

**COUNCIL POLICY
CITY OF CHULA VISTA**

SUBJECT: Healthy and Sustainable Meeting Standards

POLICY NUMBER

EFFECTIVE DATE

PAGE

857-01

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ADOPTED BY: Resolution No.

DATED:

AMENDED BY:

BACKGROUND

In keeping with the Healthy Community goal of the Strategic Plan, on January 5, 2016, the first Healthy Chula Vista Action Plan was adopted, providing a set of strategies to review, create and evaluate policies and programs within the City and to develop community partnerships to promote wellness within our community. A key component of the plan included measures to provide access to healthy food, such as establishing procurement policies for Municipal Event Catering that promote healthy food options and sustainable practices to provide healthier food access and increase options to employees and residents at City facilities.

The City of Chula Vista promotes healthy lifestyles and strives to create environments that support healthy food choices, regular physical activity, environmental sustainability and tobacco-free spaces. The strong relationship between diet, health and environment and the increasing rates of obesity, make supporting healthy choices at work part of our commitment to better health.

Modeling healthy choices, especially for food and beverages purchased for all internal and external meetings, trainings, and events are vital to support healthier work spaces. Supporting healthy lifestyles and environmental sustainability aim to create a social norm that help making the better choice for our body and environment an easy one.

PURPOSE

The purpose of this policy is to establish nutritional standards for food and beverages that are purchased by the City, or on behalf of the City, for meetings/events. This includes, but is not limited to, events/meetings held at parks, community centers, gymnasiums, libraries and any other City of Chula Vista building, structure, or complex. This policy shall apply to any organization that utilizes meeting rooms or space at the City Hall or Public Works complexes. To that end, you will see healthy food choices and non- sugary beverages to drink at City hosted meetings/events. A detailed toolkit has been developed for staff use entitled "Putting Health on the Agenda - A Chula Vista Healthy Meeting Toolkit".

POLICY

All activities and events (meetings, conferences, catered events, potlucks, celebrations, etc.) hosted or supported by the City will always support opportunities for healthy environments around foods and environmentally friendly practices, as follows:

1) Healthy Food Options. All events should provide for the following:

A. Beverages

- i. Ensure water is available.
- ii. Do not purchase any sugar-sweetened drinks. This includes sodas, energy drinks, sport drinks, juices less than 100% fruit juice, lemonade, and sweetened tea/coffee drinks.

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B. Food

- iii. Include at least one serving of fruits and/or vegetables.
- iv. Serve foods made from whole grains whenever possible.
- v. Serve fats and condiments on the side (i.e. dressings, mayonnaise).
- vi. Avoid fats and oils high in saturated fats.
- vii. Low-fat or fat-free preparation methods (broil, bake, grill steamed or roasted).
- viii. Serve health-appropriate portions.
- ix. Consider alternatives to cake and other high-sugar, high-fat desserts and provide a healthy option whenever desserts are served.

2) Zero Waste. All meetings should incorporate the following sustainable practices:

A. Meeting Space & Logistics

- i. Ensure the meeting space has recycling containers, organic waste disposal and garbage receptacles.
- ii. Project the meeting agenda on a screen or write it on a board or flip chart where everyone can see it, instead of making paper copies.
- iii. Provide electronic documents ahead of meeting and display on-screen to reduce the need for paper copies. If needed, paper copies should be printed double-sided.

B. Food & Beverage Serving

- i. Ask the caterer to provide reusable plates, silverware and cups as appropriate.
- ii. Reduce waste and packaging, whenever possible.
- iii. Provide condiments (sugar, creamer, mayonnaise, etc.) in serving containers rather than individual packets.
- iv. Do not serve food on polystyrene foam dishes or containers and do not provide straws unless a medical condition requires their use.
- v. Ask attendees to bring their own reusable cups if you are serving beverages.
- vi. Serve finger foods on napkins instead of paper plates when practical.
- vii. Provide access to water and avoid individual-portion plastic bottles.
- viii. Use bulk (not individual) containers for all beverages whenever possible.
- ix. Use locally-sourced and sustainably-produced food and giveaways, when possible.

3) Physical Activity. Consider incorporating the following into meetings:

- i. Provide a voluntary activity break for meetings that last more than one hour. Include the activity break on the meeting agenda.
- ii. Consider a walking meeting when scheduling a meeting with three or less attendees.
- iii. Encourage employees to take their lunch break to provide both a physical and mental break.

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- 4) Other Healthy Considerations. Consider incorporating the following into meetings:
- i. Ensure the meeting space is smoke free.
 - ii. Encourage carpooling or walking to reduce pollution and green-house-gas emissions.

PROCEDURE

1) Implementation

- A. The policy shall be implemented no later than 90 days from the date hereof.