

## **Lawrence Parks & Recreation**

### **Nutritional Standards for Vending and Concessions**

In the interest of public health the Lawrence Parks & Recreation Department has created the following product placement requirements, pricing components and nutrition standards. The implementation of this policy will promote good nutrition and create a positive environment to foster healthy eating habits for the community, staff, and others who use Lawrence Parks and Recreation facilities.

#### **Vending Machines and Concession Stands:**

- A. A minimum of 50% of all food and beverage items offered shall meet the nutritional standards listed below.
- B. The price of the products meeting the nutritional standards listed below shall be equal to or less than the comparable products that do not meet the nutritional standards.
- C. Products which meet the nutritional standards listed below shall be grouped together and shall be placed in the center rows or in the far left rows of the machines for easy viewing and selection.
- D. All prepackaged products shall be offered in regular-sized single-serving packages.
- E. Concessions: Vendors shall offer at least one fresh fruit or vegetable.

#### **Beverages Meeting the Nutritional Standard:**

- A. Plain water, flavored waters, diet drinks, and sports drinks limited to <45 calories per container and < 270 milligrams of sodium per container.
- B. Milk or flavored milk, 1% or fat free, including lactose-free, soy or nut beverages, with <200 calories, limited to a maximum 12-ounce container size.
- C. 100% Fruit juice or fruit juice combined with water or carbonated water and with no added caloric sweeteners, limited to a maximum 12-ounce container size.
- D. 100% vegetable juice with no added caloric sweeteners, and <200 milligrams of sodium per container, limited to a maximum container size of 12 oz.

#### **Vending and Concession Food Standards**

Snack and entrée food items that meet the nutritional standards offered shall meet all the following criteria for each individual package (not listed serving size) or as prepared. An entrée is defined as a food generally regarded as being the primary food in a meal, including all sides provided as part of the entrée. Non entrée concession items such as side dishes are defined by snack standards, if not provided as part of the entrée.

- A. Calories: Snacks: No more than 200 calories; Entrées: No more than 400 calories.
- B. Fat: Total calories from fat may not exceed 35 percent, except for packages that contain 100% nuts or seeds; and low-fat or reduced-fat cheese.
- C. Saturated Fat: No more than 10% of calories from saturated fat except for packages that contains 100% nuts or seeds; and low-fat or reduced-fat cheese.
- D. Trans Fat: 0 grams trans fat
- E. Sugar: No more than 35 percent by weight, with the exception of: (1) fruits and vegetables that do not contain added sweeteners or fat; or (2) yogurt that contains no more than 30 grams of total sugars per 8-ounce container (and adjusted proportionally for smaller containers).
- F. Sodium: Snacks: No more than 200 mg of sodium per serving for snacks and non-entrée concession items; Entrees: No more than 600 mg of sodium per serving.

**Support for Standards**

Dietary Guidelines for Americans (DGA) are made to guide healthful eating patterns, and these guidelines were referenced in the development of the standards. Model standards from NANA (the National Alliance for Nutrition and Activity); GSA (Government Services Administration) Federal Concessions and Vending Operation, (Proposed) Smart Snacks in School, along with other standards also were used identifying the language. This will help to develop consistency in these or other standards that may be developed or revised in the future. NANA, an alliance of 400 health organizations such as the Academy of Nutrition and Dietetics and the American Heart Association, was the source of the majority of the guideline language.

There are several exceptions to the NANA model in these standards. These exceptions are considered a necessary part of implementing these first-ever standards given changing expectations of consumers and evolving vendor products. The exceptions here include:

- a. More liberal beverage guidelines. NANA standards call for 100% of beverages in vending machines to meet the prescribed standard. The inclusion of candy bars and other foods of minimal nutrition value.