



City of LA Child Nutrition Policy

The Child Nutrition Policy was adopted by Los Angeles City Council on February 18, 2005. The Policy aims to improve the health and well-being of children in Los Angeles by reducing their consumption of unhealthy food and beverages, and increase their intake and knowledge of healthy food and beverages. This Policy is specifically targeted for pre-school and school-aged children who participate in City sponsored programs. The Policy does not apply to special events (e.g. events scheduled for a specific purpose apart from the regular program schedule).

1

To improve the health and nutrition of Los Angeles children, the City of Los Angeles shall *Increase Access* to nutrition programs. City Departments should:

- Provide healthy meals and snacks at City-funded programs where children participate in programs and services.
 - Increase the availability of fruits and vegetables at the City facilities where food is served and sold.
 - Explore collaboration with local farmers' markets to ensure quality and freshness.
 - Conduct outreach to encourage eligible pre-school and school-aged children to participate in City nutrition programs. Eligibility will be determined by each program's eligibility criteria.
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2

To improve the health and well-being of children in Los Angeles, the City should provide *Healthy Meals and Snacks* that encourage healthy choices. City Departments should:

- Increase use of federal and state funding to provide meals and snacks at City facilities with eligible programs following nutrition guidelines set by U.S.D.A.
- Increase the amount of fresh fruits and vegetables available in current meal and snack programs. Ensure foods are available in child-friendly sizes.
- Evaluate foods offered at facilities with City sponsored programs to ensure compliance with nutrition standards for fat and sugar content as required by SB 19. The legislation holds that any snacks sold outside the federal meal program must have no more than 35% of its calories from fat; no more than 10% of its calories from saturated fat; and no more than 35% sugar by weight.
- Increase healthy choices such as:
 - 100% juice

- Beverages that contain at least 50% fruit juice with no added sweeteners
- Water
- Healthy snacks as defined by SB 19 (low-fat, low sugar items)
- Healthy items will make up 25% of total items offered in vending machines and sales at City facilities.
- At 175 Recreation Centers, the Task Force will conduct annual evaluations to recommend incremental increases to the percentage of healthy choices with the goal of reaching 100%.
- Encourage healthy choices by reducing promotion and availability of junk foods at City facilities that provide organized activities for pre-school and school-aged children.

3

To improve children's knowledge, attitudes, and behaviors related to healthy eating and physical activity and work to create environments in which practicing these behaviors is both easy and acceptable to create lifelong healthy habits. The City of Los Angeles shall provide nutrition education to children participating in City programs that provide meals or snacks. City Departments should:

- Collaborate with physical activity and nutrition education providers.
- Provide nutrition education programs for children participating in City meal, snack and child care programs.
- Promote physical activity and nutrition education among pre-school and school-aged children.
- Provide physical activity and nutrition education training for City staff working with pre-school and school-aged children.
- Encourage gardening at program sites.

The development of the Policy has been a collaborative effort by the LA Child Health and Nutrition Task Force. In addition, the Task Force included recommendations that were adopted by LA City Council that:

- Instruct City Departments to modify specifications of applicable food and beverage vending and sales contracts and Request for Proposals to facilitate Child Nutrition Policy compliance;
- Instruct the Task Force to provide ongoing oversight and support to City departments and City sponsored programs to ensure that programs and facilities serving children are in compliance; and
- Instruct the Task Force to meet periodically to evaluate the effectiveness of the Nutrition Policy following implementation.

For more information contact the LA City Commission for Children, Youth and Their Families: 213-978-1840 or LA City Recreation and Parks: 818-243-6488.