



## **Local Beverage Policies adopted by California Cities and Counties July 6, 2013**

California cities and counties have adopted policies to support breastfeeding, to limit the availability of sugary drinks and to increase the availability of healthy beverages. Below is a list of current local beverage policies listed by city and by county, each group in alphabetical order. Policies currently adopted by counties and cities vary in some significant ways. This resource is a compilation of policies adopted; not an analysis of the strengths and weaknesses of beverage policies now in place in California.

### **Cities**

#### **Arcata**

##### Fast Food Restaurants

Description: Limits the number of formula restaurants to no more than nine at any one time.

<http://eatbettermovemore.org/sa/policies/pdf/text/Humboldt%20Arcata%20Formula%20Restaurant%20Ban.pdf>

Contact: Larry Oetker, Community Development Director, City of Arcata

Phone: (707) 822-5955 Email: [comdev@cityofarcata.org](mailto:comdev@cityofarcata.org)

#### **Baldwin Park**

##### Nutrition Standards: Vending and City Events

Description: Mandates those beverages sold in vending machines in all city buildings and at all city-sponsored events conform to standards defined in SB 12 and SB 965; additionally sports drinks are prohibited. Further mandates that city staff receive yearly trainings on incorporating healthy vending and healthy snacks (as required by SB 12 and SB 965) into special events.

Contact: Christina Cardenas, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [cc@publichealthadvocacy.org](mailto:cc@publichealthadvocacy.org)

##### Worksite Breastfeeding Accommodations

Description: Requires the city to provide reasonable amount of break time and make a reasonable effort to provide space other than a toilet stall, close to the employee's work area, to accommodate a city employee desiring to express breast milk. The break time shall be unpaid if the break time does not run concurrently with the rest time authorized for the employee. The city is not required to provide breaks for pumping if taking break time beyond the usual time allotted for breaks would seriously disrupt the operations of the city. <http://www.healcitiescampaign.org/document.html?id=12>

Contact: Christina Cardenas, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [cc@publichealthadvocacy.org](mailto:cc@publichealthadvocacy.org)

#### **Bell Gardens**

##### Nutrition Standards: Vending

Description: Requires that beverages sold in vending machines on city property shall meet specified nutrition standards. Two sets of beverage standards are set, one for youth-oriented facilities (i.e. parks, teen centers) and the other for city facilities not oriented towards youth. Water must be sold in all vending machines in all locations.

Beverages sold in vending machines at youth-oriented city facilities may only include:

1. Drinking water with no added caloric or non-caloric sweeteners
2. Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners
3. 1% fat or nonfat, non-flavored milk products
4. Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar per cup
5. Fresh coffee and tea, and any unsweetened iced tea

Beverages sold in vending machines at city facilities that are not accessed by the public nor oriented towards youth must include 75% healthy options, including:

1. Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners
2. Drinking water with no added caloric or non-caloric sweeteners
3. 1% fat or nonfat milk products
4. 1% fat or nonfat flavored milk products with no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup
5. Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup
6. Fresh coffee and tea, and any unsweetened iced tea
7. No more than 25% of the items offered in vending machines may be diet sodas or other artificially sweetened beverages.

The above policies also include nutrition standards for food sold in vending machines.

<http://www.californiaprojectlean.org/docuserfiles/BG%20Final%20Vending%20Stds.pdf>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

## **Brentwood**

City Wellness: Beverage Nutrition Standards

Description: Requires that all vending and concession beverages sold at city-owned parks and facilities comply with the following healthy beverage standards:

Vendors selling soft drinks must sell and make equally accessible water and 100% fruit or vegetable juice with no added sweetener. The sale or service of foods containing 40% or more added sugar by weight is prohibited. Any fruit or fruit-based drinks sold must contain a minimum of 50% fruit juice with no added sweetener. 12-ounce maximum serving requirement on all beverages other than drinking water or milk, including but not limited to, chocolate milk, soy milk, rice milk, and other dairy or non-dairy milk, and electrolyte replacement beverages. Electrolyte replacement beverages (sports drinks) shall contain no more than 42 grams of added sweetener per 20-ounce serving.

The wellness policy also includes nutrition standards for foods sold at parks and city facilities and addresses the marketing of healthy food, among other wellness promoting policies.

<http://www.ci.brentwood.ca.us/pdf/new/parks/wellnesspolicy.pdf>

Contact: Sue Barry, Recreation Supervisor

Phone: 925-516-5363

### **Burlingame**

Nutrition Standards: Vending, City Facilities, and City-sponsored meetings and events

Description: All beverages served (e.g., at meetings) and sold (e.g., in the cafeteria and vending machines) in Burlingame facilities can only include:

1. Water with no added sweeteners;
2. Unflavored\* non-fat or 1% cow's milk with no added sweeteners
3. Unflavored\*non-dairy milk alternatives with no added sweeteners.
  - a. No more than 2.5 grams of fat per 8 fluid ounces
4. Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
5. 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
6. Coffee and tea with no added sweeteners;
7. Diet beverages with non-caloric sweeteners.

[http://www.publichealthadvocacy.org/PDFs/beverage\\_policies/BurlingameHealthyBeverageGuidelines.pdf](http://www.publichealthadvocacy.org/PDFs/beverage_policies/BurlingameHealthyBeverageGuidelines.pdf)

### **Calistoga**

Fast Food Restaurants

Description: Prohibits formula restaurants within the town.

[www.ci.calistoga.ca.us/Modules/ShowDocument.aspx?documentid=1736](http://www.ci.calistoga.ca.us/Modules/ShowDocument.aspx?documentid=1736)

### **Carmel**

Fast Food Restaurants

Description: Prohibits fast food, drive-in and formula food establishments within the City.

<http://www.codepublishing.com/CA/carmel.html> (see: 17.56 commercial land uses)

### **Carson**

Nutrition Standards: Vending

Description: Requires that beverages sold in vending machines shall only include:

1. Fruit and vegetable juices that contain at least 50% fruit and/or vegetable juice without added caloric sweeteners
2. Milk products that are 1% fat or nonfat
3. Non-dairy milks fortified with calcium and vitamin D such as soy, rice, or other similar milks
4. Drinks sweetened with non-caloric sweeteners (diet beverages)
5. Bottled water

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

This policy also includes nutrition standards for food.

[http://ci.carson.ca.us/MeetingAgendas/AgendaPacket/MG53054/AS53066/AS53070/AI53099/DO53125/DO\\_53125.PDF](http://ci.carson.ca.us/MeetingAgendas/AgendaPacket/MG53054/AS53066/AS53070/AI53099/DO53125/DO_53125.PDF)

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

## Chula Vista

### Nutrition Standards: Vending

Description: Requires that all beverages sold from public vending machines located in any city facility meet the following standards (according to SB 19 and SB 12 standards):

- 1) Beverages are limited to a portion size no greater than 12 ounces (no limit on water or sports drinks). Note: If juices are available in smaller sizes portions (6 ounces), they are preferred.
- 2) Beverages offered in each vending machine shall be one or a combination of the following:
  - a) Water
  - b) Non fat or 1% low fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 tsp sugar per 1 cup milk)
  - c) 100% fruit/vegetable juice
  - d) Fruit based drinks containing at least 50% juice and no added caloric sweeteners
  - e) All other non-caloric beverages, including diet sodas
  - f) Sports drinks

This policy also includes nutrition standards for food.

<http://www.healcitiescampaign.org/document.html?id=76>

Contact: Dana Richardson, Community Health Improvement Partners

Phone: 888-609-7968 Email: [drichardson@sdchip.org](mailto:drichardson@sdchip.org)

### Worksite Breastfeeding Accommodations

Description: Requires provision of a private room or space, other than a toilet stall, for female employees of the city who are breastfeeding to express milk.

<http://eatbettermovemore.org/sa/policies/pdf/text/ChulaVistaBreastfeeding.pdf>

Contact: Dana Richardson, Community Health Improvement Partners

Phone: 888-609-7968 Email: [drichardson@sdchip.org](mailto:drichardson@sdchip.org)

## Coronado

### Fast Food Restaurants

Description: Limits the number of formula restaurants within the city to 10 at any given time. New formula restaurants must obtain a special use permit, may not locate on a corner, and must meet design standards.

<http://eatbettermovemore.org/sa/policies/pdf/text/CORONADO%20Formula%20Restaurant%20Ordinance.pdf>

## Daly City

### Nutrition Standards: Vending, City Facilities, and City-sponsored events and meetings

Description: Daly City Healthy Beverage Guidelines state that all beverages served (e.g., at meetings) and sold (e.g., in the cafeteria and vending machines) in Daly City facilities can only include:

1. Water with no added sweeteners;
2. Unflavored\* non-fat or 1% cow's milk with no added sweeteners
3. Unflavored\*non-dairy milk alternatives with no added sweeteners.
4. No more than 2.5 grams of fat per 8 fluid ounces

5. Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
6. 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
7. Coffee and tea with no added sweeteners;
8. Diet beverages with non-caloric sweeteners.  
\*This excludes flavored milk and flavored non-dairy milk alternatives (e.g., chocolate, strawberry and vanilla).

[http://www.publichealthadvocacy.org/PDFs/beverage\\_policies/DalyCityWellnessPolicy.pdf](http://www.publichealthadvocacy.org/PDFs/beverage_policies/DalyCityWellnessPolicy.pdf)

### **Davis**

Nutrition Standards: Vending and City-operated concessions at parks and recreation facilities

Description: A minimum of 50% of all food, beverages and snacks authorized for sale in vending machines and city-operated concessions located at parks and recreation facilities shall meet the following nutritional standards:

1. Must be fruit- and/or vegetable-based drinks that are composed of no less than 50 percent real juice and have no added caloric sweeteners; bottled drinking water; milk (full, soy, lactose-free) and electrolyte replacement beverages;
2. Flavored milk must be no more than 35% sugar by weight;
3. Other drinks shall not be calorically sweetened more than 42 grams of added sweetener per 20-ounce serving.

[http://www.publichealthadvocacy.org/PDFs/beverage\\_policies/DavisNutritionStandards\\_2012.pdf](http://www.publichealthadvocacy.org/PDFs/beverage_policies/DavisNutritionStandards_2012.pdf)

### **El Monte**

Nutrition Standards: Vending and City Facilities

Description: Mandates that beverages served or sold at programs or facilities geared toward youth, including in vending machines or snack bars, conform to specific nutrition standards.

Beverages must meet the following standards:

- 1) Tap water must be provided as the preferred drink wherever possible.
- 2) Fruit and vegetable based drinks must contain at least 50 percent fruit or veggie juice and no added caloric sweeteners.
- 3) Dairy products must be 2 or 1 percent or nonfat or similar nondairy alternatives.
- 4) Other drinks must contain only non-caloric sweeteners, such as diet beverages.

Beverages bought or provided through contracts to be served at youth-oriented events and facilities must also meet the above standards. In order to ensure that these standards are met the city and partner health organizations will provide training to the staff of programs and services aimed at youth. In addition, city staff will provide a snack guide and healthy fundraising options to program leaders working with youth. Some city-sponsored traditional events are excluded from these standards. This policy also includes nutrition standards for food.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/ElMonteResolution\\_5.3.11.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/ElMonteResolution_5.3.11.pdf)

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **Fort Bragg**

Nutrition Standards: Vending and City-sponsored events and meetings

The City of Fort Bragg Healthy Foods Standards requires that on or before March 1, 2013:

1. 100% of items in vending machines that are accessible to the public and installed on City

- properties shall meet the *Vending Machine Nutritional Standards*; and
2. At least 75% of the items in vending machines that are not accessible to the public and installed on City properties shall meet the *Vending Machine Nutritional Standards*. During the first 6 months of implementation at least 50% of the items shall meet the *Vending Machine Nutritional Standards*; and
  3. Food offered at City-sponsored events and meetings shall meet the *Nutritional Standards for Food Offered at City-Sponsored Events and Meetings*.

**Vending Machine Nutritional Standards:**

1. Drinking water shall be provided with no added caloric sweeteners.
2. Fruit-based and vegetable drinks must be at least 50% vegetable juice without added caloric sweeteners and do not exceed 12 fluid ounces.
3. One-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milks must contain no added caloric sweetener.
4. Beverages must not have added caffeine.
5. All other beverages must be low calories (<25 calories per 8 ounces) or no-calorie, including diet sodas.

Examples of beverage types that meet these criteria: Water, Diet Soda, Blue Sky Free Soda, 100% Fruit Juices, Sobe Lean, Propel Zero, Vitamin Water Zero, Gatorade G2, Coconut Water, Izze Drinks, Steaz Energy.

**Nutritional Standards for Food Offered at City-Sponsored Events and Meetings:**

1. Beverage and snack choices shall meet the *Vending Machine Nutritional Standards*.

[http://www.publichealthadvocacy.org/PDFs/beverage\\_policies/FtBraggNutritionStandards\\_2013.pdf](http://www.publichealthadvocacy.org/PDFs/beverage_policies/FtBraggNutritionStandards_2013.pdf)

**Gilroy**

**Nutrition Standards: City Funds**

Where beverages are provided or served by the Department, healthy options will be offered and promoted. These include:

- Children: water, milk (non-fat or 1% for age 2 and above), not flavored, Plant-derived milk (i.e. rice, almond, soy)
- Adults: Water with no additives and carbonated water with no added sweeteners, Milk (non-fat or 1%), not flavored, Plant-derived milk (i.e. rice, almond, soy), 100% fruit juice with no added sugar, and non-caloric beverages (i.e. coffee, tea, diet soda).

[http://www.publichealthadvocacy.org/PDFs/beverage\\_policies/GilroyHealthyFoodandBeverageOptionsPolicy.pdf](http://www.publichealthadvocacy.org/PDFs/beverage_policies/GilroyHealthyFoodandBeverageOptionsPolicy.pdf)

**Huntington Park**

**Nutrition Standards: City Funds and Vending**

Description: Requires that 100% of beverages funded by the city or provided in or sold in city facilities must be the following:

- 1) Water
- 2) Fruit or vegetable based containing at least 50-100% real juice without added caloric sweeteners
- 3) Milk products that are 1% (low fat), or nonfat
- 4) Non-dairy milk products such as soy, rice, and other similar milks
- 5) Drinks with no more than 50 calories per 20-ounce container (or 2.5 calories per each

ounce of serving)

<http://healcitiescampaign.org/document.html?id=241>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **La Mesa**

City Wellness: Nutrition Standards

Description: Encourages city-owned facilities to: eliminate unhealthy snack and unhealthy beverage vending options, provide healthy food at city-sponsored events, provide healthy snacks and lunches at city recreational programs, and provide healthy choice alternatives at athletic league snack bars.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/LaMesaCommunityWellnessProgram.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/LaMesaCommunityWellnessProgram.pdf)

Contact: Melanie Briones, Live Well La Mesa-Spring Valley

Phone: (619) 300-2868 Email: [brionesconsulting@gmail.com](mailto:brionesconsulting@gmail.com)

### **La Puente**

Nutrition Standards: Vending and City Events

Description: Mandates that beverages sold at city facilities or provided at meetings of city personnel comply with the following nutrition standards:

- 1) Tap water must be provided wherever feasible
- 2) Other beverages sold or provided must contain no added caloric sweeteners
- 3) Other beverages must be either fruit/vegetable based or milk products/substitutes
- 4) Fruit or vegetable based beverages must contain fifty to one-hundred-percent real juice
- 5) Milk products must be one-percent, nonfat, soy, rice, or other similar nondairy drinks and must be fortified with calcium and vitamin D

This policy also includes nutrition standards for food.

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **Long Beach**

Nutrition Standards: Vending

Description: Requires that beverages in city-controlled vending machines that are accessible to the public in youth-areas must be:

- 1) 50-100% fruit juice
- 2) Bottled water
- 3) Unflavored low-fat and non-fat milk
- 4) Artificially sweetened sports drinks (max 25% of product)
- 5) Artificially sweetened vitamin waters
- 6) Artificially flavored waters

In addition, city-controlled vending machines in non-youth public areas may contain diet sodas and diet teas; however, these products cannot exceed 25% of all products for sale).

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/vending/Long%20Beach%20%28Beverages%29.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/vending/Long%20Beach%20%28Beverages%29.pdf)

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

## Los Angeles

Child Nutrition Policy: Nutrition Standards:

Description: Requires that healthy items (as defined by SB 19 standards) make up 40% of vending and other sales at facilities where with city sponsored programs operate. The policy stipulated that at 175 Recreation Centers, annual evaluations would be conducted to recommend incremental increases to the percentage of healthy choices with the goal of reaching 100%.

<http://eatbettermovemore.org/sa/policies/pdf/LAChildNutrition.pdf>

Contact: Matthew Sharp, California Food Policy Advocates

Phone: (213) 482-8200 Email: [matt@cfpa.net](mailto:matt@cfpa.net)

Worksite Breastfeeding Accommodations

Description: Promotes and supports breastfeeding and the expression of breast milk by employees of the City Attorney's office when they return to work by:

- 1) Creating a work environment that is supportive of breastfeeding, including providing information to all supervisors about the benefits of breastfeeding and the office Breastfeeding Policy
- 2) Allowing sufficient break time for breastfeeding mothers to express milk
- 3) Encouraging supervisors to be supportive of working mothers, including considering flexible schedules to accommodate breastfeeding mothers
- 4) Providing a private room to express milk

<http://www.healcitiescampaign.org/document.html?id=20>

## Mountain View

Nutrition standards: Vending and meetings

Description: At least 70 percent of beverages sold in vending machines shall have no added caloric sweeteners (examples include calorie-free sports drinks, diet sodas, or water products) and shall meet all of the following guidelines:

1. Fruit- or vegetable-based and contain at least 100% real juice limited to 8 ounces.
2. Milk products that are 2 percent, 1 percent, nonfat, soy, rice, and other similar nondairy drinks.
3. Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container.
4. Coffee and decaffeinated coffee, hot and/or iced with no added sugar.
5. Tea and decaffeinated tea, hot and/or iced with no added sugar.

Standards for city-sponsored beverage service for meetings and celebrations:

1. Tap water shall always be provided.
2. No beverages served shall have no added caloric sweeteners (acceptable examples include calorie-free sports drinks, diet sodas, or water products) and shall meet the following guidelines:
  - a. Fruit- or vegetable-based and contain at least 100% real juice limited to 8 ounces.
  - b. Milk products that are 2 percent, 1 percent, nonfat, soy, rice, and other similar nondairy drinks.
  - c. Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container.
  - d. Coffee and decaffeinated coffee, hot and/or iced with no added sugar.
  - e. Tea and decaffeinated tea, hot and/or iced with no added sugar.
  - f. If sugar packets are provided, sugar-substitute packets should also be provided.

[http://www.publichealthadvocacy.org/\\_PDFs/beverage\\_policies/MountainViewBeverageStandards\\_2012.pdf](http://www.publichealthadvocacy.org/_PDFs/beverage_policies/MountainViewBeverageStandards_2012.pdf)

### **Pacific Grove**

#### Fast Food Restaurants

Description: Restricts issuance of permits for food service establishments specializing in short order or quick food service (i.e. fast food)

<http://eatbettermovemore.org/sa/policies/pdf/Pacific%20Grove%20Formula%20Restaurant%20Ban.pdf>

Contact: Lynn Burgess, Community Development Department, City of Pacific Grove

Phone: (831) 648-3188 Email: [lburgess@ci.pg.ca.us](mailto:lburgess@ci.pg.ca.us)

### **Palm Desert**

#### Mobile Food Vending

Description: Prohibits vending truck operations within 1500 feet of schools, parks and recreational facilities.

<http://eatbettermovemore.org/sa/policies/pdf/Palm%20Desert%20Municipal%20Code%20Food%20Vending%20Vehicles.pdf>

### **Pasadena**

#### Nutrition Standards: Vending and Procurement

Description: Requires that 100% of the beverages sold in vending machines on city property, as well as 100% of the beverages served at all meetings, programs, and events led or coordinated by City staff and programs, or purchased using city funds, meet the following nutrition standards:

- 1) Fruit and/or vegetable based drinks that are 50-100% real juice and contain no added caloric or non-caloric sweeteners
- 2) Water with no added caloric or non-caloric sweeteners
- 3) One percent, low fat or nonfat unflavored milk products
- 4) Dairy alternative (soy) products that contain no more than 35% sugar by weight or contain no more than 3 teaspoons of sugar for one cup
- 5) Fresh coffee and tea, and any unsweetened iced tea

Water is required to be available in all vending machines and at all meetings/events/programs that serve beverages. This policy also includes standards for food.

[http://ww2.cityofpasadena.net/councilagendas/2011%20agendas/Oct\\_03\\_11/AR%202.pdf](http://ww2.cityofpasadena.net/councilagendas/2011%20agendas/Oct_03_11/AR%202.pdf)

### **Pico Rivera**

#### Nutrition Standards: Vending, events, and facilities

Description: Requires that beverages provided and/or sold may only include:

1. Plain water with no added sweeteners and less than 100mg of sodium per 8 oz
2. Fruit and vegetable juices that contain at least 50% fruit and/or vegetable juice, with no added sweeteners and less than 100mg of sodium per 8 oz
3. Flavored or unflavored milk products that are low fat (1%) or nonfat
4. Flavored or unflavored non-daily milks fortified with calcium and vitamin D

Recommendation: tap water shall be provided as the preferred beverage whenever feasible.

[www.healcitiescampaign.org/document.html?id=246](http://www.healcitiescampaign.org/document.html?id=246) Addendum to HEAL Cities Resolution  
Contact: Jeanette Flores, California Center for Public Health Advocacy  
Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **Rancho Cucamonga**

Nutrition Standards: Vending

Description: 50% of the beverages sold in city vending machines shall include the following items:

1. Drinking water without added sweeteners
2. Beverages that contain 50% fruit and vegetable juices without added sweeteners
3. 100% fruit or vegetable juices
4. 2%, 1%, or nonfat milk, soy milk, rice milk, and other similar non-dairy milk
5. Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving
6. Other non-caloric beverages, such as coffee and tea

In addition, beverages that meet these standards should be identified in such a way to promote the item's healthier benefits. Future City vending procurement and/or contractual negotiations shall include a provision stipulating that beverages are to be purchased or provided shall meet these standards.

This policy also includes standards for food.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/vending/Rancho%20Cucamonga.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/vending/Rancho%20Cucamonga.pdf)

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

Nutrition Standards: Meetings and Events

Description: Beverages purchased with City funds and served at regularly scheduled City-sponsored meetings and events shall include no less than one option meeting the aforementioned vending standards.

This policy also includes standards for food.

<http://healcitiescampaign.org/document.html?id=59>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **Redding**

Nutrition Standards: Vending and City Facilities

Description: 100% of the beverages sold in vending machines at facilities that primarily serve youth (such as recreation centers and sports facilities) must be:

- 1) Water (no volume limit: 0 calories);
- 2) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 ml serving or 3 tsp. sugar per 1 cup;
- 3) 100% fruit or vegetable juice (6 oz. preferred, not to exceed 12 oz.);
- 4) Fruit-based drinks containing at least 50% juice and no added calorie sweeteners, such as sugar or high-fructose corn syrup (not to exceed 20 oz.);
- 5) All other non-calorie beverages, including diet sodas; and sport drinks (not to exceed 20 oz.).

Additionally, 50% of the beverages sold in vending machines at all other facilities (such as parks and open space), and 50% of the beverages (and food) sold at concession stands must meet the above standards. This policy also includes nutrition standards for food.

[http://publichealthadvocacy.org/\\_PDFs/beverage\\_policies/ReddingNutritionStandardsPolicy.pdf](http://publichealthadvocacy.org/_PDFs/beverage_policies/ReddingNutritionStandardsPolicy.pdf)

### **Riverbank**

Nutrition Standards: Vending

Description: At least 50% of beverages in vending machines on City-owned or –operated property shall meet the following standards:

1. Beverages must be fruit-based and vegetable-based drinks that are at least 50% fruit juice without added sweeteners; milk products including two-percent, one-percent, nonfat, soy, rice and other similar non-dairy drinks; and electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving.
2. Flavored milk must be no more than 35% sugar by weight.

All beverage items that meet the above criteria must be placed at the top of the vending machine and sold at a price that is equivalent to or lower than the items that do not meet the above nutritional standards. Alternatively, rather than placing these items at the top of the vending machine, they may be side by side with those items that do not meet the nutritional standards to highlight alternatives.

[http://www.publichealthadvocacy.org/\\_PDFs/beverage\\_policies/RiverbankNutritionStandards\\_2011.pdf](http://www.publichealthadvocacy.org/_PDFs/beverage_policies/RiverbankNutritionStandards_2011.pdf)

### **Sacramento**

Nutrition Standards: Vending

Description: 50% of the beverages and food sold in vending machines at city facilities must meet state standards.

### **San Fernando**

Nutrition Standards: Vending

Description: 100% of the beverages (and food) sold in vending machines located in city facilities and institutions must be:

1. Water
2. Fruit or vegetable based containing at least 50-100% real juice without added caloric sweeteners
3. Milk products that are 1% (low fat), or nonfat
4. Non-dairy milk products such as soy, rice, and other similar milks
5. Drinks with no more than 50 calories per 20-ounce container (or 2.5 calories per each ounce of serving)

This policy also includes standards for food.

<http://healcitiescampaign.org/document.html?id=248>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **San Francisco**

Nutrition Standards: Vending

Description: 100% of the beverages (and food) sold in vending machines on City and County property, both publicly accessible and those that serve City staff exclusively or publicly owned property:

1. Should not include items that are calorically sweetened (such as sports drinks, non-diet sodas, and artificially sweetened water products).

2. Should include ample choices of water, low-fat and/or 1% milk, including soy milk, rice milk, and other similar non dairy milk.
3. When juice is made available, offer 100% fruit or vegetable juice with no added sweeteners.
4. Diet soda should be limited to 25% of items offered.

This policy also includes standards for food.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/vending/San\\_Francisco.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/vending/San_Francisco.pdf)

Contact: Christina Goette, Senior Health Program Planner, S.F. Dept. of Health

Phone: (415) 581-2422 Email: [Christina.goette@sfdph.org](mailto:Christina.goette@sfdph.org)

### **Santa Ana**

Nutrition Standards: Vending

Description: Requires that at least 50% of beverages sold through vending machines on city owned facilities be of a healthy variety, including items such as water, low fat milk products, natural fruit juice drinks, and sports drinks. This policy also includes nutrition standards for food. <http://eatbettermovemore.org/sa/policies/pdftext/StAnaHealthySnacks.pdf>

### **San Jose**

Nutrition Standards: Vending

Description: Requires that 100% of beverages sold in library vending machines and at least 50% of beverages sold in vending machines on city property (including the San Jose International Airport) meet the following nutrition standards:

- 1) Water (with no additives)
- 2) One hundred percent fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
- 3) Dairy milk, non-fat, 1% and 2% only (no flavored milks)
- 4) Plant derived (i.e. rice, almond, soy, etc.) milks (no flavored milks)
- 5) Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container (teas, electrolyte replacements)
- 6) Other non-caloric beverages, such as coffee, tea and diet sodas

[http://www.sanjoseca.gov/clerk/Agenda/031406/031406\\_03.04att.pdf](http://www.sanjoseca.gov/clerk/Agenda/031406/031406_03.04att.pdf)

[http://www.sanjoseca.gov/clerk/Agenda/061306/061306\\_02.13.pdf](http://www.sanjoseca.gov/clerk/Agenda/061306/061306_02.13.pdf)

Marjorie Freedman, Nutrition and Food Science Department, San Jose State University

Phone: (408) 924-3105 Email: [mrfphd@earthlink.net](mailto:mrfphd@earthlink.net)

Nutrition Standards: Parks, Recreation, and Neighborhood Services youth programs

Description: The PRNS Youth Program Nutrition Standards have been developed for four different food environments: (1A) youth program general food and beverages, (1B) youth program special events and celebrations, (1C) youth program concessions and (1D) youth program healthy prizes.

Beverage Standards are described below:

1. No sugar-sweetened beverages shall be purchased for PRNS youth programs.
  - a. An interim exception will be made for teen programs only until further review occurring in May 2013 (strictly restricted to low-calorie beverages only; see below).
2. Water will be available or accessible.
  - a. Bottled water will not be purchased by PRNS staff in accordance to city policy.
3. Beverages will be served in bulk containers such as water pitchers whenever possible.
4. Beverages that meet PRNS Youth Program Nutrition Standards:
  - a. Water, including carbonated water (no added caloric sweeteners);

- b. Plain (no added flavor or sugar) nonfat, 1% and 2% low fat dairy milk;
- c. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 ounce serving;
- d. 100% fruit or vegetable juice (limited to a maximum of 8 ounce container);
  - i. 4-6 ounces for ECR programs;
- e. Fruit or vegetable-based drinks with no less than fifty percent (50 %) fruit or vegetable juice and have no added sweetener;
- f. Interim Teen Program Exception- low-calorie beverages; these will be defined as calorie-reduced beverages containing 50 calories or fewer per 12 ounce serving (e.g., diet sodas, teas, electrolyte replacements, vitamin enhanced waters);
  - i. These will only be considered a healthier beverage for teen program participants at PRNS facilities which offer opportunities to engage in moderate to vigorous physical activity (to ease standards implementation). This will be updated following Executive Staff review occurring in May 2013 with the goal to phase out these beverages.

[http://www.publichealthadvocacy.org/\\_PDFs/beverage\\_policies/SanJoseYouthNutritionStandards\\_2012.pdf](http://www.publichealthadvocacy.org/_PDFs/beverage_policies/SanJoseYouthNutritionStandards_2012.pdf)

### **San Juan Bautista**

Fast Food Restaurants and Large Retailers

Description: This policy restricts formula businesses (i.e. fast food chains) and other large scale retail businesses (any structure designed to accommodate occupancy of greater than 5,000 square feet by any one retail establishment) within the city.

<http://www.san-juan-bautista.ca.us/PDFs/Ordinances/Ord%202007-04%20Formula%20Business.pdf>

### **San Leandro**

Nutrition Standards

Description: Requires that meals and snacks (including beverage and food) provided by Recreation and Human Services Department in their youth and senior programs meet the following nutrition guidelines: calories from fat not to exceed 30% of total calories; calories from saturated and trans fats not to exceed 10% of total calories and calories from sugar not to exceed 30% of total calories. Water is noted as the preferable beverage

[http://publichealthadvocacy.org/\\_PDFs/beverage\\_policies/SanLeandroWellnessPolicy.pdf](http://publichealthadvocacy.org/_PDFs/beverage_policies/SanLeandroWellnessPolicy.pdf)

Contact: Carolyn Knudsen, San Leandro Recreation and Human Services Director

Phone: (510) 577-3466 Email: [cknudtson@ci.san-leandro.ca.us](mailto:cknudtson@ci.san-leandro.ca.us)

### **Sausalito**

Fast Food Restaurants

Description: Restricts formula retail establishments to the Central Commercial, Shopping Center, Neighborhood Commercial, and Commercial Waterfront Districts and requires a conditional use permit for all formula retail establishments (i.e. fast food) within the city.

See page 5: [www.ci.sausalito.ca.us/Modules/ShowDocument.aspx?documentid=4814](http://www.ci.sausalito.ca.us/Modules/ShowDocument.aspx?documentid=4814)

### **South El Monte**

Nutrition Standards: Vending and City Events

Description: Mandates that beverages sold at city facilities or provided at meetings of city personnel meet the following nutrition standards:

- 1) Water with no added caloric sweeteners
- 2) Beverages sold or provided must contain no added caloric sweeteners
- 3) Beverages must be either fruit/vegetable based or milk products/substitutes
- 4) Fruit or vegetable based beverages must contain fifty to one-hundred-percent real juice
- 5) Milk products must be two-percent, one-percent, nonfat, soy, rice, or other similar nondairy drinks

Tap water must be provided wherever feasible. This policy also includes nutrition standards for food.

<http://healcitiescampaign.org/document.htm?id=202>

Contact: Jeanette Flores, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [jf@publichealthadvocacy.org](mailto:jf@publichealthadvocacy.org)

### **Victorville**

Nutrition Standards: Vending

Description: At least 50% of the beverages offered in city owned and contracted vending machines shall include the following:

1. Water
2. Beverages that contain 50% fruit and vegetable juices without added sweeteners
3. 100% fruit or vegetable juices
4. 2%, 1%, or nonfat milk products, including soy, rice, chocolate or other flavored milk products without added sweeteners.

Foods/beverages that meet the above standards must be sold at a price that is equivalent to or lower than the price of those items offered in vending machines that do not meet these standards, and the items that meet these standards must be placed within the top half of the vending machine so that they are easily visible.

This policy also includes standards for food.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/vending/Victorville.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/vending/Victorville.pdf)

### **Visalia**

Nutrition Standards: Vending, Concessions, Special Events

Description: Requires that 50% of beverages sold in vending machines in Parks and Recreation facilities, concession stands, and at special events must be:

1. Water with no additives, including sweeteners (caloric or non-caloric), vitamins and minerals (e.g. electrolytes), or stimulants (e.g., caffeine)
2. Non-fat or 1% cow's milk. Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces. Excludes flavored milks, including chocolate, strawberry and vanilla
3. Non-dairy milk alternatives (e.g., almond, rice, soy milk). Must contain vitamins A and D and at least 25% of the Daily Value for calcium per 8 fluid ounces. Excludes flavored milks such as chocolate, strawberry, and vanilla. No more than 5 grams of fat per 8 fluid ounces. No more than 12 grams of caloric sweetener per 8 fluid ounces.
4. Fruit and/or vegetable juices that contain at least 50% juice with no added sweeteners (caloric or non-caloric).
5. Coffee or tea with no added sweeteners (caloric or non-caloric)

This policy also makes recommendations beverages (and food) served at city meetings and programs and in sports leagues.

## Counties

### **Alameda County**

Nutrition Standards: Events and meetings

Description: Requires that at least 50% of all beverages purchased, catered or prepared shall contain no more than 35% of calories from fat (of which no more than 10% calories be from saturated fat) and no more than 35% sugar by weight.

Nutrition Standards: Vending

Description: Requires at least 40% of all beverages must be non-carbonated and a minimum of 50% must comply with the "Healthy Option Criteria." The Healthy Option Criteria beverages must be stocked in ways that are easily visible and distinguishable from non-healthy items. The Healthy Option Criteria for beverages includes:

- a) Beverages that contain no high fructose com syrup.
- b) Beverages that contain no more than 12 fluid oz or 200 total calories.
- c) Water and other non-caloric beverages containing neither nutritive nor nonnutritive sweeteners.
- d) Carbonated or non-carbonated fruit juice beverages containing at least 50% fruit juice, and neither nutritive nor non nutritive sweeteners.
- e) Beverages with added nutritive sweeteners containing no more than 50 calories per 8 ounces, 75 calories per 12 ounces, or 100 total calories per container.

[http://www.banpac.org/toolkit\\_HFBPE/section4/4-ACPHD OFFICIAL%2010 27 09 No 9 Nutrition Physical Activity Policy Guidelines.pdf](http://www.banpac.org/toolkit_HFBPE/section4/4-ACPHD%20OFFICIAL%2010%2027%2009%20No%209%20Nutrition%20Physical%20Activity%20Policy%20Guidelines.pdf)

### **Contra Costa County**

Nutrition Standards: Vending in county facilities excluding Contra Costa Health Services facilities

Description: Requires that 50% of beverages offered in each vending machine shall be one or a combination of the following:

1. Water
2. Coffee or tea
3. Reduced fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 tsp sugar per 1 cup milk)
4. 100% fruit/vegetable juice
5. Fruit based drinks containing at least 50% juice and no added caloric sweeteners
6. All other non-caloric beverages, including diet sodas

This policy also includes nutrition standards for food sold in vending machines.

<http://www.co.contra-costa.ca.us/index.aspx?NID=653>

Contact: Tracey Ratray, Contra Costa Health Services

Phone: (925) 313-6217 Email: [trattray@hsd.cccounty.us](mailto:trattray@hsd.cccounty.us)

Nutrition Standards: Vending in Contra Costa Health Services facilities

Description: Requires 100% of beverages sold be one or more of the following:

1. Fruit-based and vegetable-based drinks that are at least 50% fruit or vegetable juice without

added caloric sweeteners and do not exceed 12 fluid oz

2. Drinking water with no added caloric sweetener
3. 1% fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk containing no added caloric sweetener
4. All other beverages that are low calorie (<25 cal/8 oz) or no-calorie, including diet sodas

The above policy also includes nutrition standards for food.

[http://www.banpac.org/toolkit\\_HFBPE/section6/6-ContraCosta\\_Vending\\_Policy\\_10-26-10.pdf](http://www.banpac.org/toolkit_HFBPE/section6/6-ContraCosta_Vending_Policy_10-26-10.pdf)

**Nutrition Standards: Meetings, events, and celebrations in Contra Costa Health Services facilities**

**Description:** Requires that water be provided if beverages are served. Requires that one beverage with no added sugar be offered for each sugar-sweetened beverage offered. Prohibits sugar-sweetened beverages from being provided to children (under age 21).

**Recommendations:** in addition to the required water, the following beverages are suggested:

1. Non-caloric beverages, such as plain coffee or tea
2. Carbonated water or iced teas, flavored or unflavored, with no added sweeteners
3. Nonfat or 1% milk or dairy-free alternative (soy, rice milks, Lactaid)
4. 100% fruit and vegetable juices, preferably 6 ounces or less per serving.

The above policy also includes nutrition standards for food.

[http://www.banpac.org/toolkit\\_HFBPE/section7/Pledge\\_Contra%20Costa%20Health%20Plan%20Food%20and%20Beverage%20Nov%202011.pdf](http://www.banpac.org/toolkit_HFBPE/section7/Pledge_Contra%20Costa%20Health%20Plan%20Food%20and%20Beverage%20Nov%202011.pdf)

## **Fresno County**

**Worksite Breastfeeding Accommodation**

**Description:** Supports worksite lactation accommodation for county employees. Department Heads are responsible for preparing and issuing written procedures within their respective departments to assure lactation accommodation.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/FresnoCntyAP59-LactationAccommodation.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/FresnoCntyAP59-LactationAccommodation.pdf)

Contact: Laurie Misaki, Fresno County Department of Public Health

Phone: (559) 445-3307 Email: [lmisaki@co.fresno.ca.us](mailto:lmisaki@co.fresno.ca.us)

**Health Department Worksite Breastfeeding Accommodation**

**Description:** Requires that the Department of Community Health (Department of Public Health) provide a reasonable amount of break time to accommodate their employee who expresses milk for the employee's infant child. The break time, if possible, runs concurrently with break time already provided to the employee. Break time that does not run concurrently with break time already provided to the employee is unpaid. The Department makes a reasonable effort to provide the employee with the use of a room or other appropriate location in close proximity to the employee's work area so that the employee may express milk in private.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/FresnoCntyDCH\\_LactationPolicy.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/FresnoCntyDCH_LactationPolicy.pdf)

Contact: Laurie Misaki, Fresno County Department of Public Health:

Phone: (559) 445-3307 Email: [lmisaki@co.fresno.ca.us](mailto:lmisaki@co.fresno.ca.us)

## **Los Angeles County**

**Breastfeeding Accommodations**

Description: Promotes breastfeeding and increased access to lactation rooms in county facilities and other amenities that promote breastfeeding.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf)

Nutrition Guidelines for County Contracts; Sponsorships

Description: Supports the reduced consumption of unhealthy foods and beverages and increases the consumption of healthy foods and beverages by:

- 1) Considering limitations on sugary drinks and other items not compliant with California food nutrition guidelines as a condition of all county contracts with outside organizations;
- 2) Phasing out sugary drink company sponsorships and advertising at county facilities and events by December 2012, including in recreational, cultural and entertainment venues.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/LACountyNutritionStandardsAndBreastfeedingPolicy.pdf)

Contact: Michelle Gutierrez, California Center for Public Health Policy

Phone: (626) 962-5900 Email: [mg@publichealthadvocacy.org](mailto:mg@publichealthadvocacy.org)

Nutrition Standards: Vending Machines, County Sponsored Meetings, and Fundraising

Description: Requires vending machine within county facilities to provide beverages which comply with the nutrition standards of the Los Angeles County Food Policy (as noted below); however, custodial facilities and existing contracts within the department of beaches and harbors are exempt from the requirements.

Requires all beverages purchased with County funds and served at County-sponsored meetings and events comply with the nutrition guidelines contained in the Los Angeles County Food Policy which stipulates that beverages meet the following standards:

- 1) Fruit-based and vegetable based drinks that are at least 50 percent fruit juice without added sweeteners
- 2) Water without added sweeteners
- 3) Milk products including two-percent, one-percent, nonfat, soy, rice and other similar non-dairy milk
- 4) Electrolyte replacement beverages that contain no more than 42 grams of added sweetener per 20-ounce serving

This policy also provides recommendations for foods sold for fundraising purposes based on the guidelines for vending machines and includes nutrition standards for foods.

Contact: Michele Gutierrez, California Center for Public Health Advocacy

Phone: (626) 962-5900 Email: [mg@publichealthadvocacy.org](mailto:mg@publichealthadvocacy.org)

## **Monterey County**

Nutrition Standards: Vending

Description: Requires that 50% percent of beverages offered in vending machines located within any County owned, leased or operated space of facility shall be one or a combination of the following:

- a) Water
- b) Coffee or tea
- c) Reduced fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than fifteen (15) grams of added sugar per 250 gram serving or three (3) teaspoons of sugar per one (1) cup of milk)
- d) One hundred (100%) percent fruit/vegetable juice

- e) Fruit based drinks containing at least fifty (50%) percent juice and no added caloric sweeteners
- f) All other non-caloric beverages, including diet sodas.

This policy also provides nutrition standards for food.

<http://www.co.monterey.ca.us/admin/pdfs/HealthyVendingPolicy.pdf>

Contact: Christine Moss, Network for a Healthy California - Central Coast Region

Phone: (831) 796-2894 Email: [mossacd@co.monterey.ca.us](mailto:mossacd@co.monterey.ca.us)

**Nutrition Standards: Monterey County Health Department Meetings and Events**

Description: Requires that beverages at all Monterey County Health Department sponsored and/or coordinated meetings and events, both in the community and at worksites, for staff, community agency representatives or community members must be one of the following healthy options: water, 100% fruit or vegetable juices, mineral water, diet sodas, tea, and coffee. Drinks which are prohibited include: high sugar beverages, such as soft drinks/sodas, fruit drinks with less than 100% natural juice, and sports drinks.

[http://publichealthadvocacy.org/\\_PDFs/beverage\\_policies/MontereyHealthDepartmentNutritionPolicy.pdf](http://publichealthadvocacy.org/_PDFs/beverage_policies/MontereyHealthDepartmentNutritionPolicy.pdf)

Contact: Christine Moss, Network for a Healthy California - Central Coast Region

Phone: (831) 796-2894 Email: [mossacd@co.monterey.ca.us](mailto:mossacd@co.monterey.ca.us)

**Worksite Breastfeeding Accommodations**

Description: Requires that county employees be allowed a flexible schedule for pumping breast milk. The time allowed may exceed a normal lunch or break period. Any time in excess of a normal lunch or break period will not be paid as regular work time but with supervisory approval, the employee may make up her time with either sick leave, annual/vacation leave, or a flexed work schedule. Requires that county employees be provided the use of a clean, comfortable space or "Lactation Area."

<http://publicagendas.co.monterey.ca.us/MG86107/AS86133/AS86137/AI90122/DO90127/1.DO C>

Contact: Janet Vaughan, Monterey County WIC Breastfeeding Coordinator

Phone: (831) 796-2866 Email: [vaughanjc@co.monterey.ca.us](mailto:vaughanjc@co.monterey.ca.us)

## **San Diego County**

**Nutrition Standards: Vending**

Description: Requires that 100% of the beverages sold in vending machines at county facilities that primarily serve youth and 50% of the beverages sold in vending machines at all other county facilities meet the following healthy-choice nutritional standards:

Policy stipulates beverage volumes of no more than 12 ounces (except water), and no more than 250 calories per container. Note: If juices are available in smaller-sized portions, such as 6 ounces, they are preferred. The healthy-choice beverages offered in each vending machine shall be one or more of the following:

- 1) Water (no volume limit; 0 calories);
- 2) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 mL serving or 3 tsp. sugar per 1 cup;
- 3) 100% fruit or vegetable juice;
- 4) Fruit-based drinks containing at least 50% juice and no added caloric sweeteners, such as sugar
- 5) high-fructose corn syrup;
- 6) All other non-caloric beverages, including diet sodas; and Sport drinks with no more than

100 calories.

The policy also includes standards for food sold in vending machines.

<http://www.sccounty.ca.gov/hhsa/programs/phs/documents/HealthyChoiceOptionsinVendingMachinesPolicy3-07.pdf>

## **San Francisco City and County**

### **Mobile Vending**

Description: Prohibits mobile catering vehicle operators from selling or giving away any drink within 1500 feet of the property line of any public middle school, junior high school, or high school.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/ordinances07/o0068-07.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School

District Phone: (415)355-7356 Email: [waymackn@sfsud.edu](mailto:waymackn@sfsud.edu)

### **Nutrition Standards: Vending**

Description: Prohibits the sale of calorically sweetened drink from vending machines on city property. Beverage offerings are to include ample choices of water, low-fat and/or 1% milk, including soy milk, rice milk and other similar dairy or non dairy milk. When juice is made available, it is 100% fruit or vegetable juice with no added sweeteners. Diet sodas are limited to 25% of items offered.

<http://www.sfgov3.org/Modules/ShowDocument.aspx?documentid=68>

Contact: Christina Goette, San Francisco Department of Public Health

Phone: 415-581-2422 Email: [Christina.Goette@sfdph.org](mailto:Christina.Goette@sfdph.org)

### **Fast Food Restaurants**

Description: Permits formula retail businesses (i.e. fast food restaurants) in a Neighborhood Commercial District after neighborhood commercial notification and design review procedures.

Prohibits formula businesses in the Hayes-Gough Neighborhood Commercial District, and designates formula business use as conditional use in the Neighborhood Commercial Cluster Districts at Cole and Carl Streets and Parnassus and Stanyan streets.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/ordinances04/o0062-04.pdf>

### **Nutrition Standards: Restaurant Meals Incentives**

Description: Prohibits restaurants from providing for free an incentive item, such as a toy, with any meal that does not meet specific nutrition standards. A meal that includes excessive calories (more than 600), excessive sodium (more than 640 milligrams), excessive fat (more than 35% of total calories from fat), excessive saturated fat (more than 10% of total calories) or excessive trans fat (more than 0.5 grams) may not be accompanied by an incentive item. In addition, restaurants may not provide for free an incentive item with a meal unless it includes at least 0.5 cups of fruits and 0.5 cups of vegetables (vegetables are not required for breakfast meals) and any bread that is provided with the meal (including hamburger buns) must be made with at least 50% whole wheat. Restaurants also may not provide for free an incentive item linked to a beverage if it includes excessive fat (more than 35% of total calories) or excessive sugars (more than 10% of calories from added sweeteners).

These beverage nutrition standards apply to beverages purchased separately, not as part of a meal.

[http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/committees/materials/lu100410\\_101096.pdf](http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/committees/materials/lu100410_101096.pdf)

## **San Mateo County**

## San Mateo County Nutrition Standards

Beverage Standards: Pre-packaged food and beverages offered by on-site food services (onsite food service, vending machines, commissaries, catering and purchased with department funds) will adhere to the County's Nutrition Standards:

1. 100% fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
2. Drinking water with no additives except those minerals normally added to tap water
3. Dairy milk, non-fat, 1%, and 2% only (no flavored milks)
4. Plant derived milks (e.g. Soy, rice, almond, etc; no flavored milks)
5. Artificially sweetened, calorie reduced beverages that do not exceed 50 calories per 12-ounce container.
6. Preference for food products that do not contain high fructose corn syrup.

Beverage Standards: Any food, snacks, or beverages provided by the County (onsite food service, catering and purchased with department funds) shall adhere to the County's Nutrition Standards:

1. Coffee and decaffeinated coffee, hot and/or iced with no added sugar
2. Tea and decaffeinated tea, hot and/or iced with no added sugar
3. Non-fat, 1%, and 2% milk only; soy or rice milk is OK
4. Water pitchers (with sliced lemon, lime, cucumber if desired)
5. If sugar packets are provided, non-sugar substitute packets should also be provided.

## Santa Barbara County

Worksite Breastfeeding Accommodations: County facilities

Description: Declares that the County of Santa Barbara is a breastfeeding friendly workplace. Policy mandates that all county supervisors will support an employee's choice to breastfeed or pump breast milk. Requires that breastfeeding employees be permitted to take two to three breaks along with the lunch period to breastfeed or pump in a private break area or room. Policy provides access to county-owned electric breast pumps.

[http://publichealthadvocacy.org/PDFs/beverage\\_policies/SantaBarbaraBreastfeedingPolicy.pdf](http://publichealthadvocacy.org/PDFs/beverage_policies/SantaBarbaraBreastfeedingPolicy.pdf)

Contact: Meg Beard, Santa Barbara County Public Health Department

Phone: (805) 681-5276 Email: [meg.beard@sbcphd.org](mailto:meg.beard@sbcphd.org)

Nutrition Standard: Santa Barbara County Public Health Department events

Description: Requires that at least 50% of beverages purchased with County funds and served at Public Health Department events must include:

1. Water
2. 100% juice
3. Diet soda, but only if regular soda is offered.

Contact: Susan Horne, Network for a Healthy California Santa Barbara County Public Health Department. Phone: (805)681-4757 Email [susan.horne@sbcphd.org](mailto:susan.horne@sbcphd.org)

## Santa Clara County

Nutrition Standards: Restaurant Meals Incentives

Description: Prohibits restaurants in unincorporated areas of the county from providing incentive items with sales of beverages which provide or contain:

- 1) Excessive calories: more than one hundred twenty (120) calories;
- 2) Excessive fat: more than thirty-five percent (35%) of total calories from fat;
- 3) Excessive sugars: more than ten percent (10%) of calories from added caloric sweeteners;
- 4) Added Non-Nutritive Sweeteners; OR
- 5) Caffeine

Policy also includes nutrition standards for incentives with food.

<http://www.sccgov.org/keyboard/attachments/BOS%20Agenda/2010/April%2027,%202010/202926863/TMPKeyboard203046978.pdf>

#### Nutrition Standards: County Purchases

Description: Requires that 100% of beverages purchased with county dollars, by county programs or by county contractors and served free of charge to individuals or groups participating in a county department or program meet the following nutrition standards:

1. Water (with no additives)
2. 100% fruit juice with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
3. Dairy milk: non-fat, % and 2% only (no flavored milks)
4. Plant derived (i.e. rice, almond, soy, etc.) milks (no flavored milks)
5. Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container (teas, electrolyte replacements)
6. Other non-caloric beverages such as coffee, tea and diet sodas

<http://www.sccgov.org/SCC/docs%2FSCC%20Public%20Portal%2FAttachments%2FBeverageNutritionalCriteria18.pdf>

#### Beverage Standards: Meetings and Events

Description: Requires that only the following beverages be served:

1. Water, including carbonated water (no added caloric sweeteners)
2. Non-sweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
3. Nonfat or 1% low fat dairy milk with no added flavor or sugar
4. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 oz
5. 100% fruit or vegetable juice (limited to a maximum of 8 oz container)
6. Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 oz

Recommendations: Water should always be available or accessible and whenever possible beverages should be served in bulk containers, such as water pitchers.

The above policy also includes nutrition standards for food.

[http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/NutritionStandardsNEWjuly2012\\_v3.pdf](http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/NutritionStandardsNEWjuly2012_v3.pdf)

#### Beverage Standards: Vending

Description: 100% of the beverages available in each county leased vending machine will be one or a combination of the following:

1. Water, including carbonated water (no added caloric sweeteners)
2. Non-sweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
3. Nonfat or 1% low fat dairy milk with no added flavor or sugar
4. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 oz
5. 100% fruit or vegetable juice (limited to a maximum of 8 oz container)
6. Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 oz

The above policy also includes nutrition standards for food.

[http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition\\_Standards\\_NEW\\_july2012\\_v3.pdf](http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition_Standards_NEW_july2012_v3.pdf)

**Beverage Standards: Donations to the custodial population of the Department Correction, Probation Department, Santa Clara Valley Medical Center (SCVMC), and the Social Services Agency's Senior Nutrition Program.**

**Description:** Requires that beverage donations only include:

1. Water, including carbonated water (with no added caloric sweeteners)
2. Non-sweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
3. Plain nonfat or 1% low fat dairy milk (no added flavor or sugar); 2% low fat milk (no added flavor or sugar) may be used for the Social Services Agency's Senior Nutritional Program
4. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 oz
5. 100% fruit or vegetable juice (limited to a maximum of 8 oz)
6. Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 oz

The above policy also includes nutrition standards for food.

[http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition\\_Standards\\_NEW\\_july2012\\_v3.pdf](http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition_Standards_NEW_july2012_v3.pdf)

Contact: Lori Martin, Santa Clara County Public Health Department

Email: [lori.martin@phd.sccgov.org](mailto:lori.martin@phd.sccgov.org) Phone: (408)793-2713

**Beverage Standards: Cafeterias and cafés in county facilities**

**Description:** At least 50% of the beverages available must include:

1. Water including carbonated water (with no added caloric sweeteners)
2. Non-sweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
3. Nonfat or 1% low fat dairy milk with no added flavor or sugar
4. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 oz
5. 100% fruit or vegetable juice (limited to a maximum of 8 oz container)
6. Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 oz

The above policy also includes nutrition standards for food.

[http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition\\_Standards\\_NEW\\_july2012\\_v3.pdf](http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition_Standards_NEW_july2012_v3.pdf)

**Recommended Beverage Standards: County properties leased to or operated by private entities serving the public**

**Description:** Operators should reduce (or eliminate) the availability of sugar-sweetened beverages.

Healthier beverages should be placed prominently and should be as easy to see as the vendor's most popular beverages. The following beverages are recommended for sale:

1. Water, including carbonated water (no added caloric sweeteners)
2. Non-sweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
3. Nonfat or 1% low fat dairy milk with no added flavor or sugar
4. Plant derived milk (e.g. soy, rice, and almond) with  $\leq$  130 calories per 8 oz serving
5. 100% fruit or vegetable juice (limited to a maximum of 8 oz container)
6. Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 oz

The above policy also includes nutrition standards for food.

[http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition\\_Standards\\_NEW\\_july2012\\_v3.pdf](http://www.sccgov.org/sites/sccphd/en-us/Newsandevents/Documents/Nutrition%20Standards/Nutrition_Standards_NEW_july2012_v3.pdf)

## **Yolo County**

### Worksite Breastfeeding Accommodations

Description: Requires that county employees be allowed reasonable break time for nursing or pumping breast milk. The time allowed may exceed a normal lunch or other break. Any time in excess of a normal lunch or other break must be made up by using sick leave, annual leave, or an agreed upon adjusted schedule such as coming in earlier or working later. A private, secure room with an electrical outlet, table and chair must be made available where the breastfeeding employee can express breast milk. This space must be reasonably near the employee's normal work area, and must not be a toilet stall or bathroom. <http://www.yolocounty.org/agendas/2005/080205/11.pdf>

Contact: Samantha Pfeifer, Yolo County WIC Program

Phone: (530) 666-8446 Email: [Samantha.Pfeifer@yolocounty.org](mailto:Samantha.Pfeifer@yolocounty.org)

## School Districts

These school district wellness policies include provisions that exceed California state law.

### **Berkeley Unified School District**

#### Fund Raising

Description: Eliminates school fundraising in K-8 that includes sale of soda, candy, sweets and cookies.

[http://www.berkeley.net/uploads/nutrition/BUSD\\_Food\\_Policy.pdf](http://www.berkeley.net/uploads/nutrition/BUSD_Food_Policy.pdf)

Contact: Marni Posey, Director of Nutrition Services, Berkeley Unified School District

Phone: (510) 644-6200 Email: [Marni\\_Posey@berkeley.k12.ca.us](mailto:Marni_Posey@berkeley.k12.ca.us)

### **San Francisco Unified School District**

#### Commercial Free Schools

Description: Restricts advertising of commercial products within San Francisco Unified School District (SFUSD). Policy prohibits SFUSD from entering into an exclusive contract with a soft drink or snack food company. SFUSD commits to making healthy drinks and healthy snacks available to students. Policy eliminates the purchase or use of curriculum materials that feature brand names.

This policy was also endorsed by the San Francisco County Board of Supervisors.

<http://www.sfbos.org/ftp/uploadedfiles/bdsupvrs/resolutions00/r0253-00.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School

District Phone: (415)355-7356 Email: [waymackn@sfusd.edu](mailto:waymackn@sfusd.edu)

#### Beverage Nutrition Standards

Description: Restricts beverage sales to milk, 100% juice, and water-juice blends with no added sweeteners, caffeine, or herbal supplements. Prohibits the sale of sports drinks, electrolyte-replacement drinks, "vitamin water," "energy water," and "fruit water."

<http://portal.sfusd.edu/data/board/pdf/memberreso/Supt%20Wellness%20Policy.pdf>

Contact: Nancy Waymack, Director of Policy & Operations, San Francisco Unified School District

Phone: (415)355-7356 Email: [waymackn@sfusd.edu](mailto:waymackn@sfusd.edu)

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CCPHA is interested to learn about other local beverage policies. If you know of a beverage policy which is not included here, please email [ev@publichealthadvocacy.org](mailto:ev@publichealthadvocacy.org) and provide a copy of the policy.