

**Exhibit A**  
**Long Beach Healthy Snack Food and Beverage Policy**

The purpose of the Long Beach Healthy Snack Food and Beverage Policy is to promote good health among Long Beach residents, and to make Long Beach a healthy “world class” city.

The nutrition standards outlined in this policy have been established based on the standards used by California schools (SB 12), as well as those standards developed and successfully implemented in other cities and counties with food and beverage policies. These standards are also consistent with many of the nutrition messages provided in the *Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee, which is jointly established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, has created the *Dietary Guidelines for Americans* with the purpose of providing science-based advice to promote health and reduce the risk of chronic disease through diet and physical activity.\*

**Healthy Snack Food and Beverage Policy**

**Snacks and/or Beverages Served at Youth Oriented City Meetings and Classes**

If snacks and/or beverages are served at meetings/classes where youth are present, the products **are required to be healthful**. Healthy food snacks include: baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts. Healthy beverages include: 50 -100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters. All meetings with youth where beverages are served must have water (pitchers and/or bottled) as an available beverage option.\*

**Snack Food Vending Machines**

Snack food vending machines **in public areas will be required to stock healthful items**. For example, snack food vending machines may contain baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/ reduced fat cheeses, hummus and pesto dips, crackers, and yogurts.\*

Note – snack food vending machines “not in public areas” are not subject to this policy. The products noted are not exclusive.

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**Policy Exemptions**

The Long Beach Healthy Snack Food and Beverage Policy **does not** apply to the following:

- 1) All meals, snacks and beverages served at meetings for staff or the public which are oriented to primarily adult populations (age 18+). It is a recommendation that City staff strive to serve healthful items to adult populations.
- 2) Food items served as a meal or entrées (i.e., breakfast, lunch and/or dinner), including the accompanying dessert.
- 3) Food and beverage items donated for use at all staff or public events, or items purchased by individual staff (not using City funds). Potlucks, retirement celebrations, etc, are not subject to this policy.
- 4) Special events as defined by California Health and Safety Code Section 113755 (i.e., parades, festivals, etc.).
- 5) City-sponsored special events (i.e. Halloween carnivals held at parks, Spring egg hunts at parks).
- 6) Vendors in locations not under direct City control (i.e., golf courses, airport food vendors, city hall snack shop vendor).
- 7) Individuals or groups using/renting City facilities such as ball fields or park meeting halls.
- 8) City staff and City business meetings, including City Council, City Committee/Commission/Board meetings, where refreshments are not open to the general public.
- 9) During times of emergencies, as declared by authorized City safety personnel.

### **Definitions**

- Youth-Sites – are those City sites open to the public where there is programming specifically for children and youth (under the age of 18) such as community health centers, libraries, park sites, or other spaces that regularly host out of school time programs, and athletic facilities that are used by youth teams.
- Non-youth sites – are all sites City sites open to the public which do not meet the definition of a youth site.
- Youth-Oriented Meetings - are those specifically geared toward children and teens (under the age of 18).
- Snack Foods - when served at meetings/classes, snack foods include all foods that are not accompanied by an entrée. Dessert items such as cookies, cake, and other baked goods are allowed if a full meal is served.
- Public Area – means any area to which the public is invited or in which the public is generally permitted and under the control of the City.

\* The Health Department can provide a “Healthy Snack Food and Beverage Policy” listing and additional information on nutritional requirements of said products in compliance with the noted nutrition standards.