

THE TOWN OF FOREST HEIGHTS  
RESOLUTION 61-13

**A RESOLUTION PROVIDING HEALTHY FOOD AND BEVERAGE CHOICES ON  
TOWN-OWNED PROPERTY AND DURING TOWN-SPONSORED EVENTS,  
MEETINGS AND PROGRAMS**

**WHEREAS**, Section 33-90 of the Town Charter authorizes the Mayor and Council to pass certain legislation of a non-permanent or administrative nature by formal resolution in lieu of ordinance; and

**WHEREAS**, cancer, heart disease, and stroke are major killers in Maryland and the nation; and

**WHEREAS**, being obese or overweight is a known risk factor for heart disease, diabetes, stroke, and some cancers, and increasing numbers of adult residents are reported as being overweight or obese, and among black and African American residents, in some Maryland jurisdictions 70% reported being overweight or obese; and

**WHEREAS**, economists estimate that obesity costs the nation anywhere from \$147 to \$190 billion annually in health care costs alone; and

**WHEREAS**, improving diet and increasing exercise have been shown to be the most important factors in helping people achieve and maintain healthy weight; and

**WHEREAS**, the Institute of Medicine has attributed 20% of the nation's weight problems to consumption of sugary drinks, including regular soda, sugar-added juices, flavored waters and teas, sports drinks, and energy drinks; and

**WHEREAS**, consumption of sugary drinks is the single greatest source of added sugar in children's diets and has been linked to excess weight gain, obesity, and onset of adult diseases like high blood pressure; and

**WHEREAS**, National experts, including the Institute of Medicine and the American Academy of Pediatrics, have developed healthy beverage standards and recommend that they be implemented to improve the population's health; and

**WHEREAS**, the Town of Forest Heights (the "Town") wishes to be a leader in improving public health and has taken many bold steps to become a model public health community; and

**WHEREAS**, the Town should serve as an example to other municipalities, local governments, employers, and the public by using its purchasing power to make healthier food and beverage options more convenient to those who come in contact with and are served by municipal government.



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**NOW, THEREFORE, BE IT ORDERED AND RESOLVED** by the Town Council of the Town of Forest Heights, Maryland that:

1. All Town Departments, Offices and governmental entities shall adhere to the Healthy Options Beverage Standards (see Appendix A, attached hereto and adopted by reference herein) in all vending machine services, Town-managed food or beverage program services, contracted food or beverage services, food or beverage procurement, leases or other agreements for food or beverage concessions located on Town-owned property.
2. Beginning immediately, Town departments or entities should transition to procuring, serving, and selling beverages that reflect the Healthy Options Beverage Standards to the extent possible under existing contracts. In the absence of any existing binding contract or agreement, Town departments shall comply with the Healthy Options Beverage Standards when procuring beverages intended to be given away, sold, dispensed, or offered on Town-owned property, at Town-sponsored events and meetings, during Town-sponsored programs, and when establishing new related food and beverage service contracts.
3. All Town departments or entities shall comply with the Healthy Options Beverage Standards upon the renewal or renegotiation of contracts and shall incorporate these Standards into all future food and beverage service contracts or agreements. In instances where Town-owned property is leased or rented to a private business, the Town will encourage tenants or lessees to adopt the Healthy Beverage Standards as described in this Resolution.
4. As Town departments or entities or officials renew or renegotiate contracts, promotional space on vending machines (e.g., sides, front graphic panel) including but not limited to the language and graphics as well as promotional space made available during County-managed meetings or public events shall not be used to promote beverage products unless they qualify as a healthy beverage option under the Healthy Options Beverage Standards as defined by this Resolution.
5. The Council hereby requests the Mayor or her designee to review the Healthy Options Beverage Standards periodically but at least once every three years from the date of implementation. Such review will ensure that the Standards continue to meet or exceed dietary recommendations based upon the latest scientific evidence and nationally-endorsed best practices.
6. Council also requests the Mayor or her designee to investigate and make recommendations on best practice nutrition standards for the procurement of packaged food and/or prepared food that is to be given away, sold, dispensed, or offered by Town departments on Town-owned or managed property, in Town-operated vending machines, at Town-sponsored events and meetings, during Town-sponsored programs, and when establishing new related food and beverage service contracts. The Mayor should report back to Council on its findings and recommendations each August in odd numbered years.

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**AND BE IT FURTHER ORDERED AND RESOLVED** that a copy of this Resolution is to be sent by the Town Clerk to the each of the two (2) public elementary schools in the Town for each Principal's consideration.

**BE IT FURTHER ORDERED AND RESOLVED**, that this Resolution shall take effect immediately upon passage.


PASSED this 5<sup>th</sup> day of August 2013.


**APPROVED:** By Resolution of the Town Council of The Town of Forest Heights, Maryland

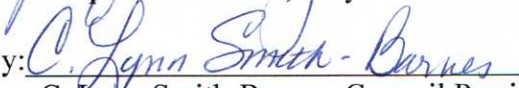
<u>ROLL CALL VOTE</u>	<u>YEA/NAY/ABSTAIN/ABSENT</u>
GOODALL	<u>YEA</u>
KENNEDY II	<u>YEA</u>
STONER	<u>YEA</u>
BARNES	<u>YEA</u>
MUHAMMAD	<u>YEA</u>
SMITH-BARNES	<u>YEA</u>
MANN	<u>YEA</u>

ATTEST:

THE MAYOR AND COUNCIL OF THE  
TOWN OF FOREST HEIGHTS, MARYLAND

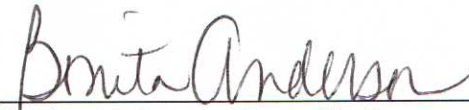
  
\_\_\_\_\_  
Bonita C. Anderson, Town Clerk

By:   
\_\_\_\_\_  
Jacqueline Goodall, Mayor

By:   
\_\_\_\_\_  
C. Lynn Smith-Barnes, Council President

CERTIFICATION

I, hereby certify, as the duly appointed Town Clerk of the Town of Forest Heights, Maryland, that on the 5<sup>th</sup> day of August 2013 with 7 Aye votes and 0 Nay votes the aforesaid Resolution 61-13 passed.

  
\_\_\_\_\_  
Bonita Anderson, Town Clerk



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**Appendix A**

**The Town of Forest Heights Healthy Beverage Standards**

Pursuant to Town Resolution 61-13, and based upon current scientific evidence and nationally recognized best practices (See USDA's 2010 Dietary Guidelines for Americans, the Institute of Medicine and the American Academy of Pediatrics), the following shall constitute the Town of Forest Heights' Healthy Options Beverage Standards:

1. Calorically-sweetened cold beverages shall have less than 5 calories per serving. Such beverages include, but are not limited to, non-diet sodas, calorically sweetened energy drinks and sport drinks, pre-sweetened tea and coffee drinks, as well as juices and water products with added sugars.
2. Fruit and/or vegetable-based beverages shall contain 100% juice or 100% juice that is diluted with water. These offerings shall not exceed 120 calories per serving, shall be in a container not larger than 8 ounces and be no salt or low-sodium varieties. (Low sodium is less than 140 mg per serving as defined by FDA.)
3. Milk, fortified soy milk, and other milk substitute beverages shall be unflavored, low-fat or non-fat and contain no more than 22 grams of total sugar per 8 ounce serving or be in a container no larger than 8 ounces.
4. Diet drinks with non-caloric sweeteners (man-made and contain no nutritional value, e.g., Aspartame, (NutraSweet), Sucalose (Splenda), Saccharine (Sweet N'Low), etc.) shall have less than 5 calories per serving and will constitute no more than one-quarter of the total beverage offerings.

The above standards apply to beverages that are sold, dispensed, or offered by Town Government on Town-owned, managed or rented property, in Town-operated vending machines, at Town-sponsored events and meetings, or during Town-sponsored programs. The Town and its offices and departments will comply with these standards. The standards will be reviewed at least once every two years from the date of implementation.