

County of Monterey Board Policy Manual

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Healthy Food Policy	G-120	1 of 5
Policy Category Government and Administration		

I. Purpose

The County of Monterey is committed to supporting healthy living by ensuring that food and beverages offered, purchased and provided by the County are of maximum nutritional value. Accordingly, the following goals were developed to meet County nutrition standards:

- (1.) Improve access to healthy food and beverage choices in County owned and leased facilities
- (2.) Improve the health of employees and community members who use County programs and facilities; and
- (3.) Ensure foods and beverages purchased with public dollars meet national nutrition guidelines

II. Background

Unhealthy eating and lack of exercise are directly linked to excess weight and an increase in many other health complications, loss of energy, productivity, depression and increased health care costs. Adverse effects associated with excess weight gain cost California over \$21 billion annually.¹ It is estimated that absenteeism related to obesity costs employers \$4.3 billion annually² and that \$506 per obese worker are lost in productivity each year.³ In Monterey County alone, 65% of adults are considered overweight or obese.⁴

Maintaining a healthy lifestyle involves more than individual choices. An environment that always includes healthy foods makes choosing healthy foods easier for all. By ensuring that a variety of healthy food choices are available where food is served, Monterey County can help employees make changes and serve as a model to the public and other organizations in making healthy choices the norm.

III. Policy

It is the policy of the County to provide access to healthy food and beverages to employees and individuals who visit County facilities.

This policy outlines comprehensive nutrition standards for beverages and food that are purchased, served or offered at County facilities and those provided by County departments or agencies. The County Nutrition Standards have been developed for three different food environments:

- (1.) Meetings and events;
- (2.) Food and beverage vending machines; and
- (3.) Food Service Venues (including work site cafeterias, concession stands and hospitals).

These nutrition standards are based on and follow the Dietary Guidelines for Americans 2015-2020.⁵ By law (Public Law 101-445, Title III, 7 U.S.C. 5301 et seq.), the Dietary Guidelines for Americans are reviewed, updated if necessary, and published every five years. The United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (HHS) jointly create each edition. These updated Dietary Guidelines call for the following lifestyle approach:

- (1.) Reduce the incidence and prevalence of chronic health conditions by reducing overall calorie intake and increasing physical activity.
- (2.) Choose a variety of nutrient-dense foods and beverages within all food groups in recommended amounts.
- (3.) Limit calories from added sugars and saturated fats and reduce sodium intake.

IV. Procedure

Meetings and Events

Nutrition Standards: At all meetings and events sponsored by the County or coordinated between the County and the community, where food will be provided for staff, community agency representatives and/or community members, food selections shall adhere to the County's Nutrition Standards outlined in Exhibit A.

Vending Machines

- A. Nutrition Standards: Pre-packaged foods and beverages in County owned and leased facilities shall adhere to the County's Nutrition Standards outlined in Exhibit A.
- B. Foods and beverages sold in contracted vending machines will adhere to the Nutrition Policy's beverage and nutrition standards as follows:

- a. By 2019, 50% of all foods and beverages in contracted vending machines will meet the beverage and nutrition standards.
- b. By 2020, 75% of all foods and beverages in contracted vending machines will meet the beverage and nutrition standards.
- c. By 2021, 100% of all foods and beverages in contracted vending machines will meet the beverage and nutrition standards.

Cafeterias and Cafes

- A. The County and its contracted food service operators will offer healthy options adhering to the County's Nutrition Standards outlined in Exhibit A.
- B. Operators are recommended to provide an assortment of healthier food choices, with lower amounts of fat, sugar, and sodium. To accomplish this, operators are encouraged to:
 - a. Offer more fruits, vegetables, whole grains, and low fat and low calorie foods, including low fat dairy, lean protein sources and lower fat versions of condiments.
 - b. Offer more minimally processed foods made or foods produced without added sugar and less sodium.
 - c. Prepare foods using healthy cooking techniques such as baking, roasting, broiling, grilling, poaching, steaming, or stir frying instead of pan frying or deep fat frying to minimize added fat to the food prepared.
 - d. Offer seasonal and local produce, when possible.

Employee Food

- A. The County's Nutrition Policy does not impact or regulate meals, snacks or beverages brought in to share with other county employees for a non-County sponsored and/or coordinated meeting or event.
- B. Employees are encouraged, however, to bring healthier options, such as fruits, vegetables, or water, when bringing food to work to share (e.g. potlucks) or undertaking individual fundraising activities when no County monies are being used.

Compliance

The Employee Wellness Program (Health Promotion Partnership) will provide reasonable consultation to any department regularly hosting office or public events where food choices need to be made, including reviewing food selections or menu choices and food selections for vending machines to ensure compliance with the County's Nutrition Standards. The Employee Wellness Program will provide a Healthy Food Policy Implementation Guide to assist departments with policy compliance.

V. Document References

1. Wolstein, J., Babey, S. H., & Diamant, A. L. (2015). Obesity in California (p. 3, Rep.). Los Angeles, CA: UCLA Center for Health Policy Research.
2. Cawley J, Rizzo JA, Haas K. Occupation-specific Absenteeism Costs Associated with Obesity and Morbid Obesity. *Journal of Occupational and Environmental Medicine*, 49(12):131724, 2007.
3. Gates D, Succop P, Brehm B, et al. Obesity and presenteeism: The impact of body mass index on workplace productivity. *J Occ Envir Med*, 50(1):39-45, 2008.
4. Wolstein, J., Babey, S. H., & Diamant, A. L. (2015). Obesity in California (p. 3, Rep.). Los Angeles, CA: UCLA Center for Health Policy Research.
5. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

VI. Review Date

- a. This Policy will be reviewed for continuance on October 1, 2023.

VII. Board Action

- a. Legistar File Number: 18-985, October 2, 2018

Exhibit A: Monterey County Nutrition Standards

Beverage Standards - 100% of the beverages available in each County leased and operated vending machine, cafeteria or cafe will be one or a combination of the following:

- Water, including carbonated water (no added caloric sweeteners)
- Unsweetened coffee or tea (if condiments are provided, sugar and sugar substitutes may be provided)
- Plain (no added flavor or sugar) non-fat or 1% low fat dairy milk
- Plant derived milk (e.g. soy, rice, and almond) with \leq 130 calories per 8 ounces serving;
- 100% fruit or vegetable juice
- Low-calorie beverages such as tea or diet soda with less than 40 calories per 8-ounce serving
- Healthier beverages should be placed prominently and be as easy to see as the operator's other most popular beverage.
- Bottled water should be available as a beverage option and the price per ounce cannot be higher than any other beverage

Pre-Packaged Foods and Snacks - 100% of all snack foods will meet all the following criteria:

- No more than 35% calories from fat (except for packages that contain 100% nuts or seeds)
- No more than 10% calories from saturated fat
- Zero trans-fat
- No more than 35% total weight from sugar and caloric sweeteners
- No more than 360 milligrams (mg) of sodium per package
- At least 10% of all snack foods will contain at least two (2) grams of dietary fiber per serving
- At least one snack food item will meet the FDA definition of "low sodium" or be \leq 140 mg per serving.

Prepared Foods

- At least one main dish/entree selection and side option at each meal service to comply with nutrition standards below:
 - No more than 35% calories from fat
 - No more than 10% of calories from saturated fat
 - 0 grams of trans fat
 - No more than 500 calories
 - No more than 600 milligrams of sodium
- Healthy entrée and side items (which meet the nutritional guidelines) should be clearly indicated on menus.
- The price of main dishes/entrees and side options should not exceed the price of other menu items.