

City of Redding Community Services Department Nutritional Standards for Vending and Concessions at Parks and Recreational Facilities Policy

It is the policy of City of Redding that it is in the interest of public health to set nutrition standards that will provide healthy options for food and beverages offered at Department-sponsored events and programs as well as vending machines and concessions located in city- owned or leased locations.

1. Beverages, snacks and other food products that meet the nutritional standards listed below shall be comparatively priced to products that do not meet the nutritional standards.
2. Products advertised within City parks shall only be beverages, snacks or foods that meet the nutritional standards, with the exception of diet soda and sports drinks.
3. Upon request, the Department of Community Services shall provide resources and lists of acceptable products that meet the nutritional standards.

Vending Machines:

100% of the foods and beverages sold in vending machines at facilities that primarily serve youth (such as recreation centers and sports facilities) must meet the nutritional standards.

50% of the foods and beverages sold in vending machines at all other facilities (such as parks and open space) must meet the nutritional standards.

- A. At least one item in each vending machine shall also meet the U.S. Food and Drug Administration definition of “low sodium” (less than 140 mg. of sodium per serving for a snack / less than 225 mg. per serving for an entrée).
- B. It is recommended that vending machine options also include items that contain at least 2 grams of dietary fiber.

Concession Stands:

A minimum of 50% of the products offered shall meet the food and beverage nutritional standards listed above.

- A. No beverage shall have volumes of more than 20 ounces (except water). Reduced price or free refills are not encouraged.
- B. For every product that does not meet the food and beverage nutrition standards, a comparable product that meets the standards shall be provided. (i.e., if a hamburger is offered, a veggie burger or turkey sandwich must be offered; if pepperoni pizza is offered, a veggie topping pizza must be offered; if regular ice cream is offered, non-fat frozen yogurt must be offered.)

- C. Prepackaged products must only be offered in regular-sized single-serving packages. Non-packaged food (i.e., pizza, hot dogs, burgers, nachos) must be sold in small, single-serving size portions.
 - 1) Only regular size candy bars can be offered (no King Size packages).
 - 2) Only regular sized hot dogs can be offered (not to exceed a 5 to 1)
 - 3) Hamburgers must be ¼ lb. or less.
 - 4) Chips can only be offered in 2 oz. or less packages.
- D. At least one fresh fruit or vegetable must be offered when other products are sold.
- E. Products which meet the nutritional standards must be placed more prominently than items that do not meet the standards.
- F. Space shall be available for nutrition educational materials at all snack facilities.

Nutritional Standards and Examples:

- A. Beverages: The beverages that meet the nutritional standards include the following:
 - 1) Water (no volume limit: 0 calories);
 - 2) Non-fat or 1% low-fat milk, including soy, cow's milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 ml serving or 3 tsp. sugar per 1 cup;
 - 3) 100% fruit or vegetable juice (6 oz. preferred, not to exceed 12 oz.);
 - 4) Fruit-based drinks containing at least 50% juice and no added calorie sweeteners, such as sugar or high-fructose corn syrup (not to exceed 20 oz.);
 - 5) All other non-calorie beverages, including diet sodas; and
 - 6) Sport drinks (not to exceed 20 oz.).
- B. Snacks and Entrées: Snacks and entrée food items that meet the nutritional standards offered shall meet all the following criteria for each individual package:
 - 1) Snacks: No more than 250 calories;
 - 2) Entrées: No more than 400 calories. An entrée is defined as a food generally regarded as being the primary food in a meal and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza;
 - 3) No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). Snack mixes and entrée foods, of which nuts are a part, must meet the 35% standard;
 - 4) No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale);
 - 5) No trans fats;
 - 6) No more than 35% total weight from sugar and calorie sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats;
 - 7) No more than 360 mg. of sodium per serving for snacks and 575 mg. of sodium per serving for entrées.