



CITY OF SAN PABLO

City of New Directions

City of San Pablo

Healthy Food, Beverage, and Movement Guidelines

Healthy Beverage Position Statement

The City of San Pablo strives to promote health and wellness by being a role model to promote healthy beverages. The City of San Pablo is one of the first communities in the nation to adopt a Health Element as part of its General Plan. The Health Element has won a National Award from the American Planning Association and, as such, development of these policies is consistent with the goals outlined in the General Plan.

In compliance with Health Element Policy HEA-I-16, the City of San Pablo commits to developing and implementing a healthy purchasing and vending policy. At all City of San Pablo sponsored and/or coordinated meetings and events where beverages will be provided, both in the community and work site, the selections must be in accordance with the City of San Pablo Healthy Beverage Guidelines.

Therefore, the City of San Pablo will:

- **Provide access to free, safe drinking water**
Require that there is access to free, safe drinking water in any public buildings where beverages are offered and/or sold. At meetings, for example, it is recommended that safe tap water, rather than individual bottles of water, be offered. If safe tap water is not available, then it is recommended that large jugs of water be utilized.
- **Comply with Beverage Standards**
All beverages served (e.g., at meetings) and sold (e.g., in vending machines) in City of San Pablo facilities can only include:
 - Water with no added sweeteners.
 - Unflavored non-fat or 1% cow's milk with no added sweeteners.
 - Unflavored non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces
 - Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners.
 - 100% fruit or vegetable juices with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
 - Coffee and tea with no added sweeteners.
 - Diet beverages with non-caloric sweeteners.
- Develop a list of suggested "Wellness Committee Approved" retail beverage brands and items to be offered at meetings and city-sponsored events.
- **Above Standard**
To go above and beyond the aforementioned standards:
 - Eliminate all diet beverages with non-caloric sweeteners.



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Healthy Food Position Statement

The City of San Pablo strives to promote health and wellness by being a role model to promote healthy foods. The City of San Pablo is one of the first communities in the nation to adopt a Health Element as part of its General Plan. The Health Element has won a National Award from the American Planning Association and, as such, development of these policies is consistent with the goals outlined in the General Plan.

In compliance with Health Element Policy HEA-I-16, the City of San Pablo commits to developing and implementing a healthy purchasing and vending policy. At all City of San Pablo sponsored and/or coordinated meetings and events where foods will be provided, both in the community and work site, the selections must be in accordance with the City of San Pablo Healthy Food Guidelines.

Therefore, the City of San Pablo will:

- Increase the range and availability of healthy food options on City premises, including break areas, at meetings, and events. Food selection should emphasize fruits, vegetables, whole grains, and nonfat or low fat dairy products.
 - Aim to make half the plate fruits and vegetables. Provide red, orange, and dark green vegetables whenever possible.
 - Encourage lean meats, poultry and fish.
 - For starches such as rice, pasta, and bread products, the recommended portion size is about $\frac{1}{4}$ of the plate.
 - Aim to select food with no trans fats and low in saturated fats, sodium, and added sugar.
 - Aim to serve fruit for dessert instead of sugary baked goods.
 - Encourage high calorie foods/desserts only as an occasional small treat. The items are offered as a side dish along with healthier food choices.
 - Encourage cooking with healthier ingredients and providing snacks through the following ideas: employee newsletter, recipe board in break room, healthy foods at meetings.
- Develop a list of suggested “Wellness Committee Approved” retail food and menu items available at local stores and restaurants to be served at meetings and city-sponsored events.
- Ensure that only healthy food and beverage options are provided as vouchers, prizes, or giveaways to City of San Pablo employees and clients.
- Move towards providing an abundance of fresh fruits in kitchen or break rooms to keep staff focused and full of energy.



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Healthy Movement Position Statement

The City of San Pablo strives to promote health and wellness by being a champion for exercise and movement. The City of San Pablo is one of the first communities in the nation to adopt a Health Element as part of its General Plan. The Health Element has won a National Award from the American Planning Association and, as such, development of these policies is consistent with the goals outlined in the General Plan.

As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities.

Therefore, the City of San Pablo will aim to:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Create opportunities for movement for staff and clients, such as “walking meetings,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients. As per Health Element Policy HEA -I-10, the City of San Pablo will work with local businesses to offer recreational facilities compatible with existing commercial structures and zones.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Help employees build physical activity into their day by getting to/from work via public transit, walking, and/or biking. As per Health Element Policy HEA-I-4, the City of San Pablo will work to implement programs designed to reduce single-occupant vehicle trips that start or end in San Pablo.
- Develop a list of “Wellness Committee Approved” ideas (e.g. walk to co-workers desk instead of emailing/phoning) and resources (e.g. list of restaurants within a 15-minute walk radius) for obtaining physical activity during the workday.
- Provide City of San Pablo employees with a “Healthy Habitat Employee Health & Fitness Room” for use during the workday, equipped with an elliptical machine, exercise bike, yoga mats, and exercise bands.