

PRNS Youth Program Nutrition Standards

Introduction

Under the direction of the Parks, Recreation and Neighborhood Services (PRNS) Health & Wellness Policy Team and in accordance with the Santa Clara County Nutrition Standards, the PRNS Department has developed a comprehensive set of PRNS youth program nutrition standards based on best practice national guidelines. These standards were adopted from the nutrition standards set forth by Santa Clara County and additional improvements have been made to serve program standards for early childhood recreation, youth, and teen programs based on input provided by youth specialists of the PRNS Health & Wellness Policy Team.

This document is presented in three subsections (1A, 1B, and 1C) and applies to food and beverages provided to youth program participants. A separate document that details further background information and the implementation of these nutrition standards is also available.

Purpose and Impact

The Parks, Recreation and Neighborhood Services Department is committed to cultivating a healthy community and supporting healthy living for our youth by ensuring that food and beverages offered, purchased, or served at PRNS youth programs and are offered by the PRNS department are of maximum nutritional value. These PRNS youth program nutrition standards were developed:

- (1.) To confirm and ensure that food and beverages offered, purchased, or served to participants in youth programs meet updated, national nutrition guidelines;
- (2.) To improve access to healthy foods choices by contracting with vendors who are creating food environments that provide nutrient-rich foods.
- (3.) To further the cultural shift in support of health and wellness within the city parks and recreation department system and to help serve as a model for other governmental jurisdictions and private sector businesses.

Youth afterschool programs funded by ASES and 21st Century grants currently follow the snack requirements as identified by the California Department of Education Code Requirements. The PRNS Youth Program Nutrition Standards builds upon these standards, as well as past and current practices in creating nutritionally sound snacks and meals. Adoption of the standards will serve to focus on additional improvements that are above and beyond those guidelines that are mandated by state and federal funding requirements.

Offering food options of maximum nutritional value and decreasing the amount of food with minimal nutritious value in youth programs are ways that the PRNS department can promote

the prevention of obesity and chronic diseases for youth in San Jose. The total annual cost to California for obesity has been an estimated \$41.2 billion.

Nutrition Standards

These nutrition standards are based on, and follow the United States Department of Agriculture (USDA) *Dietary Guidelines for Americans 2010* and are adopted from the Santa Clara County Nutrition Standards. The PRNS Youth Program Nutrition Standards have been developed for four different food environments: (1A) youth program general food and beverages, (1B) youth program special events, celebrations, and concessions, and (1C) youth program healthy prizes.

1A General Food and Beverage Standards

Standards that apply to all youth program beverages and food regardless of the funding source:

- Ethnic/cultural customs should be honored by encouraging lighter versions of traditional foods that are provided as meals or snacks.
- Safe food handling procedures should be practiced consistently throughout the preparation, storage, distribution and service of food and beverages.
- Homemade food and beverages are not permitted to be served to program participants.
- For guidance on types of food items that meet the nutrition standards refer to the Appendix.

When PRNS funds are used to purchase beverages and food for youth programs:

- No sugar-sweetened beverages shall be purchased for PRNS youth programs.
- Food and beverages that are purchased must comply with the standards as outlined below. This applies to all food and beverages that are procured through catering services, restaurants, and grocery outlet purchases as well as to the procurement of pre-packaged snack food items.

Beverage Standards:

- No sugar-sweetened beverages shall be served.
- Water should be available or accessible.
- Beverages should be served in bulk containers such as water pitchers whenever possible.
- Beverages that Meet PRNS Youth Program Nutrition Standards:
 - Water, including carbonated water (no added caloric sweeteners);

- Plain (no added flavor or sugar) nonfat or 1% low fat dairy milk;
- Plant derived milk (e.g. soy, rice, and almond) with ≤ 130 calories per 8 ounce serving;
- 100% fruit or vegetable juice (limited to a maximum of 8 ounce container);
 - 4-6 ounces for ECR programs;
- Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 ounce serving.

Food Standards:

- Healthier food options must be offered. Healthier options include the following (for additional examples of healthier food items, refer to Appendix):
 - Fruits, vegetables, whole grains, and low fat and low calorie foods, including low fat dairy, lean protein sources and lower fat versions of condiments;
 - Minimally processed foods made or produced without added sugar and less sodium;
 - Foods prepared using healthy cooking techniques;
 - The food item may not be deep fried, par fried, or flash fried by the entity preparing the snack or during the manufacturing process.
 - Foods that contain less than 0.5 grams of *trans* fat.
- Larger items should be served in smaller portions [e.g. mini bagels (2 ½" diameter) or large bagels (4½" diameter) that are cut into halves or quarters; mini muffins (1 ¼" diameter) or other smaller versions of baked goods].
- Include a vegetarian option for all meals provided and consider a vegan option whenever possible.
- Offer seasonal and local produce, whenever possible.
- Serve fruit instead of sugary, high calorie desserts.
- Attempt to accommodate special dietary and cultural needs.
- Post nutritional information and/or list of ingredients for items served, whenever possible.
- If pre-packed items are provided, 100% of these snack food items must meet all of the following criteria:
 - No more than 35% calories from fat with the exception of items that contain 100% nuts or seeds; snack mixes that contain less than 100% nuts and seeds must meet the 35% of calories from fat requirement;
 - No more than 10% calories from saturated fat;
 - Zero *trans* fat;
 - No more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners and fats;

- Food items must have no more than 360 milligrams (mg) of sodium per serving.
- For pre-package snack food items, it is recommended that items contain at least two (2) grams of dietary fiber per serving – this information can be found on the package’s Nutrition Facts Label and that low sodium options (FDA definition of “low sodium” or be ≤ 140 mg per serving) also be made available.

When no PRNS funds are used to purchase beverages and food:

- When food and beverages are provided by an outside agency and served at a PRNS youth program facility or when food/beverages are donated by an outside agency to a city-sponsored PRNS youth program, it is the responsibility of the supervisor of the PRNS youth program to request and encourage that the outside agency offer healthier choices.
- When food/beverages are provided by the PRNS department for PRNS youth program staff, the department is encouraged to provide healthier options. The nutrition standards are not directed at individuals’ meals/snacks that are purchased and/or brought from home.

1B Special Events, Concessions, and Celebrations Standards

These standards apply to PRNS youth program special events (e.g. dances, movie nights, Light’s On) and concessions. These guidelines are also recommended for all celebrations that occur in PRNS youth programs (e.g. birthdays, end of session parties, season celebrations).

Beverage Standards

- 100% of beverage options available must be made up of one or more of the following:
 - Water, including carbonated water (no added caloric sweeteners);
 - Plain (no added flavor or sugar) nonfat or 1% low fat dairy milk;
 - Plant derived milk (e.g. soy, rice, and almond) with ≤ 130 calories per 8 ounce serving;
 - 100% fruit or vegetable juice (limited to a maximum of 8 ounce container);
 - 4-6 ounces for ECR programs;
 - Low-calorie beverages (including tea and/or diet soda) that do not exceed 40 calories per 8 ounce serving.
- The above standards must be followed for all PRNS youth program special events, concessions, and celebrations. The only exceptions shall occur:

- During teen program special events, where at least 50% of beverages must meet the above standards;
- During teen program concessions involving sports or physical activity, where moderate to vigorous physical activity has been performed for a minimum of 60 minutes;
 - Beverages must be fruit-based drinks that are composed of no less than 50% fruit juice and have no added sweetener (limited to one serving);
- Healthier beverage items should be placed prominently and be easy to see as the PRNS youth program's other most popular beverage items;

Food Standards

- Food items meant to be offered, sold, or served during PRNS youth program special events, concessions, and celebrations, must consist of an assortment of healthier food choices, with lower amounts of fat, sugar, and sodium. To accomplish this operators are encouraged to:
 - Offer more fruits, vegetables, whole grains, and low fat and low calorie foods, including low fat dairy, lean protein sources and lower fat versions of condiments (e.g. dressings, mayonnaise, cream cheese, and/or sour cream dips);
 - Offer more minimally processed foods made or produced without added sugar and less sodium;
 - Prepare foods using healthy cooking techniques such as baking, roasting, broiling, grilling, poaching, steaming, or stir frying instead of pan frying or deep fat frying to minimize added fat to the food prepared;
 - Use foods that contain less than 0.5 grams of *trans* fat (this is considered to *trans* fat free);
 - Offer at least one vegetarian option on the menu;
 - Offer seasonal and local produce, when possible;
 - For foods that tend to be higher calorie, when served in typical food portions, make items available in smaller portions (e.g. mini muffins or cookies).
- Healthier food items should be placed prominently and be as easy to see as the operator's other most popular food items.
- Food items served as part of a celebration must be served immediately after a regularly scheduled snack or meal and will not exceed more than one occasion per month (includes both program celebrations and participant celebrations).
- 100% of all pre-packaged snack foods offered, sold, or served during PRNS youth program special events, concessions, and celebrations will meet *all of the following* criteria:
 - The food must be presented as a single serving size (*Nutrition Facts Label indicates Servings per Container: 1*);

- No more than 35% calories from fat with the exception of packages that contain 100% nuts or seeds; snack mixes that contain less than 100% nuts and seeds must meet the 35% of calories from fat requirement;
 - No more than 10% calories from saturated fat;
 - Zero trans fat;
 - No more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners and fats;
 - No more than 360 milligrams (mg) of sodium per package/ container
- For pre-package snack food items being provided, sold, or served, it is recommended that items contain at least two (2) grams of dietary fiber per serving – this information can be found on the package’s Nutrition Facts Label and that low sodium options (FDA definition of “low sodium” or be ≤ 140 mg per serving) also be made available.

1C Healthy Prizes Standards

The standards to any food given as a prize (an item given as result of positive achievement) to participants in PRNS youth programs shall align with the standards outlined in Subsection 1A.

- The recommended policy is not to use food to reward participants for good behavior or positive performance, but at minimum if food is rewarded it should not be of minimal nutritious value. Foods of minimal nutritious value include but are not limited to:
 - Soda Water- a class of beverages made by absorbing carbon dioxide in potable water;
 - Water Ices- a dessert made of frozen ice flavored with artificial sweeteners;
 - Chewing Gum- flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing;
 - Candies- Processed foods made predominantly from sweeteners or artificial sweeteners (e.g. hard candy, jellies and gum, marshmallow candies, fondant, licorice, spun candy, candy coated popcorn).
- In the case that a healthy food is given as a prize, it will be awarded during a regularly scheduled snack or meal time to discourage eating outside of these times.