

# Healthy Food Environment Policy

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# The Policy

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The City of Minneapolis is committed to creating and fostering an environment where all employees, visitors, and partners will have access to healthy foods. This policy supports the City's own goals where healthy choices are easy and economical, while demonstrating a commitment to the health of all City partners, contractors, and visitors.



# Background: Why a Policy?

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- Health Assessment Results (2010)
  - 65% of respondents overweight or obese
  - 60% not receiving recommended daily amount of fruits and vegetables
- Chronic Conditions: Annual Claims (2009)
  - High Cholesterol: \$11, 031
  - High Blood Pressure: \$12, 065
  - Diabetes: \$18, 296
  - Heart Attack/Stroke: \$30, 012



# Why a Policy? (continued)

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- Employee Wellness Survey
  - Over 70% of respondents indicated strong support for the availability of healthy foods at:
    - Internal and external City meetings
    - Common areas (kitchens, front desk)
    - City vending machines
- Ensures access to healthy foods



# Scope of Policy

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## □ **Healthy Vending**

- Healthy food items will be included in vending machines in City buildings.

## □ **External & Internal Meetings**

- Healthy foods will be included at meetings where food is served using City funds.

## □ **Healthy Food Guidelines in Contracts**

- Healthy food guidelines will be included in all City contracts where food is served using City funds.

## □ **Cafeterias and Food Service**

- Healthy foods will be available at cafeterias and food service in City buildings.



# Who policy applies to

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- ❑ City employees who have the authority to use City resources to procure food
- ❑ Contracted individuals and organizations who have the authority to procure foods using City resources
- ❑ Any vendor (business or individual) who provides or sells food in City of Minneapolis buildings, including vending machine and food service operators
- ❑ Policy **DOES NOT** apply to food purchases made with personal funds



# Policy Supports

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- Guidelines for healthy foods
  - A variety of grains (especially whole-grain foods); vegetarian and gluten-free options
  - Fruits and vegetables
  - Fat-free, low-fat, or low-calorie foods and beverages
  - Foods and beverages low in added sugars and sodium
  - Small portion sizes
- Sample menus, tip-sheets, and other technical assistance
- Resources for vending machine operators
- Communication assistance to highlight healthy food offerings in cafeterias and food service operators in City buildings

Questions?

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