



EXECUTIVE ORDER

No. 2018-001

HEALTHY VENDING POLICY ON BALTIMORE COUNTY PROPERTY

WHEREAS, Baltimore County, Maryland recognizes the importance of creating a culture of good health within its workforce; and

WHEREAS, Baltimore County, Maryland is aware of the epidemic of obesity among its residents, putting them at increased risk for heart disease, stroke, diabetes, and orthopedic problems and dramatically driving up healthcare costs; and

WHEREAS, eating nutritious foods only in quantities that meet energy needs can reduce risk for many chronic diseases including heart disease, and can promote wellness; and

WHEREAS, county employees generally spend at least one-third of their day at work and consume meals, snacks and beverages during that time, often purchasing them from vending machines that currently contain items that are high in sugar, saturated fat and sodium and low in nutritional value; and

WHEREAS, Baltimore County, Maryland is committed to creating a healthy environment for its workforce, one in which a healthy choice is the easy choice,

NOW, THEREFORE, it is this 1st day of May 2018, by the County Executive of Baltimore County, Maryland, ordered that:

1. The Baltimore County Health Officer will be responsible for establishing, reviewing and making any necessary changes to Baltimore County's Healthy Vending Nutritional Standards based on advancements in nutrition science, dietary data, and new product availability. These standards shall be consistent

with or stronger than those developed by the American Heart Association or by the United States Department of Health and Human Services/General Services Administration. Not more than five years after execution of this Executive Order and not more than every five years thereafter, the nutritional standards will be reviewed and, if necessary, amended.

2. 100 % of all food and beverage items available for purchase from a vending machine controlled under Baltimore County's vending services master agreement, must meet the nutritional standards established by the Baltimore County Health Officer.
3. All vending machine fronts must indicate that all selections in the machine are healthy products.
4. The Baltimore County Health Officer will be responsible for oversight and will provide an implementation guide and technical assistance to help implement this policy.
5. After the Baltimore County Health Officer issues Baltimore County's Healthy Vending Nutritional Standards, the County Purchasing Agent shall implement the standards by ensuring that its contracts with food vending machine providers comply with the standards. The County shall use all available remedies within existing law and its contracts to ensure that the food choices offered by food vending machine providers comply with the standards.
6. Beginning July 1st of 2019, and every two years thereafter, the County Health Officer shall prepare a report on the status of implementation. The report shall include: an assessment of compliance with the nutritional standards; a list of successes, challenges, and barriers experienced in implementation of this Executive Order; and recommendations for improvement of the nutritional standards and compliance. The report will be submitted to the County Executive and the County Council and any other appropriate governmental body such as a food policy council or a worksite wellness taskforce.

This Executive Order shall take effect on the day it is signed by the County Executive and shall continue in effect until changed by another Executive Order.

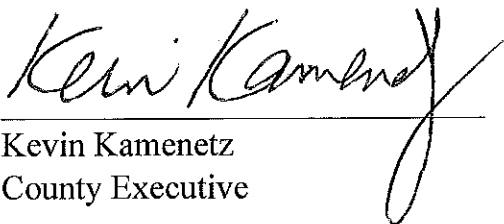
ATTEST:



Gregory Wm. Branch, M.D., MBA, CPE, FACP
Director and Health Officer

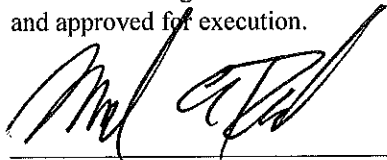


Fred Homan
County Administrative Officer



Kevin Kamenetz
County Executive

Reviewed for legal form and sufficiency
and approved for execution.



Office of Law

4/30/18

Date



KEVIN KAMENETZ
County Executive

KEITH DORSEY, *Director*
Office of Budget and Finance

Healthy Vending Guidelines

1. Snack Guidelines:

1.1 No more than 200 calories per package

1.1.1 Additionally, 50% of the snacks offered in a machine must be ≤ 150 calories per package

1.2 No more than 35% of calories from total fat per package

1.2.1 Nuts, seeds, nut/seed butters, and reduced fat cheese are exempt from the total fat standard sweeteners or fats are exempt from the total fat standard

1.2.2 Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard (nuts and/or seeds roasted in oils are not exempt)

1.2.3 Combination products are not exempt and must meet all the nutrient standards

1.3 No more than 10% of calories from saturated fat per package

1.3.1 Reduced fat cheese (including part-skim Mozzarella) is from the saturated fat standard

1.3.2 Nuts and seeds and nut/seed butters are exempt from the saturated fat standard

1.3.3 Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard (nuts and/or seeds roasted in oils are not exempt)

1.3.4 Combination products are not exempt and must meet all the nutrient standards

1.4 Zero grams of trans fat per item (≤ 0.5 gram per portion)

1.5 No more than 35% total weight of item (per package) from sugar and caloric sweeteners

- 1.5.1 Dried whole fruits or vegetable, dried whole fruit or vegetable pieces, and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard
 - 1.5.2 Products consisting of only exempt dried fruit with nuts, and /or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard (nuts and/or seeds roasted in oils are not exempt)
- 1.6 No more than 200 mg sodium per item (prepackage)
- 1.7 For grain products, items must contain at least 50% whole grains by weight or have whole grains as the first ingredient.
- 1.8 For non-grain products the first ingredient must be one of the main food groups: fruits, vegetables, dairy, or proteins (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or be a combination food that contains at least 3/4 cup of fruits and/or vegetables
- 1.9 Sugar free chewing gum is exempt
- 2. Beverage guidelines:
 - 2.1 Plain water or plain carbonated water (no size limit)
 - 2.2 Low fat (1%) milk and/or nutritionally equivalent milk alternative (soy/rice), unflavored
 - 2.3 Non-fat milk and/or nutritionally equivalent milk alternatives (soy, rice), flavored or unflavored
 - 2.4 100% fruit/vegetable juice
 - 2.5 100% fruit/vegetable juice diluted with water (with or without carbonation), with no added sweeteners
 - 2.6 Diet teas, diet soda, and other low calorie beverages (less than 40 calories per 8 fluid ounces)
- 3. Entrée guidelines: Entrée is defined as a food generally regarded as being the primary food in a meal and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza
 - 3.1 No more than 400 calories per entrée
 - 3.2 No more than 35% of calories from fat (less than or equal to 15 gm. for a 400 calorie item)
 - 3.3 No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale)

- 3.4 No trans fat
 - 3.5 No more than 35% of total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats
 - 3.6 No item should have more than 480 mg. of sodium per serving of entrée and at least 35% of the offered entrees should have less than 225 mg. of sodium per serving
 - 3.7 At least 50% of the grain ingredients by weight should be whole grain or whole grain should be the first ingredient
4. Any item perceived as unhealthy or not following the guidelines may be requested to be removed.