

R-14- 77

RESOLUTION NO. 8551

A RESOLUTION AMENDING CITY OF NORTH LITTLE ROCK HEALTHY FOOD OPTION GUIDELINES AT CITY-OWNED FACILITIES OR CITY-SPONSORED MEETINGS AND EVENTS; AND FOR OTHER PURPOSES.

WHEREAS, the City of North Little Rock (“the City”) remains committed to the “Fit 2 Live” initiative and is dedicated to creating an environment that empowers its employees and communities to recognize and adopt healthy life choices; and

WHEREAS, the workplace is an ideal environment in which to promote healthy diets and behaviors by encouraging the availability of healthy food options for those on restricted diets or others desiring to improve their eating habits; and

WHEREAS, on April 23, 2012, the City Council adopted Resolution No. 8058 implementing “City of North Little Rock Healthy Food Options Guidelines”, and there is a need to update the guidelines concerning options for snacks and drinks in City vending machines.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF NORTH LITTLE ROCK, ARKANSAS:

SECTION 1: That the “City of North Little Rock Healthy Food Options Guidelines” is hereby amended pursuant to Exhibit “A” attached hereto and incorporated herein by reference.

SECTION 2: That this Resolution shall be in full force and effect from and after its passage and approval.

PASSED:

5/22/14

APPROVED:

Joe A. Smith
Mayor Joe A. Smith

SPONSOR:

Beth White
Alderman Beth White 77

ATTEST:

Diane Whitbey
Diane Whitbey, City Clerk

APPROVED AS TO FORM:

C. Jason Carter
C. Jason Carter, City Attorney 77

PREPARED BY THE OFFICE OF THE CITY ATTORNEY/b

FILED	<u>11:15</u>	A.M.	_____	P.M.
By	<u>Asst. City Atty Fleming</u>			
DATE	<u>5-20-14</u>			
Diane Whitbey, City Clerk and Collector North Little Rock, Arkansas				
RECEIVED BY	<u>J. Marshall</u>			

City of North Little Rock Healthy Food Options Guidelines

Purpose

The foods we choose to eat are one of the major determinants of our health and well-being. Chronic diseases such as heart disease, obesity, diabetes and cancer are major causes of mortality and morbidity in this country. In addition, they result in many lost workdays and decreased work productivity. Healthy diets, defined as those that are high in fruits and vegetables, whole grains and low in fat, salt and sugar, help to reduce the risk of chronic disease. The workplace is an ideal environment in which to promote healthy behaviors because many meals outside the home are consumed within this setting. In line with the mission of the Fit 2 Live initiative, these Healthy Food Options Guidelines focus on ways to accommodate and encourage healthy behaviors in the workplace in order to improve work performance. In addition, they promote the availability of healthy food options for those who are on restricted diets such as those with diabetes or hypertension, and support those wishing to improve their eating habits. These guidelines focus on making fresh fruits and vegetables, water, 100% juice, low calorie and low fat options more accessible in all City-owned facilities.

The City of North Little Rock is dedicated to providing a work environment that supports employee health. The City recognizes the importance of proper nutrition and lifestyle practices among its employees. Improved health optimizes staff performance and decreases absenteeism. Through these guidelines, the City seeks to educate, enable and empower City of North Little Rock staff to practice lifelong wellness behaviors. The provision of healthy foods will contribute to an overall healthier workplace culture.

Guidelines

1. Meetings, Activities and Events:

Food at meetings, activities and events (including conferences, business meetings, catered events, and community events) paid for by the City are encouraged to include options for healthy foods and beverages. The City's guidelines will follow those of the GO-SLOW-WHOA campaign, which identifies "almost always," "sometimes," and "once in a while" foods.



- a. It is important that at least 50% of food and beverages fall into the "GO" or "SLOW" categories.

Use the GO-SLOW-WHOA food list for examples of "GO" and "SLOW" foods:

http://www.sph.uth.tmc.edu/catch/PDF_Files/GO-SLOW-WHOA_11-04-10.pdf

List also attached as Appendix A.

- b. Provide encouragement from group leadership to enjoy healthy foods
Examples include community promotion of healthy lifestyles and group leadership acting as role models for healthy food choices.

- c. Purchase local produce whenever possible

Additional ideas for choosing foods and beverages for healthy meetings, conferences, and events can be found at

[http://www.cdc.gov/nccdphp/dnps/pdf/Healthy Worksite food.pdf](http://www.cdc.gov/nccdphp/dnps/pdf/Healthy_Worksite_food.pdf).

- 2. Vending: It is recommended that City departments and buildings make available healthy food and beverages in vending machines. The Fit 2 Live Coordinator ~~will~~can provide a ~~dietician-approved~~ list of vending machine foods that fit the “GO” and “SLOW” criteria. Partial list attached as Appendix B. The following percentages are recommended for ~~snack food groups~~items in City vending machines:
 - a) SNACKS: 12.5% different “GO” or “SLOW” options, the equivalent of 5 slots in a 40-slot snack machine.
 - b) DRINKS: 30% different “GO” or “SLOW” options.
 - d) All slots shall be labeled according to their classification.
 - d) Drink machine displays should feature either water or 100% fruit juice as advertisement.

- 3. Concessions: City-owned and/or operated concession stands shall offer at least two “GO” food options and two “GO” beverage options on their menus.

The following guidelines apply to both Vending and Concessions:

- a. Healthy food options clearly identified through GO-SLOW-WHOA signage.
 - b. Healthy food options comparably priced (lower than or equal to) with unhealthful foods in all City-owned and/or operated facilities.
 - c. Healthy food options to be displayed more prominently than other foods.
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- 4. Food Storage and Preparation: Accommodations for food preparation and storage (e.g. sinks, refrigerators, microwaves) are encouraged to support employees in bringing healthy lunches and snacks to work.

These guidelines may be reviewed on an annual basis to ensure they remain current and practical. The Mayor’s Office will designate an individual to be responsible for reviewing and monitoring implementation and success.

APPENDIX A

Summary of “GO” and “SLOW” Foods

Fruits and vegetables

GO – Fresh, frozen, or canned with no salt, sugar, or fat added, or with a small amount of salt added (about one pinch of salt per cup); Frozen 100% fruit juice bars and smoothies; Dried fruit (such as raisins, figs, dates, apricots, plums); 100% fruit leather

SLOW – Fresh, frozen, or canned vegetables made with vegetable oils; Vegetables with salt and/or sugar added; Baked “French” fries and hash browns; Fruits canned in light syrup; Fruits with sugar and/or salt added; Sherbet, sorbet; Frozen fruit juice bars and smoothies with added sugar; Dried fruit with added sugar; Fruit leather with added sugar

Meat, beans and eggs

GO – Beans (such as pinto, black, red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils with no salt or fat added or with a small amount of salt added; Pumpkin and sunflower seeds with no added salt, sugar, or fat; Whole eggs, egg whites, egg substitute; Fish and shellfish – baked, grilled, or broiled, tuna canned in water; chicken and turkey without skin – baked, grilled, or broiled; Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin), extra-lean ground beef, ground beef that has been drained or rinsed; Lean cuts of pork (such as pork chops or tenderloin – without fat); Tofu, tempeh, or venison.

SLOW – Beans, peas, and lentils made with vegetable oils; Refried beans; Beans, peas, and lentils with salt and/or sugar added; Hummus; Falafel; Pumpkin and sunflower seeds with added salt, sugar, and/or fat; Peanuts, almonds, pecans, walnuts, cashews, and pistachios with no added salt, sugar, and/or fat; Natural peanut butter and other nut butters; Eggs fried in vegetable oil; Baked breaded fish, shellfish, and fish sticks; Tuna canned in oil; Chicken and turkey with skin (baked, grilled or broiled); Breaded baked chicken and turkey; Baked chicken nuggets; Ground chicken and turkey; Lean ground beef; Lean or low-fat hamburgers; Regular cuts of beef (such as brisket, T-bone, chuck roast); Lean ham; Canadian bacon; Regular cuts of pork (such as pork roast, shoulder, ham); “Veggie” burger; Processed plant-based meat substitutes; Luncheon meats (such as chicken, turkey, ham); Low-fat hot dogs; Turkey or chicken sausage.

Milk and dairy products

GO – Fat-free/skim and 1% milk; unsweetened fortified soy, almond, or rice milk; non-fat dry milk; fat-free or low-fat plain or 100% fruit juice-sweetened yogurt/yogurt drinks; part-skim natural cheese; low-fat string cheese; low-fat (1%) cottage cheese; low-fat soy cheese.

SLOW – 2% (reduced-fat) milk; Flavored fat-free (skim/non-fat) or 1% milk; Sweetened fortified soy, almond, and rice milk – sweetened; Fat-free or low-fat yogurt/yogurt drinks; Natural cheeses (such as Colby, cheddar, Swiss); Cottage cheese (2% or reduced-fat); Ricotta cheese (part-skim); Low-fat cheese sauce; Low-fat processed cheese; Soy cheese; Low-fat cream cheese; String cheese; Low-fat sour cream; Non-fat or low-fat frozen yogurt; Low-fat ice cream; Pudding made with skim or 1% milk.

Grains

GO – Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread; corn tortillas; whole-grain pasta; brown or wild rice; whole grains (such as barley, oats or quinoa); whole wheat (such as spelt, bulgur, cracked wheat); whole-grain, low-sugar cereals; low-fat whole-grain crackers; baked tortilla chips; whole-grain animal crackers; graham crackers; air-popped popcorn with no salt added.

SLOW – White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread; Cornbread; Muffins, waffles, pancakes, and French toast made with vegetable oils; Pasta made with refined flour; Egg noodles; White rice; Rice cakes; Low-sugar cereals made with refined grains; Granola made with vegetable oils; Instant oatmeal; Low-fat crackers made with refined grains; Tortilla chips; Baked potato chips; Pretzels; Animal crackers made with refined flour; Vanilla wafers; Cereal/fruit bars; Popcorn made with vegetable oils and/or salt.

Beverages

GO – Water is the City’s preferred beverage and should always be offered. If needed, water jugs and recyclable paper cups are available free of charge from Central Arkansas Water (377-1280).

Other “GO” beverages: Sparkling water; unsweetened decaffeinated tea; 100% fruit juice; 100% low-sodium vegetable juice; Fat-free/skim and 1% milk; Unsweetened fortified soy, almond, or rice milk.

SLOW – Unsweetened tea; 100% vegetable juice; 2% (reduced-fat) milk; Flavored fat-free (skim/non-fat) or 1% milk; Sweetened fortified soy, almond, and rice milk.

ADD: APPENDIX B

“GO” and “SLOW” Examples for Vending Machines

Full list available from Fit 2 Live Coordinator

SNACKS	
GO	SLOW
Raisins or Craisins (1 oz.)	100 Calorie Packs – Honey Maid Thins, Chips Ahoy Thin Crisps, Oreo Thins, Kraft Cheese Nips Mini
	Baked Lays/Herr’s chips, Cheetos, Doritos (0.75-1.13 oz.)
	Good Natured Baked Multigrain Crisps (1 oz.)
	Snyders – Mini Pretzels, Old Tyme Pretzels (1.5-1.58 oz.)
	Chex Mix – Traditional, Sweet ‘n Salty Honey Nut (1.75 oz.)
	Nature Valley Granola Bars – Peanut Butter, Oats n Honey, Cinnamon, Maple Brown Sugar (1.5 oz.)
	Nabisco Teddy Grahams – Cinnamon or Chocolate Graham Snacks (0.75 oz.)
	Kelloggs Rice Krispie Treats (1.3 oz.)
	Kelloggs Special K Cracker Chips – Sea Salt (1 oz.)
	Kelloggs Special K Cereal Bars (0.77-0.88 oz.)
	Fiber One Oats & Chocolate/Oats & Caramel Chewy Bars (1.4 oz.)
	General Mills Cereal Bars – Cocoa Puffs, Trix, Cinnamon Toast Crunch (1.3 oz.)
	General Mills Cereal Bowls – Cinnamon Toast Crunch, Honey Nut Cheerios, Cheerios (1-1.8 oz.)
	Planter’s – Salted Peanuts, Honey Roasted Peanuts (1-1.3 oz.)
	Emerald Nuts – Natural Almonds, Natural Walnuts & Almonds, Cocoa Roast Almonds (0.56-0.63 oz.), Salted Cashews (1.25 oz.)
	Azar Nut Co. – Sunflower Kernels (0.5 oz.), Power Snack Sunflower Kernels (1 oz.)
	Jack Links – Beef Jerky Multi-Pack, Oven Roasted Turkey Nuggets, KC Masterpiece BBQ Beef Steak (1 oz.)
	Basil’s Animal Snackers (1 oz.)
	Famous Amos Low Fat Iced Ginger Snaps (1.73 oz.)
	Quaker Breakfast Cookie (1.7 oz.)
	Kraft Macaroni & Cheese Bowl (2.05 oz.)

BEVERAGES	
GO	SLOW
Water	Diet sodas
100% fruit juice (8 oz.)	Diet Gatorade, Powerade
100% vegetable juice (5.5 oz.)	Diet iced teas