



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

POLICY NAME: Healthy Snacks Nutritional Standards for Portland Parks & Recreation’s Community Centers and Pools

Policy Category: Park Services

Date Reviewed:	Date Adopted: August 10, 2010
Contact Person: Doug Brenner Position: Zone Manager	Authorized By: Zari Santner Position: Director

Introduction

Childhood obesity has reached epidemic proportions. Obesity causes serious health conditions and results in significant financial burdens to individuals and taxpayers. This policy will improve the nutritional content of items sold in our Community Centers and Swimming Pools to individuals who use our facilities. High-calorie sodas, large portion sizes, and low-nutrition foods contribute to obesity, as well as displacing healthier options.

By implementing this policy in Community Centers and Swimming Pools, we can assist in building a supportive community environment for healthy nutrition and create demand for healthy foods. 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 our facilities.

Policy Statement

It is the policy of Portland Parks & Recreation that we provide healthier options for snacks and beverages sold at our Community Centers and Swimming Pools.

Nutrition Standards for foods and beverages in Community Centers and Swimming Pools

Snacks

- **Calories per item may not exceed 250**
- **Total calories from fat may not exceed 35 percent**, except for foods that are mainly nuts, eggs, cheese, non– fried vegetables, legumes or seeds
- **Sugar content may not exceed 35 percent by weight**, except for fruits and vegetables
- **Saturated fat may not exceed 10 percent of total calories**
- **Trans fat may not exceed 0.5 grams per serving**

Beverages

- Plain water is **OK**
- 100% Fruit or vegetable juice – Maximum individual container size of 12 ounces and must be 180 calories total or less, (15 calories per ounce).
- Milk or flavored milk, 1% or fat free, Maximum individual container size of 12 ounces and must be 180 calories total or less, (15 calories per ounce).
- Other beverages – Maximum individual container size of 12 ounces and must be 100 calories total or less, (8 calories per ounce).

<p>Guiding Principles</p> <p>These nutritional standards are based on standards set by Oregon House Bill 2650, Healthy Foods for Oregon Students, passed by the legislature in 2007, which outlines snack and beverage guidelines for schools. We are modeling our approach on the high school standard of the new law, with some modification due to the introduction of new products. Recognizing that our facilities also serve adults, our standard will allow calorie limits up to 250 calories for snacks; products geared toward youth should be limited to 200 calories.</p>
<p>Procedures & Guidelines</p> <p>To determine whether a food fits policy definitions, staff may use the “snack calculator” available at: http://communityhealthpartnership.org/strategic_obesity/school_calculator.php</p> <p>For beverages, use the calorie and container size standards above.</p>
<p>Related Policies, Procedures & Forms</p> <p>This policy replaces the "Concessions of Snacks and Beverages" policy that was adopted July 23, 2004 by Lisa Turpel.</p>
<p>Appendix</p>
<p>Additional Comments</p> <p>The Oregon House Bill 2650 standards have been in place in all high schools in Oregon since July 2008.</p> <p>This policy does not apply to special events, activities sponsored by Friends Groups, or partners with rental and lease contracts.</p>