



# City of Kingston Healthy Vending Guidelines

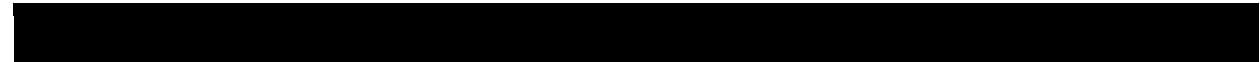
## Table of Contents

<b>SECTION 1: PURPOSE &amp; BACKGROUND</b> .....	2
<b>PURPOSE</b> .....	2
<b>BACKGROUND</b> .....	2
<b>SECTION 2: STANDARDS</b> .....	4
<b>NUTRITION STANDARDS</b> .....	4
<b>FOOD PRODUCTION STANDARDS</b> .....	6
<b>FOOD PACKAGING STANDARDS</b> .....	6
<b>SECTION 3: IMPLEMENTATION</b> .....	7
<b>PROMOTIONAL SUPPORT</b> .....	7
<b>ROLES &amp; RESPONSIBILITIES</b> .....	7
<b>ONGOING MONITORING, REPORTING, &amp; EVALUATION</b> .....	8
<b>SECTION 4: REFERENCES</b> .....	9



# City of Kingston Healthy Vending Guidelines

## SECTION 1: PURPOSE & BACKGROUND



### PURPOSE

The City of Kingston (the City) recognizes the impact of food and nutrition on the health and quality of life of its employees and the community at large. With its Department of Health and Wellness that supports community health through policy, system, and environmental changes that address the social determinants of health (the places that we are born, live, eat, play, work, and more), the City has made a commitment to improving the lives of its citizens by promoting ways to eat healthy and be physically active.

Poor nutrition contributes to many diet-related chronic conditions, including diabetes and heart disease, as well as a lower perceived quality of life. These guidelines support the City of Kingston's in achieving health vending options where healthy choices are easy and affordable, while demonstrating a commitment to the health of all community members.

### BACKGROUND

In recognition of high rates of diet-related chronic diseases, in 2013 the City of Kingston's Common Council adopted Resolution #185 requiring Health Vending Options at City of Kingston buildings and Healthy Meeting Guidelines at City of Kingston employee meetings. These guidelines were adopted in recognition of the Ulster County Healthy Vending Options via Resolution 128, the Healthy Snack Food Guidelines adopted by the Kingston City School District, and in collaboration with Live Well Kingston.

In 2021, the City was awarded the Creating Healthy Schools and Communities (CHSC) grant from the New York State Department of Health, which supports policy, system, and environmental changes in schools, daycare, and community locations to increase nutritious food access and opportunities to be physically active. As a part of that grant, participating community and work sites adopted food and nutrition guidelines. In 2023, on the 10-year anniversary of adopting the first Healthy Vending Guidelines and as a part of the CHSC grant, the City of Kingston updated their guidelines.



## City of Kingston Healthy Vending Guidelines

Diet-related chronic diseases, such as diabetes and heart disease, are a major contributor to mortality and decreased quality of life across the United States. Some ways in which this is important are highlighted below:

- **Diabetes:** Nearly 30 million people in the US have diabetes, while nearly 9 million people are estimated to have undiagnosed diabetes. Complications from the disease makes it the eighth leading cause of death.
- **Heart Health:** Heart disease is the leading cause of death in the US, annually claiming more lives than all forms of cancer and Chronic Lower Respiratory Disease combined. Additionally, nearly half of all adults have high blood pressure and 38% of adults have high cholesterol, which can cause complications on their own and contribute to the risk for heart disease.
- **Nutrition & Food:** According to NHANES (2015–2016), less than 10% of adults met the guidelines for whole grains, whole fruits, and non-starchy vegetables. In Ulster County, nearly  $\frac{1}{3}$  of adults do not consume fruits and vegetables daily. Additionally, according to the American Heart Association primary diet score between 2015-2016, 47.8% of US adults had poor diet quality. It has been shown that a diet rich in whole grains, fruits, and non-starchy vegetables while low in foods high in saturated fats, sodium, and added sugars can help reduce risk for diet-related chronic diseases, such as diabetes and heart disease.



# City of Kingston Healthy Vending Guidelines

## SECTION 2: STANDARDS



### NUTRITION STANDARDS

In order to support the increase in the availability of nutrient-dense foods, the City of Kingston would like at least 50% of all foods served/distributed in their vending machines to meet the following guidelines.

*Standards are per entire package, not per serving.*

	<b>Standard</b>	<b>Type</b>
<b>SNACKS</b>	The first ingredient should be a whole grain, fruit, vegetable, dairy product, or protein food.	Ingredient
	Snacks should not contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).	Ingredient
	At least one gluten free option is provided.	Ingredient
	At least one peanut-free option is provided.	Ingredient
	At least one whole grain option is provided.	Ingredient
	<b>Calories:</b> no more than 200 calories	Nutrient
	<b>Total fat:</b> no more than 7 grams fat <i>Exemptions:</i> <ul style="list-style-type: none"> <li>• Nuts, seeds, nut butters and cheese</li> <li>• Products containing nuts or nut butters</li> </ul>	Nutrient
	<b>Saturated fat:</b> no more than 2 grams saturated fat <i>Exemptions:</i> Nuts, seeds, nut butters and cheese	Nutrient



## City of Kingston Healthy Vending Guidelines

	<b>Trans fat:</b> 0 grams trans fat	Nutrient
	<b>Sodium:</b> no more than 200 mg	Nutrient
	<b>Sugar:</b> no more than 10 grams <i>Exemptions:</i> <ul style="list-style-type: none"> <li>• Fruit and vegetable products with no added sugar</li> <li>• Yogurt: no more than 30 grams sugar per 8 ounces</li> </ul>	Nutrient
	<b>Fiber:</b> contain at least 2 grams of fiber, <i>if product is grain/potato-based (e.g. granola bars, crackers, pretzels, cookies, chips)</i>	Nutrient

BEVERAGES	Standard	Type
	Beverages will not contain low- or no-calorie sweeteners, or artificial colors or flavors.	Ingredient
	Any beverages other than water should be no larger than 12 ounces.	Ingredient
	Unsweetened 1% and nonfat milk and nutritionally equivalent non-dairy substitutes (such as soy milk) will contain less than 10 grams of total sugars.	Nutrient
	Juice options will be only 100% juice with no added sugars, preferably sold in small size portions (6 ounces)	Nutrient
	Beverages must contain $\leq 24$ calories per 8 ounces and no added sugars. <i>Exceptions:</i> <ul style="list-style-type: none"> <li>• 100% juice and unsweetened fat-free or low-fat milk</li> </ul>	Nutrient

**SPECIAL NOTE:** While not traditionally a part of vending machines, the City of Kingston would like to additionally prioritize accessibility to free, chilled, potable drinking water where possible. The City recognizes the many health benefits of drinking plain water, along with the environmental benefits of utilizing water fountains and water fill stations



# City of Kingston

## Healthy Vending Guidelines

### FOOD PRODUCTION STANDARDS

The City of Kingston recognizes the impact of our food system, including growing, processing, and distributing, on the health of our planet and equity in our communities. In order to support an equitable food system, the City prioritizes values-based food production standards, such as those as a part of the [Good Food Purchasing Program](#). For the City of Kingston, in addition to the above nutrition standards, this includes:

- **Local economics-** preference is given to locally grown or produced foods
- **Environmental sustainability-** preference is given to suppliers who adopt practices that contribute to soil health and others that achieve greenhouse gas benefits. This includes specifications such as:
  - Reduction or elimination of synthetic pesticides and fertilizers
  - Avoiding the use of hormones or antibiotics unless necessary
  - Healthy soil practices such as no-till and reduced tillage, crop rotation, etc
  - Protect and enhance wildlife habitats and biodiversity
  - Practices that avoid damaging local water and air quality
  - Sustainably sourced palm oil
  - Certification such as Fair trade or Organic
- **Racial equity-** preference is given to minority or women-owned businesses, or other social disadvantaged farmers or suppliers
- **Valued workforce-** preference is given to vendors and suppliers who respect and protect workers' rights
- **Animal welfare-** preference is given to suppliers who provide more humane care for farmed animals

### FOOD PACKAGING STANDARDS

In addition to the ingredient and nutrient standards, the City of Kingston has also prioritized Environmental Sustainability as a supportive value. This is in alignment with the City of Kingston's environmental goals and values as a Climate Smart Community as well as goals set forth in the 2010 Climate Action Plan and Climate Action Plan 2030. The latter plan sets forth direct strategies for Managing Resources Sustainably including reducing emissions associated with production, consumption and disposal of food in the City. Specific goals include making the food system more resilient and healthy, reducing waste and increasing education around better food systems, all of which are supported by this policy. *For example, where possible, when purchasing packaged products, preference will be given to products in recyclable, compostable, or biobased packaging.*



# City of Kingston

## Healthy Vending Guidelines

### SECTION 3: IMPLEMENTATION

#### PROMOTIONAL SUPPORT

In order to promote and encourage the choice of healthier options, promotional strategies will be employed, including but not limited to:

- **Pricing:** Healthier options will be sold at a price that is on average equal to or lesser than of items that do not meet the nutrition guidelines.
- **Placement:** Healthier options will be placed in the vending machines at eye level.
- **Promotion:** The City of Kingston will:
  - Promote via educational posters on or near the machine(s)
  - Share about the policy annually via social media and e-newsletter
  - Explore creating a healthy symbol for the vending machine to denote healthier options that meet this policy's criteria
- **Product:** At least 50% of the slots in both the food and beverage machines will meet the standards.

#### ROLES & RESPONSIBILITIES

##### Department of Health and Wellness

A member of the Department of Health and Wellness, such as the Creating Healthy Schools and Communities Project Manager, will be responsible for leading regular assessments of the organization's food/nutrition policy and vending machines in collaboration with the Live Well Kingston focus team, Eat Well.

##### Vendor

The following expectations will be maintained of the vendor:

- Commission rates for non-nutritious items are on average not disproportionately higher than rates for nutritious items since this could encourage favoring non-nutritious items.
- Nutritious products are kept stocked as continuously as non-nutritious products.
- The vendor will provide accurate and timely financial and inventory reports and allow periodic audits of their records related to the contract.



## **City of Kingston Healthy Vending Guidelines**

If the vendor fails to meet all minimum performance requirements, as stipulated in this policy, the organization reserves the right to establish a vendor performance improvement plan. This plan should include time-limited, incremental targets, by which the vendor can demonstrate meaningful progress towards achieving all minimum requirements as described in this issued food service contract.

### **ONGOING MONITORING, REPORTING, & EVALUATION**

#### **Annual Food & Nutrition Survey**

Annually in March, during National Nutrition Month, the project lead from the Department of Health and Wellness will conduct a Food & Nutrition Survey to collect feedback on the food & nutrition priorities and values of their community. This survey will be reviewed with the Eat Well focus team and updates to the vending machines will be made based upon any new information.

#### **Annual Vendor Audit**

In conjunction with the Annual Food & Nutrition Survey, the vendor will conduct an annual audit on all items sold throughout the year. This information, along with the survey results, will inform the project lead of any changes in the nutrition policy and/or vending machines offerings the City should make.





# City of Kingston Healthy Vending Guidelines

## SECTION 4: REFERENCES

The Healthy Vending Guidelines have been modified and developed based upon the following resources:

- [Healthy People 2030](#)
- [Heart Disease and Stroke Statistics—2021 Update: A Report From the American Heart Association](#)
- [Centers for Disease Control and Prevention. National Diabetes Statistics Report website](#)
- [Mid-Hudson Region Community Health Assessment 2022-2024](#)
- [New York State Department of Health Prevention Agenda Tracking Dashboard](#)
- [CDC Life Expectancy at Birth for U.S. States and Census Tracts, 2010-2015](#)