

COUNCIL OF THE CITY OF SEAT PLEASANT, MARYLAND

RESOLUTION NO. R 15-09

Introduced By **City Council**
Date Introduced November 10, 2014
Amendments Adopted
Date Adopted **November 10, 2014**
Date Effective **November 10, 2014**

A RESOLUTION To

Promote Seat Pleasant Healthy Meeting and Event Policy for the Let's Move Program

WHEREAS, The City of Seat Pleasant has concerns about the health of our employees and residents, and

WHEREAS, The City of Seat Pleasant will be adopting Healthy Eating and Active Living (HEAL) resolution committing to set nutrition standards for food offered at town events, meetings and programs; and

WHEREAS, municipal residents and employees alike are interested in eating smart and moving more; and

WHEREAS, overweight and obesity affect health outcomes, quality of life, and productivity of employees and residents; and

WHEREAS, replacing less-healthy food options with healthy foods is one strategy to help employees and resident achieve and maintain good health; and

WHEREAS, town sponsored meetings and community events frequently provide less-healthy, calorically-dense food and beverage options to employees and residents; and

WHEREAS, the City of Seat Pleasant is committed to spending public funds to promote the public's health and welfare, including the health and welfare of municipal employees; and

NOW, THEREFORE, IT IS THE POLICY of the City of Seat Pleasant that foods and beverages provided at on-site meetings and events meet the following guidelines:

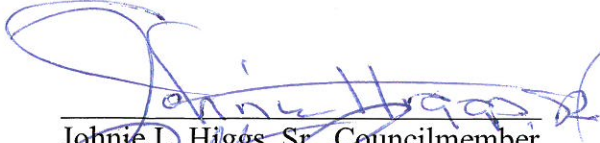
○ **Beverages:**

Resolution R-15-09 To Promote Seat Pleasant Healthy Meeting and Event Policy for the Let's Move Program

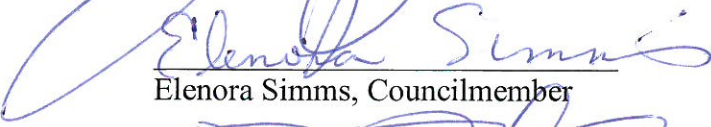
November 10, 2014

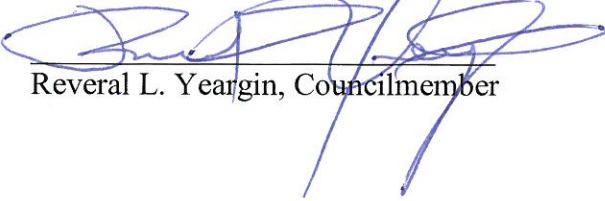
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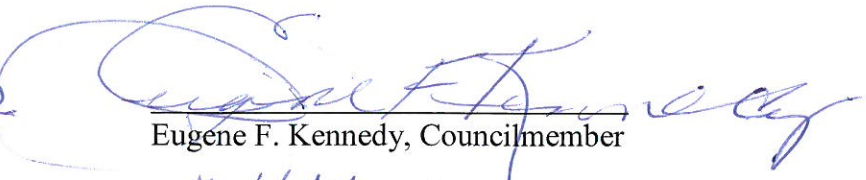
- Unsweetened water or easy access to free water must be available at all meetings and events.
- Tap water will be served as the preferred beverage whenever feasible
- 50% of other beverages provided must come from the following categories:
 - 100% fruit or vegetable juice containing no caloric sweeteners
 - Non-fat or low-fat milk or dairy-free alternatives
 - Non-caloric beverages such as unsweetened tea or coffee
 - Carbonated water or iced tea with no added sugar
 - Other beverages containing less than 50 calories per 8 ounce serving
- **Foods:**
 - An unsweetened fruit or vegetable option must be available at all work meetings and events in which food is served.
 - Provide a vegetarian option.
 - Additionally, at least 50% of foods provided must come from the following categories:
 - Whole grain products
 - Low-fat or fat-free dairy products
 - Lean protein options such as eggs, nuts, seeds, skinless poultry, and fish
 - Minimize white carbohydrates whenever possible
 - Additional efforts should be made to minimize total fat, trans fat, saturated fat, sugar, and sodium
 - Offer healthier condiments and dressings (low-fat, low-calorie) and offer them on the side.
- **Serving:**
 - When serving food, place "best food forward" by putting the healthiest food in prominent positions, towards the front of the line, where they are most likely to be seen and more likely to be chosen.
 - Post calorie and nutritional information counts when available
 - Provide recipes for healthy items when available
 - Support sensible portions by offering reasonable portion sizes and appropriately-sized serving utensils and plates.
 - Label healthy items, those that fall within the categories listed within this policy, with a smiley-face sticker.
 - At large events, encourage vendors to offer at least one healthy menu item which should be labeled with the smiley-faced sticker or balloon.
- Quarterly evaluate efforts to hold healthy meetings and events and make adjustments to this policy to continue to improve the feasibility and healthfulness of options.

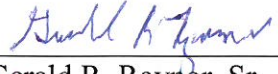

Johnie L. Higgs, Sr., Councilmember



Kelly Porter, Councilmember


Elenora Simms, Councilmember

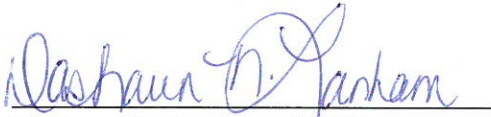

Reveral L. Yeargin, Councilmember


Eugene F. Kennedy, Councilmember


Gerald R. Raynor, Sr., Councilmember


Aretha A. Stephenson, Councilmember

ATTEST:


Dashaun N. Lanham, CMC
City Clerk