

City of Cheney
609 2nd Street
Cheney, WA 99004

**CITY OF CHENEY, WASHINGTON
RESOLUTION D-947**

**A RESOLUTION TO APPROVE A NUTRITION POLICY FOR THE PARKS &
RECREATION DEPARTMENT**

WHEREAS, in March of 2010, Mayor Tom Trulove sent over 100 invitations to community members encouraging them to join the City of Cheney in working together to make Cheney a healthier place to live, work and play; and

WHEREAS, the community responded with overwhelming participation and support and has since developed the Let's Move, Cheney Coalition to continue the effort of creating a healthier community; and

WHEREAS, the Parks & Recreation Department wishes to lead by example in implementing operating policies that promote and foster healthy environments.

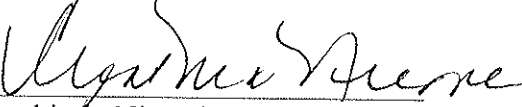
NOW THEREFORE, BE IT RESOLVED the Cheney City Council by majority vote hereby approves the implementation of the attached Parks & Recreation Nutrition Policy PRP#1.

ADOPTED, on this 14th day of June, 2011 by the Cheney City Council at their regularly scheduled council, meeting at Cheney Council Chambers, 609 2nd Street, Cheney, WA 99004.



Tom Trulove, Mayor

Attest:



Cynthia L. Niemeier, City Clerk

City of Cheney

Parks & Recreation Department

GENERAL OPERATING POLICIES

SUBJECT: Nutrition Policy for Meetings, Programs, and Events

PRP # 1

EFFECTIVE DATE: July 1, 2011

Policy Name: Healthy Snacks and Nutritional Standards for Cheney Parks and Recreation Events, Community Center, and Meetings.

Date Reviewed: 6/14/11

Date Adopted:

Introduction:

In April of 2010 the Parks & Recreation Department initiated the Let's Move, Cheney (LMC) Coalition; which is a community based committee tasked with promoting and encouraging healthy lifestyles throughout Cheney. The mission developed by the Coalition is "Moving Cheney by leading and motivating the community to live healthy lifestyles through awareness, nutrition and physical activity."

This policy requires that healthy options are made available when food and beverages are provided at meetings, programs, and events. By implementing this policy throughout the Cheney Parks and Recreation Department we can provide the environment which supports healthy nutrition. Implementation of this policy will promote good nutrition habits and create health awareness for community, staff, and others.

Policy Statement:

It is the policy of Cheney Parks and Recreation that we provide healthy options for snacks and beverages provided and/or sold at our events, programs, community center, and meetings.

Some examples of healthy options could include the following recommendations:

Snacks

- Fresh fruits, dried, or canned in light juice/water
- Low fat cheese, string cheese
- Whole grain crackers
- Trail mix (small portions)
- Baked chips (7 grams of fat or less/ounce)
- Whole wheat pita wedges with flavored hummus
- Fruit smoothies (non fat yogurt and fruit blended)
- Granola bars low fat (5 grams of fat or less/bar)
- Whole grain bagel with low fat cream cheese
- “Lite” popcorn (lightly salted, low fat, air popped)
- Roasted nuts
- Animal crackers
- Rice cakes
- Raw veggies (low fat dip)

Beverages

- Water (plain, flavored, sparkling with no added sugar)
- 100% fruit juice
- 1% milk
- Coffee (offer decaf)
- Tea regular or herbal served hot or cold

Guiding Principles:

These nutritional standards are based on snack and beverage guidelines healthy food choices for meetings provided by Public Health-Seattle and King County and other reputable sources (see appendices).

Procedures and Guidelines/ Additional Comments:

Implementation of this policy **will not** eliminate staff from bringing in food and beverages not on this list. Rather this list is a guideline that allows staff healthy food alternatives along with traditional offerings.

This policy does not apply to contracted vendors at special events or partners with rental and lease contracts.

Appendices:

www.kingcounty.gov/healthservices/health/nutrition/meetings.aspx

www.eatwellworkwell.org/pdfs/Nutrition-Guide-2008.pdf

www.eatwellworkwell.org/pdfs/Healthy-tips-ewww.pdf

www.hspn.harvard.edu/nutritionsource/files/healthy-food-options-for-conferences.pdf

