



banpac

Bay Area Nutrition & Physical Activity Collaborative

Healthy Vending Machine Policy San Francisco Unified School District

Policy Overview

In June 2004 the San Francisco Board of Education adopted guidelines developed by the School Nutrition and Physical Activity Committee of the San Francisco Unified School District. The guidelines were fully implemented in all schools in the district in August 2004.

The policy establishes guidelines for foods sold outside of the school meal programs and addresses issues such as the type, portion size and nutrient quality allowed in snack foods to be sold in schools.

The policy includes a rubric, developed by members of the school food subcommittee of the School Nutrition and Physical Activity Advisory Committee, used by the school food subcommittee to determine if a given food meets the nutritional standards of the policy and can be sold in schools. See the website, http://members.tripod.com/sfusd_foods/ for details. The rubric assigns a point for having 5% of the Daily Value for proteins and various vitamins, described on the web site. Items must have at least 7 points and contain 5% of five of these eight nutrients. Additional points are earned, if for example, items are 100% organic, grown in California, free of trans fats or low in sodium (less than 140 mg per 100 grams of serving). The scoring of foods is further explained on the web site noted above.

Key Steps Undertaken to Get Policy Adopted

- In January 2003, the San Francisco Board of Education passed board resolution, #211-12A8, establishing a nutrition and physical activity policy.
- In April 2003, a nutrition and physical activity committee was established by the SFUSD Superintendent as mandated by the policy. The committee was charged with bringing to the school district and the Board of Education ideas of how to address the issues of childhood obesity, physical fitness and related health concerns. Community leaders and public health officials were appointed to the committee by the Superintendent. One of the committee's responsibilities was to improve the nutrition environment in the schools.

- A number of subcommittees were established and they came together to develop implementation guidelines and procedures to improve school meals, food sold on campus and physical activity in the schools. In May 2004, recommendations were finalized and submitted to the Board of Education for review, approval and adoption.
- In June 2004, the Board of Education adopted the nutrition policy developed by the School Nutrition and Physical Activity Committee. Committee members testified before the School Board in support of their recommendations.
- In August 2004, the policy was implemented in all schools in the district.

Lessons Learned

- There is no standard person (i.e., a principal) in schools who is responsible for vending machines. A number of individuals or entities in a school, for example, a coach, a school food director, ROTC directors, teachers, student clubs or athletic departments can be in charge of vending contracts.
- In many schools there are multiple contracts with different vendors.
- Vending machine contractors, those who supply the vending machines, are aware of SB19 and SB12 but are not always aware that the SFUSD policy mandates a higher set of nutrition standards.
- Vendor education is essential after a policy has been adopted. Vendors often do not understand why they are restricted to a list of approved foods that is less expansive than the range of merchandise they previously sold.
- Monitoring is imperative to ensure that healthy foods are being; some vendors are not diligent about following the guidelines when they stock the machines.
- Commitment of a school principal is key to proper implementation of the policy.
- Inclusion of natural foods continues to be a challenge: often these foods are not packaged in sizes advocated for by the policy and or vendors do not know where to purchase natural foods.

Contact Information

For more information contact: Laura Brainin-Rodriguez of the San Francisco Health Department at laura.brainin-rodriguez@sfdph.org. or Dana Woldow of the Nutrition and Physical Activity Committee at nestwife@owlbaby.com.

July 2006



Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the *California Nutrition Network*. For information about the California Food Stamp Program, please call 1-800-952-5253.