

## RESOLUTION 2019 – 11

### A RESOLUTION ESTABLISHING A HEALTHY FOOD GUIDELINE FOR VENDING MACHINES OPERATED ON THOMAS COUNTY GOVERNMENT PROPERTY

**WHEREAS**, Thomas County is a county that strives to educate its citizens on how they may achieve optimal health, wellness, and a better quality of life;

**WHEREAS**, Thomas County is committed to improving the health and wellness of their county employees and the community members;

**WHEREAS**, Thomas County has an obesity rate of thirty-five percent (35%) which is significantly higher than the state obesity rate;

**WHEREAS**, persons found to be overweight or obese face a higher risk of morbidity and mortality including the risk of type 2 diabetes, heart disease, stroke, arthritis, and some cancers;

**WHEREAS**, providing healthier food choices at County offices will set an example for county residents and aid in promoting health choices;

**THEREFORE, BE IT RESOLVED**, that the Board of County Commissioners of Thomas County, Kansas, do hereby establish guidelines for healthy food vending in county offices and on county-property as follows:

#### SECTION 1. PURPOSE

Thomas County is committed to the health and well-being of our residents, employees and visitors. The strong relationship between diet and health and the increasing rates of obesity and resulting chronic diseases make supporting nutritious choices in the community part of our commitment to health.

#### SECTION 2. SCOPE

Fifty percent (50%) of all food items sold in the vending machines, coolers, and other food retail equipment, on property owned, leased, or operated by Thomas County shall meet the nutrition guidelines listed below in Section 3.

In cases where county property is leased to a private business, the county will encourage tenants to adopt the Thomas County Healthy Food guidelines.

Vending machines will be supplied with food and beverage that will meet the nutritional guidelines as listed below; which will comply with all county and city applicable rules.

#### SECTION 3. NUTRITION GUIDELINES

Fifty percent (50%) of food must meet one of the following requirements:

- **Calories:** 200 calories or less.
- **Fat:** Equal to or less than 4g per 100 calories
  - 35% or less of total calories, except for nuts, seeds and nut butters
  - <10% or less of total calories from saturated fat
  - Trans-fat free
- **Sugar:** Equal to or less than 9g per 100 calories
  - 35% or less of weight from total sugar, except fruit without added sugar
- **Sodium:** 200 mg or less
- **Fiber:** Half of the available grain snack items will be whole grains
- **Protein:** Snack items will include options with greater than or equal to 4g protein

#### SECTION 4. PRICING AND PLACEMENT

All food that meet the health guidelines must be displayed in ways that are easily visible and distinguishable from less healthy foods.

Only food that meet healthy guidelines will be placed on the top one-third (33%) of the shelving or change selection buttons of the vending machines located on county property so that items are easily visible at eye level.

All healthy foods sold in machines that allow for price differentiation and all healthy food sold in coolers on county property must be priced at least \$0.25 less than comparable products that do not meet the guidelines established.

**SECTION 5. SUPPORT FOR NUTRITION**

Nutrition guidelines outlined in this resolution are consistent with the American Heart Association Recommended Nutrition Standards. The above guidelines will be reviewed periodically and updated as needed to stay current with research and / or updates to the Dietary Guidelines for Americans.

**SECTION 6. COMPLIANCE**


Non-compliance will be addressed through on-going training and support to staff and vendors, continued non-compliance may result in the removal of the vending machines.

**SECTION 7. EFFECTIVE DATE**

This resolution shall be effective upon passage by the Board of Thomas County Commissioners of Thomas County, Kansas and by January 1, 2020 all county food / beverage vending machines are expected to be in compliance with this resolution.

**PASSED, APPROVED, and ADOPTED by the Governing Body of County Commissioners in Thomas County, Kansas, this 27th day of November, 2019.**

**BOARD OF COUNTY COMMISSIONERS OF THOMAS COUNTY, KANSAS**

  
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**Mike Baughn, Chairman**

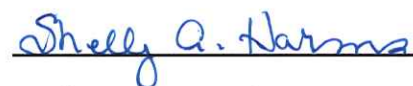
  
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**Francis Britton, Member**

  
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**Brad Flipse, Member**

**Attest:**

  
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**Shelly A. Harms, Thomas County Clerk**

