



# Memorandum

**TO:** HONORABLE MAYOR AND CITY COUNCIL

**FROM:** Councilmember Ken Yeager

**SUBJECT:** SEE BELOW

**DATE:** March 10, 2006

**APPROVED:**

**DATE:** 3/10/06

**SUBJECT:** Proposed specifications for the Library's vending machine Request for Qualifications (RFQ).

**RECOMMENDATION:**

Adoption of the below outlined nutrition specifications for the Library's vending machine Request for Qualifications (RFQ).

**DISCUSSION:**

The growing problem of obesity, particularly childhood obesity, makes it imperative that the City take a policy stand on this issue, especially when presented with an opportunity such as that provided by the library vending machines contract. Nearly one in three California middle school students is overweight, primarily due to daily consumption of fast food and soda, coupled with lack of exercise. Countless health problems accompany this obesity.

San Jose can create a healthier environment, beginning with our local libraries.

With the acceptance of these proposed nutrition specifications, the City will be providing its residents with the best possible nutritional options and promote healthy behavior aimed at preventing obesity, which contributes to diseases such as high blood pressure, heart disease, and diabetes.

**COST IMPLICATIONS**

No City General Funds are required as a result of this action. The cost of the foods offered in the vending machine are offset by revenue generated through consumer purchases of these items. The impact of the transition from the current selection of foods offered in the vending machines to more nutritious foods is unknown at this time. Should fewer purchases be made as a result of this change, revenue will decrease; conversely, should more purchases be made as a result of the change, revenue will increase. Studies in the field of nutrition show that given a choice, consumers tend to choose the more nutritious option. Should this result in an increase in purchases, revenues would also increase.

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**ANALYSIS:**

By providing healthy vending machine beverages and snack foods, the City creates a healthier environment for both members of the public and its employees.

As of July 1, the official start date of the new contract, the proposed nutrition standards for vending machine beverages and snacks should adhere to the below criteria. (These standards are based on research by the National Consensus Panel of School Food Nutrition of the California Center for Public Health Advocacy.)

1. Beverages: All beverages offered in each vending machine shall be one of a combination of the following:
  - a. Water (with no additives)
  - b. 100% fruit juices with no added sugars, artificial flavors or colors (limited to a maximum of 10 ounces per container)
  - c. Dairy milk, non-fat, 1% and 2% only (no flavored milks)
  - d. Plant derived (i.e. rice, almond, soy, etc.) milks (no flavored milks)
  - e. Artificially-sweetened, calorie-reduced beverages that do not exceed 50 calories per 12-ounce container (teas, electrolyte replacements)
  - f. Other non-caloric beverages, such as coffee, tea and diet sodas
  
2. Snacks/foods: All snacks/foods offered in each vending machine shall meet the following criteria:
  - a. Not more than 35% calories from fat with the exception of nuts and seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard
  - b. Not more than 10% calories from saturated fat
  - c. Does not contain trans fats added during processing (hydrogenated oils and partially hydrogenated oils)
  - d. Not more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners and fats
  - e. Not more than 360 mg of sodium per serving
  - f. Contain at least 2 grams of dietary fiber per serving

**COORDINATION:**

This memorandum has been coordinated with the Library Department and the Finance Department.