

Los Angeles County **Food Policy**

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Smart Snackers is the County of Los Angeles Workplace Food Policy Campaign

Food Policy in a Nutshell

- 25% of products in County-contracted **vending machines** healthier
- Foods purchased w/County \$\$ and served at County-sponsored **events**
- Charitable **fundraisers** encouraged to offer healthier products



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Food Policy Development

- BOS concern about overweight and obesity
- Formed LAC Blue Ribbon Task Force on Children Youth and Physical Fitness

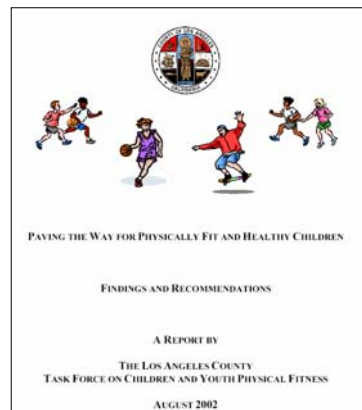


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Food Policy Development

Task Force Outcomes:

- “Paving the Way for Physically Fit and Healthy Children” recommendations
- PANTF created to implement 6 key actions

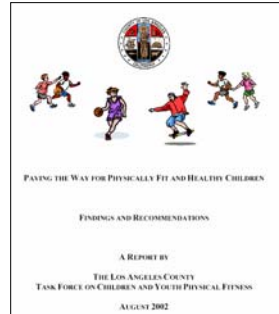


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Food Policy Development

- 1 of 6 Key Actions:

“implement a model comprehensive worksite wellness program for County of Los Angeles Employees...” that includes “policies and environments that support healthy eating, physical activity participation and breastfeeding promotion”



- Food Policy Created
- BOS Passed in Aug 2006



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Why a Food Policy?

- Small Changes in Diet Make a Difference
 - 100 extra calories per day = 10 lbs each year
 - 5-10 pounds weight loss can delay or prevent onset of type 2 diabetes, metabolic syndrome, hypertension
- Healthy Work Environments Make a Difference
 - One or more meals & snacks eaten at work
 - Food in cafeterias, vending machines, work events determine what we eat
- Los Angeles County a Model Employer



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Vending Machine Component



- 25% of snacks and beverages will comply with nutrition guidelines by August 2007
- 33% will comply by 2009
- 50% will comply by 2011



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Vending Machine Nutrition Guidelines

Snack Machines

- Fewer calories
- Lower sodium
- Less sugar
- Less fat
- No trans fat



Beverage Machines

- Fewer calories
- Less sugar



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Vending Machine Guidelines - Snacks

For Test Period August 2007 – February 2008

- No more than 200 calories per item
- No more than 360 mg of sodium per item
- “0” trans fat
- No more than 35% of calories from total fat
- No more than 10% of calories from saturated fat
- No more than 35% of its total weight composed of sugar
- Whole grain requirement



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Sample *Smart Snackers* Snacks

- Baked Hot Cheetos
- Nature Valley Crunchy Granola Bar
- Giant Goldfish Grahams
- Kashi TLC Honey Toasted Bar
- Snyder’s Old Tyme Pretzels



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Vending Machine Guidelines - Beverages

For Test Period August 2007 – February 2008

- 100% fruit & vegetables juices with no added sugars, artificial colors (150 calories per container)
- Drinking water with no additives
- Dairy milk, non-fat, 1% and 2% only (no flavored milks)
- Plant derived milks (i.e. rice, almond, soy etc.)
- Beverages no more than 50 calories per container.



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Sample *Smart Snackers* Beverages

- Water
- Diet Snapple Kiwi Strawberry
- Sobe Diet Green Tea
- Diet Mountain Dew
- Diet Coke



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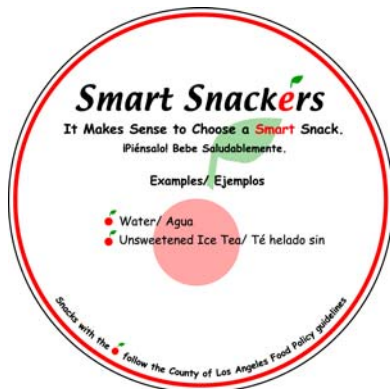
Vending Machine Implementation



- 4/5 County vendors voluntarily complying during test period
- Approx 300 machines will comply by Aug '07
- Education campaign - *Smart Snackers* stickers



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Healthier Eating at Meetings & Events

Recommends serving healthier snacks at meetings and around the office



Requires serving healthier food at County sponsored events when food is purchased with County funds



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Charitable Fundraising

- **Recommends** workplace fundraising with non-food items and healthier snacks
 - Event tickets
 - Books
 - T-shirts
 - Fruit basket



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Food Policy Implementation

Education Campaign!

- Logo/Slogan Workgroup
- Site Champion Workgroup
- Promotion Workgroup
- Vendor Workgroup



- cat york 2007



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Logo Workgroup



- cat york 2007

Smart Snackers

It Makes Sense to Choose a **Smart** Snack.



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Promotion Workgroup

- County Digest, July Edition
- Dr. Fielding Memo to all County Department Heads
- Pay Stub Message
- Other Newsletters
- Kick-off event at LAC-USC and Harbor-UCLA Medical Center



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Check out website for excellent
site champion and vendor tools!

www.lapublichealth.org/place



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Spread the Word!



- Host a brown bag lunch discussion
- Present at a staff meeting
- Send out an informative e-mail to your co-workers
- Post information in common areas



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For More Information

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- eat york 2007



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