

MISSOULA COUNTY NUTRITION STANDARDS FOR HEALTHY FOOD AND BEVERAGES IN THE WORKPLACE

Purpose

This policy establishes guidelines for healthy food and beverage options available to employees in the workplace.

Scope

This policy is applicable to workplace locations for all County departments and facilities.

Administration

Department heads and supervisors are responsible for the implementation of the policy as it applies to meetings, activities, and functions.

Foods and beverages offered through vending machines and concessions on Missoula County property must comply with this policy regardless of which entity oversees the vendor or concession contract.

References

The Centers for Disease Control and Prevention and North Carolina State Eat Smart Program for Worksites

Improving the Food Environment: Through Nutrition Standards: A Guide for Government Procurement

www.cdc.gov/salt/pdfs/dhdsp_procurement_guide.pdf

Workplace Health Promotion

www.cdc.gov/workplacehealthpromotion/implementation/topics/nutrition.html

Eat Smart Workbook for Worksites

www.eatsmartmovemorenc.com/NCHealthSmartTlkt/Texts/ES_entireworkbook.pdf

Policy

Missoula County has a responsibility to model healthy nutrition practices for the community. Promoting employee well-being through access to healthy food choices in the workplace is one way to model such practices.

It is the policy of Missoula County to make healthy food and beverage options available to employees during work hours whether served at a County meeting or function or purchased from a vending machine or concession. This policy may provide a health benefit to members of the public patronizing a workplace concession or attending a meeting or function.

Food and Beverages at Meetings and Functions

When refreshments are provided for activities, meetings, and functions sponsored or supported by the County, healthy foods and non-sugar sweetened beverages should be included. Resources from the CDC are available to assist the evaluation of food and beverage options.

The following should be considered as alternatives or options to other food provided:

- Fruit and vegetables
- Whole grain foods
- Low-fat foods
- Smaller portions
- 100% fruit juice and water

In addition, the following food criteria should be considered:

- Food without partially hydrogenated oils or trans-fat
- Low sodium food and beverages
- Beverages without added caloric sweeteners

Food and Beverages in Vending Machines

Vending machines must provide healthy foods and non-sugar sweetened beverages, which conform to following guidelines established by the Institute of Medicine Nutrition Standards of Foods in Schools:

Ninety percent of the beverages offered in beverage vending machines must be non-calorie sweetened beverages. Examples include:

- Water
- Soft drinks without added caloric sweeteners or herbal supplements
- 100% fruit juice and 100% low sodium vegetable juice

Ninety percent of the snacks offered in food vending machines must meet the following criteria, per package.

- 200 calories or less per package
- No more than 35% of calories from added sugar (excludes fruits and vegetables without added sugar)
- No trans-fat or partially hydrogenated oils
- No more than 35% fat and 10% saturated fat (excludes nuts, seeds, butters, cheese, and combination products of dried fruit and nuts without added fats, oils, or caloric sweeteners)
- Less than 230 milligrams sodium per serving

Ninety percent of the entrées offered in vending machines must meet the following criteria:

- 700 calories or less per package
- No trans-fat or partially hydrogenated oils
- No more than 35% of calories from total fat
- No more than 10% of calories from saturated fat
- Exceptions: nuts, seeds, butters, cheese, combination products of dried fruit and nuts without added fats, oils, or caloric sweeteners
- Less than 480 milligrams sodium per package
- Examples of such entrées include: tuna salad kits, salads, sandwiches, burritos, pizza, etc.

In accordance with the Affordable Care Act, Section 4205, all vending machines and concessions operated by vendors with more than 20 locations or machines are required to post the calorie content of all items unless the nutrition label is clearly visible.

Food Sold at Concessions

Concessionaires located in Missoula County workplace sites must be required to display the calorie content per package or item next to the item's price.