

RESOLUTION NO. #2013-08

**A RESOLUTION OF THE MARIN CITY COMMUNITY SERVICES DISTRICT
BOARD OF DIRECTORS
ESTABLISHING A WELLNESS POLICY**

WHEREAS, the Marin City Community Services District (MCCSD) adopted a HEAL Cities Campaign resolution in June 2013 with the goals of developing and implementing a Wellness Policy that includes nutrition standards for its programs, events, meetings, facilities and grounds and reduces exposure to secondhand smoke;

WHEREAS, the MCCSD has a strong interest and moral obligation in providing an all encompassing environment that is conducive to the health of all visitors which leads to better work and school attendance, lower incidence of illness, higher energy levels, higher levels of achievement, and improved overall well being.

WHEREAS, the MCCSD is aware of the serious impact the lack of a grocery store or other healthy food outlets has on the health of the community's children and families and thereby must take steps to immediately provide healthy food and beverages whenever and wherever possible;

WHEREAS, there are healthier alternatives to soft drinks and sugary snacks that can be made accessible to participants in programs and facilities throughout the district immediately; and

WHEREAS, research has confirmed that a policy approach to preventing disease confers significant benefit to the populations at large; and

WHEREAS, the MCCSD is committed to spending public funds to promote the public's health and welfare, including the health and welfare of children and families, and

WHEREAS, the MCCSD has jurisdiction over facilities and programs serving employees and residents where they consume food and beverages, and

WHEREAS, it is in the MCCSD's interest to use its facilities, programs, meetings and events to promote and support health, and

NOW, THEREFORE, THE MCCSD HEREBY RESOLVES AS FOLLOWS:

NUTRITION STANDARDS

SECTION 1. Beverages, food and snacks sold, served and/or provided in MCCSD vending machines, programs, and meetings will comply with nutrition standards in the following manner:

a. **FOOD-SNACKS** 100% of snack foods shall meet all of the following criteria:

- Snack foods ***must have no more than:***
 - 35% of its calories from total fat
 - 10% of its calories from saturated fat
 - 35% sugar by weight
 - 200 calories per individual food item
 - 230 mg of sodium
 - **EXEMPT SNACK FOODS:** *Nuts, nut butters (such as peanut butter), seeds (such as sunflower seeds), legumes (beans), eggs, cheese, and fruits/vegetables that have not been deep fried and do not contain added sugars or fat, do not have to meet the above nutrition standards except for the limit of 200 calories or less.*
- Snack foods shall contain NO trans fat

Snack foods will emphasize fruit, vegetables, whole grains, and low fat (1%) or nonfat dairy products. Sales venues where more than one snack food is sold, (including vending machines), shall:

- Include at least one item that meets the FDA definition of “low sodium”: 140 mg or less per serving or portion
- Include at least one item that contains at least two grams of dietary fiber

b. **FOOD-ENTREES**

Entrees shall *have no more than:*

- 4 grams of fat per 100 calories
- 350 calories per serving

Facilities selling or providing more than one entrée shall:

- offer at least one item that meets the FDA definition of low sodium: 140 mg or less per 100 g for meals or main dishes

c. **BEVERAGES**

Beverages shall have no added caloric sweeteners or artificial non caloric sweeteners.

Beverages must be:

- Plain water *or*
- 100% fruit and vegetable juices. 100% fruit and vegetable juices may be diluted with water but must not contain added caloric sweeteners
- Unflavored Milk products that are low fat (1%) or nonfat, *or*
- Unflavored Non-dairy milks fortified with calcium and vitamin D such as soy, rice or other similar milks *and*

- Less than 100 mg of sodium per 8 oz (excluding milk and non-dairy milk products)

Tap water shall be provided as the preferred beverage whenever feasible

SECTION 2: Beverages and food sold, served or provided at community events that are purchased with MCCSD funds will comply with nutrition standards in the following manner:

- a. FOOD AND ENTREES: 75% of all food and snacks must meet nutritional guidelines stated above
- b. BEVERAGES: 100% of beverages must meet nutritional guidelines stated above

SECTION 3. Youth and adult-oriented programs funded by the MCCSD will ensure that snacks served during programs will comply with the above nutrition standards and ensure that the message of health is modeled for participating youth;

SECTION 4. Youth-oriented programs that use MCCSD facilities will be encouraged to comply with this resolution and ensure that the message of health is modeled for participating youth.

- a. MCCSD staff will offer a healthy snack guide and healthy fundraising options to program leaders to support compliance with the motion;

SECTION 5. Operators of the adult basketball league snack shack will offer at least one beverage and at least one food option that meets the nutrition standards.

SECTION 6: The MCCSD staff will study extending these standards to future procurement and/or contractual negotiations for the provision of food and beverages to be provided and/or sold within MCCSD facilities, at MCCSD functions and sponsored events to include a provision stipulating that all food and beverages to be purchased or provided through contracts shall meet the district's Nutrition Standards outlined above.

SMOKE-FREE CAMPUS

Section 7: Smoking will be prohibited in all outdoor areas of MCCSD occupied owned buildings and properties, such as parking lots, parks and open spaces, driveways, MCCSD owned vehicles, and private vehicles while parked at a MCCSD facility so that smoke does not create an unhealthy zone for everyone coming or going to any MCCSD properties.

“Smoking” means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarillo, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or in any form. “Smoking” also includes the use of an e-cigarette or any oral smoking device which creates vapor, as well as smokeless tobacco products.

- a. MCCSD will designate and clearly mark a designated smoking area that will be orientated away from doors, windows, and high traffic areas in order to comply with the MCCSD policy
- b. To assist with compliance with the policy, MCCSD will provide tobacco cessation information to employees and to clients to help promote a smoke-free and tobacco-free environment
- c. All employees, clients, peers, contractors, renters, and visitors are expected to fully support and comply with the smoke-free policies outlined in this and related policies. Individuals who do smoke are required to utilize a designated smoking area.

Section 8. To assist in the implementation of this resolution, the MCCSD Executive Director, in collaboration with health organizations, such as the County of Marin Health Department, California Center for Public Health Advocacy, Marin City Health and Wellness Center, and others to disseminate information on healthier foods and beverages and physical activity program options to all staff and facility participants and information on the tobacco cessation and the dangers of exposure to secondhand smoke. Staff will receive yearly training and updates on incorporating healthy beverages and food for special events (holiday functions, youth special events and teen center special events) to comply with the aforementioned nutrition standards, and on tobacco cessation and the dangers of exposure to secondhand smoke.

Section 9. This resolution shall become effective on February 1, 2014 and the designated staff leader shall monitor enduring compliance, and report back to the MCCSD every six (6) months on the status of implementation.

Section 10. All other resolutions in conflict with this resolution are hereby repealed.

PASSED AND ADOPTED AT A REGULAR MEETING OF THE Board Of Directors of the Marin City Community Services District held on this 5th day of December, 2013, by the following vote:

AYES:	0	BOARD MEMBERS:
NOES:	0	BOARD MEMBERS:
ABSENT:	0	BOARD MEMBERS:
ABSTAIN:	0	BOARD MEMBERS:

ATTEST:

CHAIRPERSON, BOARD OF DIRECTORS

GENERAL MANAGER