



DATE: May 8, 2013  
MEMO TO: All City Employees  
FROM: Corinne Russell, Human Resources Analyst  
SUBJECT: Healthy Food, Beverage and Vending Policy

In coordination with the HEAL Zone (Healthy Eating Active Living), Lemon Grove will implement a citywide healthy food/vending option policy at City sponsored meetings and events effective immediately.

PURPOSE:

The purpose of the City of Lemon Grove Health Food, Beverage and Vending Policy is to increase awareness and consumption of healthy food and beverages and to promote healthy eating and active living.

HEALTHY FOOD, BEVERAGE AND VENDING POLICY

**Snacks and/or Beverages Served at Oriented City Meetings, Programs and Events**

If snacks and/or beverages are being served at City organized meetings, programs or events, healthy snacks and/or beverages will be made available as an option. Example of healthy food snacks include: baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/reduced fat cheeses, hummus and pesto dips, crackers, and yogurts. Healthy beverages include: 50-100% fruit juices, bottled water, unflavored low-fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters.

**Snack Food and Beverage Vending Machines**

All snack food and beverages sold in City-contracted vending machines are required to have healthy options. Healthy food snacks include: baked chips, pretzels, popcorn, granola bars, nuts and seeds, dried fruits, fresh fruits and vegetables, animal and graham crackers, low fat/reduced fat cheeses, hummus and pesto dips, crackers, and yogurts. Healthy beverages include: 50-100% fruit juices, bottled water, unflavored low fat and nonfat milk, soy milks, artificially sweetened sports drinks/vitamin waters/flavored waters.

POLICY EXEMPTIONS:

The proposed policy does not apply to the following:

- 1) Food and beverage items donated for use at all staff or public events, or items purchased by individual staff (not using City funds). Potlucks, retirement celebrations, etc, are not subject to this policy.
- 2) Individuals or groups using/renting City facilities such as recreation center.