

# Local and Healthy Food Policy and Recommendations



# Overview

- Recommendations Created in Response to Resolution No. 20130228-038
- Research included current city practices, review of best practices, received stakeholder input and healthy studies
- Will provide Local and Healthy Food Policy Recommendations

# Case for Change

- Improving Community Health
  - Two out of three adults in Travis County are overweight or obese, and 21% of youth are overweight
  - Excess weight increases the risk of diabetes, heart disease, stroke, high blood pressure, high cholesterol, certain cancers, asthma and other serious diseases.
- Reducing Family & Business Expenses
  - Nationwide, it's estimated that eating healthier alone could prevent \$71 billion in annual medical expenses, lost productivity and lost lives.
- Strengthening Local Economy
  - A recent economic impact analysis found the metropolitan food sector generates \$4.1 billion annually in economic output and supports more than 43,000 jobs. Purchasing from local food growers and vendors helps to strengthen and diversify Austin's economy.

# Process and Activities

## **Interdepartmental working committee led by Purchasing**

- Health and Human Services
- Parks and Recreation
- Economic Growth and Redevelopment Services
- Aviation
- Library
- Building Services
- Office of Sustainability
- Human Resources
- Austin Convention Center
- Purchasing

## **Activities of Committee included:**

- Research of local and healthy food purchasing policy and criteria precedents
- Understand existing food purchasing practices at City of Austin
- Apply research to COA context
- Develop recommendations



# National Context



April 17, 2012

## Food Policy Council of San Antonio hosting conference

The Food Policy Council of San Antonio is hosting a conference next month.



## Los Angeles Times

LOCAL U.S. WORLD BUSINESS SPORTS ENTERTAINMENT HEALTH LIVING TRAVEL OPINION SHOP

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### Food politics in L.A.: Hungry for change

Politicians are taking action to fight hunger and obesity in Los Angeles County.

February 18, 2010 | By Mary MacVean

The business of government often has been conducted over a meal, but these days it's food itself that's on the public agenda: how to get more and better food to poor people, how to improve what children eat at school, how to encourage access to farmers' products and community gardens, how to combat obesity, and more.



## The New York Times

May 30, 2012

## New York Plans to Ban Sale of Big Sizes of Sugary Drinks

By MICHAEL M. GRYNBAUM

New York City plans to enact a far-reaching ban on the sale of large sodas and other sugary drinks at restaurants, movie theaters and the Bloomberg administration to combat rising obesity.

The proposed ban would affect virtually the entire menu of popular sugary drinks found in delis, fast-food franchises and even supermarkets. The sale of any cup or bottle of sweetened drink larger than 16 fluid ounces — about the size of a medium coffee, and small under the first-in-the-nation plan, which could take effect as soon as next March.

## New Haven Food Action Plan



## San Francisco Chronicle

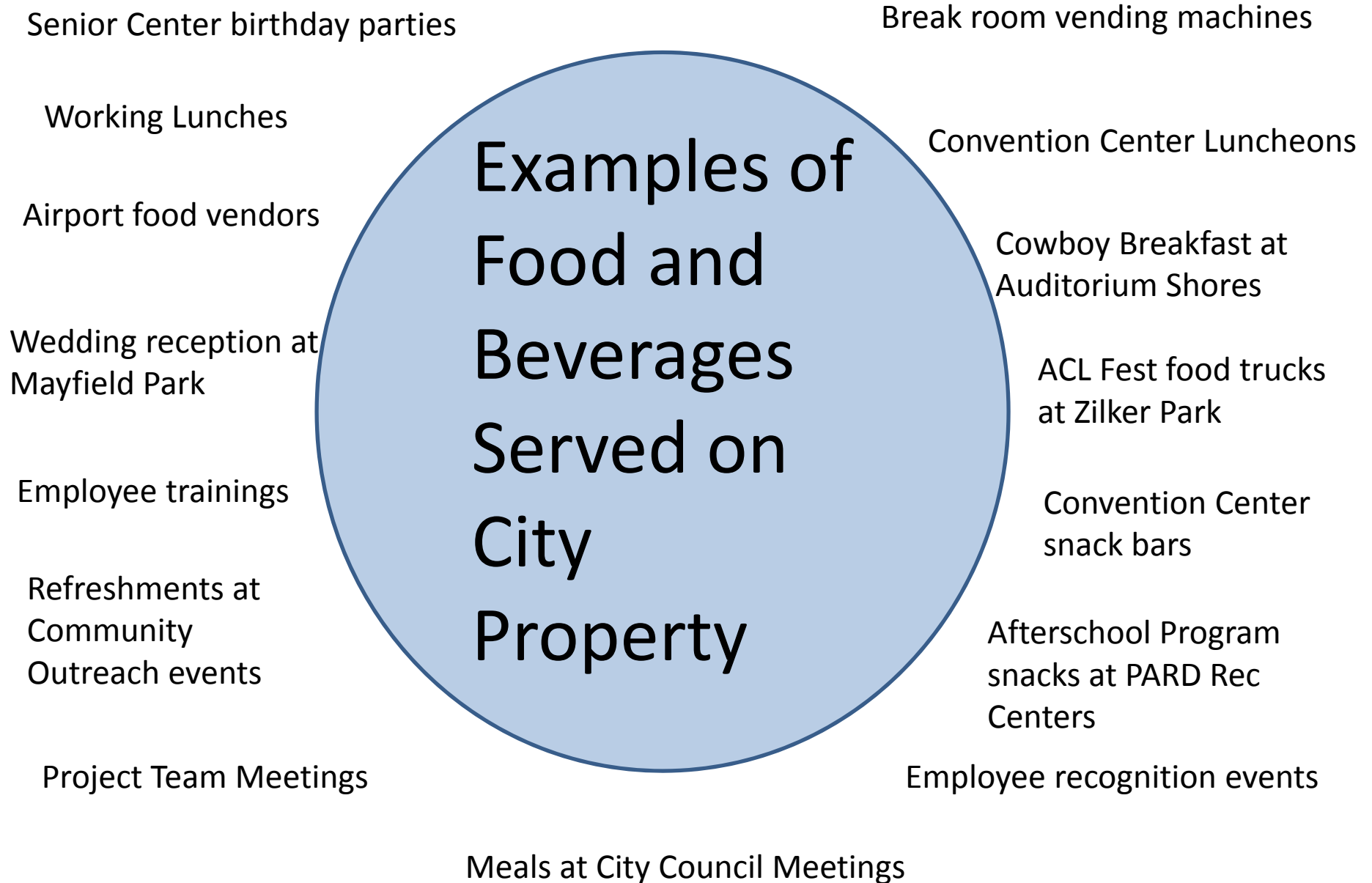
## S.F. food policy heading in a healthy direction

Erin Allday, Chronicle Staff Writer

Published 4:00 am, Sunday, November 30, 2008

# Current COA Practices

- Vending Services (Snack and Beverage)
  - 162 vending machines on master contract
  - 32 vending machines on separate contracts at Aviation and Austin Convention Center
- Catering and Food Service
  - Austin Convention Center can operate up to 16 food stands and full service catering
  - Aviation contracts with concessionaires
  - PARD manages concession contracts and partnership agreements at various locations
  - Occasional meetings and events are catered



# Best Practices in Healthy Food, Vending Machine and Local Food Purchasing



## Reviewed

- City and Co of Los Angeles
- City and Co of San Francisco
- San Diego County
- City of San Antonio
- City of Minneapolis
- City of Seattle
- City and Co of New York
- City of Chicago
- UC Berkeley
- City of Portland

## Best Practices

- Diverse approaches
- Guidelines used where requirements not workable
- Developing Toolkits for implementation
- Effective communication and employee involvement
- Some phased-in over time





# Considerations

- Controlled vs. Influenced
- Enterprise Departments (Airport & Convention Center)
- Contracts with outside parties that include concessions
- Unknown economic impact
- Employees using own funds for department events or celebrations
- Employee and public response
- Private events on city property
- Festivals, Concerts or other large events
- Grant funded food assistance programs

# Healthy Food Purchasing Definitions and Recommendations



# Defining Healthy

## Healthy Vending

Based on criteria developed by Central TX Diabetes Coalition and policy implemented by HHSD for their locations

-Nutritional standards for foods and beverages: fat, saturated fat, sugar, sodium, calories, serving size

## Healthy Menu / Entree

Mayor's Health and Fitness Council and St. David's Health Care Healthy Dining Program criteria

— 23 Local restaurants have been certified

## Healthy Meetings

Based on City of Minneapolis Policy

- Include fruits, lean protein, 100% juice and avoid trans fats



# City Council Requested 100% Option



**1) Healthy Vending Option** – 100% of food and beverages in all vending machines on City property will meet the HHSD Healthy Vending Guidelines (Aviation and Austin Convention Center will incorporate policy requirements when contracts are renewed or renegotiated.)

**2) Healthy Meeting Option** – 100% of items offered at all City-sponsored and City-funded meetings will meet healthy meeting food and beverage criteria. (Criteria is based on City of Minneapolis Policy)

**3) Healthy Menu/Entrée Option-** 100% of all menu/entrée options served on all City property will be required to meet the St. David's Healthy Dining Program/Mayor's Health and Fitness Council criteria.

# Committee Alternative Option

- 1) Healthy Vending Option** – At least 50% of food and beverages in vending machines on City property will meet the Healthy Vending Procurement Policy implemented by HHSD with phase in to 100% policy (Excluding Aviation and Austin Convention Center vending machines that are not under the city master contract.)
- 2) Healthy Meeting Option** – At least one item offered at all City-sponsored and City-funded meetings is required to meet healthy meeting food and beverages criteria. (Criteria is based on City of Minneapolis Policy)
- 3) Healthy Menu/Entrée Option** – All food service contracts that include full meal service will be required to provide at least one healthy entrée option that meets St. David's Healthy Dining Program/Mayor's Health and Fitness Council healthy criteria (Excluding Aviation, Austin Convention Center and grant funded food assistance program)



# Comparison of Options

	100% Option	Alternative Option
<b>Vending</b> <u>Standard:</u> HHSD Healthy Vending Guidelines	<ul style="list-style-type: none"> <li>100% of food/beverage items</li> <li>All machines on City property               <ul style="list-style-type: none"> <li>Including Aviation &amp; Convention Center when current contracts expires</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>50% of food/beverage items               <ul style="list-style-type: none"> <li>Phase in to 100%</li> </ul> </li> <li>All machines on City property               <ul style="list-style-type: none"> <li>Excluding Aviation &amp; Convention Center</li> </ul> </li> </ul>
<b>Meetings</b> <u>Standard:</u> Based on City of Minneapolis Policy	<ul style="list-style-type: none"> <li>100% of food/beverage items</li> <li>All City-sponsored &amp; City-funded meetings</li> </ul>	<ul style="list-style-type: none"> <li>At least one item</li> <li>All City-sponsored &amp; City-funded meetings</li> </ul>
<b>Food Services</b> <u>Standard:</u> St. David's Healthy Dining Program/ Mayor's Health & Fitness Council	<ul style="list-style-type: none"> <li>100% of menu/entrée options</li> <li>Served on all City property</li> </ul>	<ul style="list-style-type: none"> <li>At least one menu/entrée option</li> <li>Served on all City property               <ul style="list-style-type: none"> <li>Excluding Aviation &amp; Convention Center and grant funded food assistance programs</li> </ul> </li> </ul>



# Healthy Menu and Vending Policy Statement



The City of Austin recognizes the importance of access to healthy and fresh food and beverages for all its employees and the constituents it serves. Maintaining a healthy diet has been well documented to reduce the risk for type 2 diabetes, heart disease, strokes, high blood pressure, high cholesterol and other debilitating diseases. **The City of Austin supports a citywide effort to foster health and create an environment in which opportunities to eat healthy are easily available for all employees.**

# Local Food Purchasing Recommendations



# Defining Local

- Local
  - food grown within the state of Texas as defined by USDA
- This is consistent with the goals of:
  - supporting the local economy
  - reducing miles food travels
  - considering food variety and availability





# Considerations



- The demand for locally grown food is growing
- City currently offers employees a Farm to Work Program with Lightsey Farms
- System needed to identify local growers and producers
- City will work to promote the use of local growers



# Local Food Purchase Guidelines

The City can show its commitment to purchase of food from local growers and distributors from Texas.

- Offer seasonal and local food choices at meetings
- Reach out to suppliers who represent locally owned growers
- Select caterers and food service providers that use local growers and distributors



# Summary

The Committee recommends, the City of Austin:

- Require that healthy options be available for vending, meals, and meetings
- Encourage the purchase of food from local vendors and suppliers



# Questions

