortilla chips and salsa, baked potato chips, granola bars, cereal bars, low fat cookies, reduced fat cheese and crackers, nuts and trail mixes

3. If I'm using City funds to purchase lunch for a youth oriented meeting, do I have to make sure the menu items are healthy? What if I want to serve dessert with it?

No. Meals do not need to meet the City's nutrition standards. However, staff is encouraged to implement the healthy meal recommendations. If dessert is served at a meeting or class where a meal is served (i.e. entrees are provided), the dessert does not need to meet the City's nutrition standards.

4. My program is funded through grants. Would our youth meetings be considered City funded and therefore need to comply with the healthy food policy?

Yes. Since the City administers grant funds, these meetings would be considered a City funded event and would need to meet the City's snack food and beverage requirements.

5. My program is purchasing dinner for one of my youth meetings and plans to provide beverages. Do the beverages have to meet the beverage nutrition requirements?

Yes, all beverages served at City-sponsored (funded) youth meetings and classes must meet the City's beverage requirements.

6. My program is having a youth meeting where the snack foods offered will be donated. Does this food need to meet the nutrition standards?

No, it does not need to meet the standards since the City is not purchasing the snacks. However, you are encouraged to suggest that the supplier uses the City's nutrition standards for snacks and beverages as well as the recommendations for entrees when providing these foods and beverages to youth community members.

7. My program is purchasing snacks for a youth meeting and would like to provide a cake to celebrate a program milestone. Does the cake need to meet the nutrition standards?

Yes. Since the cake is being purchased by the City and is not being served as part of a full meal, it must meet the nutrition standards. Since cakes do not typically meet the standards it will most likely be necessary to choose an alternative dessert for your celebration.

8. My department contracts with a specific snack vending company. What do I do to get them to change their snacks to match the nutrition standards?

Talk to your vending representative and ask them to fill all the machine slots with items that meet California Legislation SB 12 (California school snack standards). Most vending companies have a list of their foods that meet these standards. Additionally ask them to use foods that have 0 grams of trans fat per serving and to include at least one item with less than 360 mg of sodium per serving. These requirements should be relatively easy to follow since the use of trans fats in processed foods has been significantly reduced and since many snacks contain less than 360 mg of sodium per serving. If your vending company does not have a list of SB 12 approved snacks and is unwilling to accommodate the City's policy, the Health Department can assist you in finding a vendor that will.

9. If I'm serving beverages at a community meeting that is geared towards adults but there may be some youth present, should I be following the policy?

It is not necessary to follow the policy since the meeting is not geared towards youth, however all City staff are encouraged to implement the policy for all City sponsored meetings.

10. My department sometimes has potlucks, birthday parties, and other celebrations for youth in the community. Do we have to bring in special foods instead of our usual items?

No. Snack foods and beverages that are not purchased with City funds are not subject to the policy. However, bringing healthier foods to potlucks and parties for community members and staff is encouraged.

11. Do events like parades, and festivals have to follow the food and beverage policy standards?

No. Special events as defined by California Health and Safety Code Section 113755, events that are not City-sponsored, and those with a Special Events permit are not required to abide by the food and beverage standards.

12. How will I know which snacks and beverages to buy when I'm planning my meeting?

Lists of allowable brand named snacks and beverages will be provided to all departments. The Health Department will also provide training to inform employees about how to purchase items that meet the standards.

13. What if I want to buy a snack or a beverage for a youth meeting that is not on the list of allowable items?

You can use the following simple calculations to find out if a food has less than 35% of calories from fat, less than 10% of calories from saturated fat, and less than 35% of sugar by weight. The information you will need to complete these calculations can be found on the Nutrition Facts Label, located on the product package.

To calculate **percent of calories from fat**, use this simple equation:

$$\frac{\text{Grams of total fat per serving} \times 9}{\text{Calories per serving}} \times 100 = \% \text{ of calories from fat}$$

Example:

$$\frac{5 \text{ grams of total fat per serving} \times 9}{140 \text{ Calories per serving}} \times 100 = 32\% \text{ of calories from fat}$$

To calculate percent of **calories from saturated fat**, use the same equation above but use saturated fat on the Nutrition Facts Label, instead of total fat.

To calculate percent **sugar by weight**, use this simple equation:

$$\frac{\text{Grams of sugar per serving}}{\text{Weight of food per serving in grams}} \times 100 = \% \text{ of sugar by weight}$$

Example:

$$\frac{10 \text{ grams of sugar per serving}}{40 \text{ grams}} \times 100 = 25\% \text{ of sugar by weight}$$

14. What made you decide to recommend the nutrient guidelines 35% of calories by weight of sugar, 35% of calories from total fat, 10% of calories from saturated fat, 0 grams of trans fats, 360 mg of sodium, and a maximum calorie allowance of 250?

It is generally agreed that weight gain will occur if we consume more calories than we need on a daily basis. In addition, large quantities of fat, saturated fat, trans fats, sodium, and sugar can promote chronic diseases like heart disease, high blood pressure, diabetes, obesity, and some cancers in many individuals. These nutrient guidelines have been established based on the standards used by California schools (SB 12), as well as those guidelines developed and successfully implemented in other cities and counties with food and beverage policies. These nutrient guidelines are also consistent with many of the nutrition recommendations provided in the *Dietary Guidelines for Americans*.

15. Where can I find more information about reading a food label and choosing healthy foods?

There are many resources available that provide detailed information about food label definitions, directions on reading a food label and guides to healthy eating. You may find them at the following websites:

Choose My Plate

<http://www.choosemyplate.gov>

How to read a food label

<http://www.fda.gov/food/labelingnutrition/consumerinformation/ucm078889.htm>