

RESOLUTION NO. _____

A RESOLUTION OF THE CITY COUNCIL
OF THE CITY OF EL MONTE, CALIFORNIA,
ADOPTING HEALTHY PUBLIC PLACES
YIELDS HEALTHY KIDS INITIATIVE.

WHEREAS, the League of California Cities at its recent annual conference on September 17, 2010 unanimously adopted a resolution reaffirming its recognition of the important role cities play in combating the obesity epidemic and called upon cities in California to join the Let's Move Cities and Towns Campaign; and

WHEREAS, a goal of the Let's Move Cities and Towns Campaign is to make healthy food available to children and families in municipal facilities; and

WHEREAS, the League initiated the Healthy Eating Active Living (HEAL) Cities Campaign to support cities to adopt policies to increase access to healthy food; and

WHEREAS, the City Council passed Resolution No. 9101 on March 23, 2010 indicating support for participating in the (HEAL) Cities Campaign; and

WHEREAS, one in four youth between the ages of 9 and 16 in California is overweight;

WHEREAS, according to the California Center for Public Health Advocacy (CCPHA), up to 37.3% of children in the City of El Monte are overweight;

WHEREAS, research has shown that an extra soft drink a day increases a child's risk for obesity by 60 percent, and analysis by CCPHA and the UCLA Center for Health Policy Research found that 41% of children ages 2-11 and 62% of adolescents ages 12-17 consume at least one soda or sugar-sweetened beverage every day; and

WHEREAS, obese children are at higher risks for long-term health problems such as cardiovascular disease, Type 2 diabetes, asthma, and certain cancers; and

WHEREAS, the current generation of children are expected to have shorter lives than their parents due to the consequences of obesity;

WHEREAS, obesity cost California an estimated \$41.2 billion in 2006 in direct medical costs and lost productivity; and

WHEREAS, 52.7 billion is projected in costs related to overweight obesity and physical inactivity by the end of 2011; and

WHEREAS, there are healthier, alternatives to soft drinks and sugary snacks that can be made accessible to participants in youth-oriented programs and facilities throughout the city; and

WHEREAS, research has confirmed that a policy approach to preventing disease confers significant benefit to the populations at large; and

WHEREAS, the City of El Monte is committed to spending public funds to promote the public's health and welfare, including the health and welfare of children and families; and

WHEREAS, the City Council has jurisdiction over municipal facilities and programs serving employees and residents where they consume food and beverages; and

WHEREAS, it is in the City's interest to use its facilities and programs to promote and support health; and

NOW THEREFORE, THE CITY COUNCIL OF THE CITY OF EL MONTE, CALIFORNIA, DOES HEREBY ADOPT VENDING FOOD AND NUTRITION STANDARDS AS FOLLOWS:

SECTION 1. Effective immediately and to be completed no later than June 30, 2012, and to be monitored by designated staff every 6 months for compliance, all of the food snacks and beverages authorized for sale in vending machines, snack bars and other means, or offered for consumption at the youth-oriented programs and facilities throughout the City of El Monte, shall meet the following nutrition standards:

- a. Food Snacks must have no more than:
 - i. 35% of its calories from fat (excluding fruit, nuts, nut butters, seeds, eggs and cheese packaged for individual sale)
 - ii. 10% of its calories from saturated fat (excluding nuts, nut butters, seeds, eggs or cheese packaged for individual sale)
 - iii. 35% sugar by weight (with the exclusion of fruits and vegetables that do not contain added sweeteners or fat)
 - iv. 250 calories per portion or per serving
 - v. Food Snacks will contain NO trans fat
 - vi. Food Snacks shall emphasize fruit vegetables, whole grains, and non-fat and low fat (1%) dairy products
 - vii. All vending machines that sell snacks and food items shall:
 - a. Offer at least one snack item that has no more than 360mg of sodium per serving or per portion
 - b. Include at least one snack that meets the FDA definition of "low sodium," less than 140 mg per serving or portion
- b. Beverages must be:
 - i. Fruit based and vegetable based drinks that are at least 50 percent fruit or vegetable juice without added caloric sweeteners) or

- ii. Milk products that are no more than 2% milk fat, (preferably 1% milk fat or nonfat), and soy, rice or other similar non-dairy drinks or
- iii. Drinks sweetened with non-caloric sweeteners (diet beverages) that cannot contain added caloric sweeteners and
- iv. Tap water shall be provided as the preferred beverage whenever feasible

SECTION 2. Allow for the following city-sponsored events with historical meaning to El Monte residents to be excluded: Summer Concerts, Holiday House and Children's Day Parade. Wherever feasible staff will provide healthier options for children geared arts and crafts, activities, and snacks, compliant with these standards. City staff will strongly recommend and will provide outside vendors that either use or pay a fee for facilities in the city with a list of compliant healthy snacks, beverages and fundraising options. Outside vendors that pay a fee, rental requests at parks and facilities are excluded from this policy.

SECTION 3. Allow for Jack Crippen Multipurpose Senior Center to be excluded when not being utilized for youth-centered activities. Restrict youth access to noncompliant food and beverages 30 minutes before, during and after youth-oriented programs and services.

SECTION 4. Future procurement and or contractual negotiations for the provision of food and beverages to be provided and or sold through vending machines and other means within youth-oriented city facilities, functions and sponsored events shall include a provision stipulating that all food and beverages to be purchased or provided through contracts shall meet the city's nutrition guidelines outlined above.

SECTION 5. That youth-orientated programs funded by the City will ensure that ~~snacks served during programs will comply with this motion and ensure that the~~ message of health is modeled for participating youth;

SECTION 6. Those youth-orientated programs that use City facilities will be encouraged to comply with this motion and ensure that the message of health is modeled for participating youth. City staff will offer a healthy snack guide and healthy fundraising options to program leaders to support compliance with the motion;

SECTION 7. That to further promote health in all youth programs, any program that is not primarily physical activity-based will provide 10 minutes of physical activity for every 50 minutes of programming;

SECTION 8. That to assist in the implementation of this resolution, the Mayor and City Council members will appoint and authorize staff, in collaboration with health organizations, such as California Center for Public Health Advocacy, Los Angeles County Department of Public Health, and the Network for a Healthy California to disseminate information and to train the youth-oriented programs and services staff on the above nutrition standards to ensure complete comprehension and compliance.

SECTION 9. That this resolution shall become effective immediately and that by December 2011, staff will report to the Mayor and City Council regarding the progress of this resolution.

SECTION 10. That all other resolutions in conflict with this resolution are hereby repealed.

SECTION 11. This Resolution shall take effect upon adoption. The City Clerk shall certify to the adoption of this Resolution.

Passed, approved and adopted this 3rd day of May, 2011.

André Quintero
Mayor of the City of El Monte

ATTEST:

City Clerk of the City of El Monte
STATE OF CALIFORNIA)
COUNTY OF LOS ANGELES)
CITY OF EL MONTE)

I, Lorene Gutierrez, Clerk of the City of El Monte, hereby certify that the foregoing Resolution No. _____ was passed and adopted by the City Council of the City of El Monte, signed by the Mayor and attested to by the City Clerk at a regular meeting of said Council held on the 3rd day of May, 2011 and that said Resolution was adopted by the following vote, to-wit:

AYES:

NOES:

ABSENT:

City Clerk of the City of El Monte