

*California Nutrition Network for Healthy, Active Families and the  
California 5 a Day—For Better Health Campaign*



**Joint Steering Committee (JSC)  
Local and Regional  
Policy Recommendations – 2005**



The following policy recommendations are based on the considerable work to date of the *Network* Policy Action Teams, Regional Collaboratives, Local Incentive Awardees, special projects, and the *California 5 a Day Campaigns*. On November 30, 2004, the Joint Steering Committee voted to identify their priority recommendations for promoting long-term environmental and policy change that will increase the access and availability of fruits and vegetables, physical activity and nutrition assistance programs for Food Stamp users and other low-income Californians.

**Priority Recommendations:**

1. Cities and Counties shall establish general plan and zoning policies that require and encourage the development of retail stores, farmer's markets and other sources of healthy foods in low-income African American, Latino, Asian American/Pacific Islander, and Native American communities.
2. School boards overseeing schools that participate in the child nutrition programs shall adopt Local School Wellness Policies K-12 that, at a minimum, implement and enforce nutrition and beverage standards, as defined in the California Education Code, for all foods and beverages available on school campus, and promote physical activity and increased consumption of fruits and vegetables.
3. Cities and counties shall adopt policies that require that at least fifty percent of all foods and beverages sold in vending machines and in food service venues at public facilities meet nutrition and beverage standards identified within California statute and that pricing structure is designed to encourage the purchase of healthy options.
4. School boards shall adopt policies that require the development of comprehensive Farm to School programs, which include school gardens, local purchasing of fruits and vegetables, salad bars, and comprehensive nutrition education where the school cafeteria models healthy eating.
5. School boards shall adopt policies that ensure the implementation of active, structured, age-appropriate, noncompetitive physical education/activity K-12 using the state required state time recommendations and appropriate facilities and equipment.
6. School boards shall adopt policies ensuring full participation in federal nutrition programs, including National School Lunch, School Breakfast, Summer Lunch, and the After School Snack programs.

## **Additional Recommendations:**

### **Access to Healthy Foods:**

1. Locally administered health plans shall adopt policies that establish practice standards and incentives to healthcare providers that promote fruit and vegetable consumption, increased physical activity, and participation in federal nutrition programs.
2. Cities and counties shall introduce zoning and planning policies that maximize access to healthy foods and establish restrictions on the density and location of fast food in low-income communities.
3. Cities and counties shall adopt zoning ordinances supporting community gardens and farmer's markets in low-income communities.
4. Cities and counties shall adopt policies that require local health departments to grade the nutritional quality of foods, including fruits and vegetables, and beverages sold in retail food establishments.
5. Cities and counties shall adopt local ordinances that promote outdoor advertising of healthy foods, including fruits and vegetables, and restrict outdoor advertising of unhealthy foods and beverages.
6. Cities and counties shall adopt policies that promote increased consumption of healthy foods, including fruits and vegetables, by requiring nutrition labeling in restaurants.
7. School boards shall adopt policies that establish schools as junk food and beverage advertising-free zones.

### **Physical Activity:**

8. School boards shall adopt policies that ensure that school facilities, especially in low-income neighborhoods, are available for after school programs and community use on evenings and weekends for programs that promote nutrition and physical activity.
9. Cities and counties shall adopt zoning ordinances that require sidewalks and bike paths, and establish safe routes to schools and safe routes to food, especially in low-income communities.
10. Cities and counties shall adopt policies that improve neighborhood safety by making street improvements and that ensure adequate lighting for streets, parks, and recreation facilities in low-income communities.
11. Cities and counties shall adopt policies that improve the availability of public transportation in low-income communities to increase access to healthy food and physical activity opportunities.
12. School boards shall adopt policies that require the incorporation of comprehensive, grade specific nutrition and physical activity education standards into their core curriculum for all students K-12.

### **Food Assistance Programs:**

13. Counties shall adopt policies that require local social service agencies to establish customer service standards for the Food Stamp program to increase enrollment and participation.
14. Cities and counties shall adopt policies that require and encourage all certified farmer's markets, particularly in low-income communities, to accept Electronic Benefit Transfer cards for the Food Stamp program.
15. Cities and counties shall adopt policies requiring that agencies under their jurisdiction, including local parks and recreation departments, administer and promote the federal nutrition programs.
16. School boards shall adopt policies to offer breakfast where it is not currently available, and, where breakfast is already available, establish policies to increase participation through requirements for universal free breakfast and second chance breakfast.
17. School boards shall adopt policies that require all schools, where 85% or more of the children are at 185% of Federal Poverty, to utilize the Provision 2 option to provide all children with National School Lunch and School Breakfast.
18. Counties shall adopt policies that require local social service agencies to provide schools with the necessary data to ensure eligible children are automatically enrolled in the Child Nutrition Programs, without requiring parents to complete paperwork.