

# CITY OF MARSHFIELD, WISCONSIN POLICIES AND PROCEDURES

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**SUBJECT:** Healthy Options Policy

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Department/Division Heads

**SPECIAL NOTE:** This policy/procedure manual does not in any way constitute an employment contract and the City of Marshfield reserves the right to amend this manual at any time subject only to approval by the Common Council.

## PURPOSE:

The City of Marshfield has a commitment to provide an environment that encourages healthy eating habits among its employees. In worksites with vending areas: Vending machines will offer a variety of snack foods, including healthful alternatives. Drink machines will provide water, fruit juices, sugar-free and caffeine-free soda selections when possible.

Whenever special events or meetings are sponsored by the City of Marshfield and involve the serving of food, consideration will be given to offering selections that are consistent with healthy eating habits.

## **Vending Machine Food and Beverage Recommendations**

#### **Food Nutrition Standards**

Food options served in vending machines should include foods that meet the following nutrition standards:

- 1. Have no more than 35 percent of its calories from total fat (not including nuts and seeds).<sup>1</sup>
- 2. Have no more than 10 percent of its calories from saturated fat. 1
- 3. Limit trans fats, (standard not yet available).<sup>2</sup>
- 4. Have no more than 35 percent sugar by weight (not including fruits or vegetables; canned fruit must be packed in 100% fruit juice or water).<sup>1</sup>
- 5. Have no more than 360 milligrams (mg) of sodium per serving.<sup>3</sup>
- 6. Contain at least 2 grams (g) of dietary fiber per serving.

### **Pricing/Placement Standards**

- Food items meeting the recommended nutrition standards should be sold at a price that is equivalent to or lower than the price of items within the vending machine that do not meet these nutrition standards.
- Food items meeting the recommended nutrition standards will preferable be placed within the top third of the vending machine so they are visible at eye level.

### **Beverage Nutrition Standards**

Beverage vending machine offerings should include:

- 1. Beverages that contain 100% fruit or vegetable juice with no added sweeteners.<sup>1</sup>
- 2. Water.1
- 3. Beverages that are limited to a portion size no greater than 12 ounces (no-limit on water).

#### Notes

- 1. Juices in smaller-sized portions (6 ounces), are preferred.4
- 2. In place of high calorie soda or sports drinks, choose healthier options like low calorie flavored or vitamin enhanced fitness water, sparkling water, sports drinks, diet soda, tea, and coffee.

<sup>&</sup>lt;sup>2</sup> FDA definition for "healthy" food label claim

<sup>&</sup>lt;sup>3</sup> IOM report entitled "Dietary Reference Intakes: Guiding Principles for Nutrition Labeling and Fortification"

<sup>&</sup>lt;sup>4</sup> SB 19 School Nutrition Consensus Panel

# **Healthy Dining Menu Guidelines**

## Healthy Dining<sup>1</sup> Entrée Guidelines

The following check-mark system ( $\checkmark \checkmark$  and  $\checkmark$ ) should be used to identify full entrées/meals that meet Healthy Dining's nutrition guidelines<sup>2</sup> for calories, fat cholesterol, and sodium.

Calories	<b>//</b>	Excellent Choice Good Choice	0 to 450 calories/entrée 451 to 750 calories/entrée
Fat	<b>//</b>	Excellent Choice Good Choice	0 to 15 grams (g)/entrée 16 to 25 grams (g)/entrée
Cholesterol	<b>//</b>	Excellent Choice Good Choice	0 to 75 milligrams (mg)/entrée 76 to 150 milligrams (mg)/entrée
Sodium	<b>√√</b>	Excellent Choice Good Choice	0 to 300 milligrams (mg)/entrée 301 to 600 milligrams (mg)/entrée



#### Healthy Dining Guidelines for Side Dishes, Appetizers, and Desserts

The following check-mark system ( $\checkmark$  and  $\checkmark$ ) should be used to identify side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines<sup>3</sup> for calories, fat, cholesterol, and sodium.

Calories	<b>√√</b>	Excellent Choice Good Choice	0 to 150 calories/serving 151 to 250 calories/serving
Fat	<b>√√</b>	Excellent Choice Good Choice	0 to 5 grams (g)/serving 6 to 8 grams (g)/serving
Cholesterol	<b>√√</b>	Excellent Choice Good Choice	0 to 25 milligrams (mg)/serving 26 to 50 milligrams (mg)/serving
Sodium	<b>√√</b>	Excellent Choice Good Choice	0 to 100 milligrams (mg)/serving 101 to 200 milligrams (mg)/serving

<sup>&</sup>lt;sup>1</sup> As featured in the book series Healthy Dining (<u>www.healthy-dining.com</u>).

<sup>&</sup>lt;sup>2</sup> The entrée/meal guidelines are based on 1/3 of the daily nutrition guidelines recommended by leading health organizations.

The calorie, fat, cholesterol, and sodium guidelines for side dishes, appetizers, and desserts are equal to 1/3 of the entrée guidelines.