

CHLA	HOSPITAL POLICY AND PROCEDURE MANUAL			
	SUBJECT: Nutritional Food Standards			
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PURPOSE:

To provide guiding principle for food and food services at Children’s Hospital Los Angeles

POLICY:

Children’s Hospital Los Angeles is dedicated to providing an environment that models and supports the health and well-being of patients, employees, and visitors. In order to achieve this goal, all aspects of food services require provision of healthy options. Food services include, but are not limited to: patient food service, HBO café, Vending, and Catering. It is not the intent of this policy to dictate what individuals bring to the CHLA campus to eat or drink, but simply to assure that healthy options are available to our customers.

PROCEDURE:

A: Patient food service requirements:

1. Offers a menu of numerous healthy options in age appropriate portions available during operating hours.
2. Offer a variety of after-hours meals and snacks that are healthy, as defined by the National School Lunch and School Breakfast Nutrition Standards, via the house supervisor or stocked on the nursing units.
3. Guest trays from the patient menu will be available to families for a nominal expense.

B: HBO Café requirements:

1. Provides options for employees and guests to support choice and promote healthy options.
2. At least 50% of the options for purchase will be healthy, according to the Los Angeles County Department of Public Health’s Concession Nutrition Standards.
3. At least one food entrée per meal service not meeting the Concession Nutrition Standards shall be offered in a reduced-size portion¹ at a reduced price.
4. At least one vegetarian food entrée shall be offered per meal service.
5. Utilize low fat food preparation methods² as appropriate.
6. No more than one deep-fried main dish/entrée option should be offered per day.
7. Hydrogenated fats and oils shall not be used in food preparation.
8. Operate a self-service salad bar during lunch on all days of operation.
9. Bottled water must be available as a beverage option.
10. Provide access to fresh, cold tap water at no cost.

¹ Reduced-size portions are at least 1/3 smaller than the full-size item and are offered in addition to the full-size versions.

² Low fat food preparation methods include broiling, grilling, baking, poaching, roasting and steaming.

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11. The size of all fountain drinks shall not exceed 20 ounces per container.
12. Combination meals³ shall offer, as an alternative, bottled water as a beverage option and fresh fruit or a non-starchy vegetable⁴ prepared without fat or oil as a side option.
13. Seasonal fruits and vegetables shall be sourced and locally grown⁵ foods shall be purchased.
14. Implement the Los Angeles County Department of Public Health’s Sodium Reduction Plan.
15. Healthy option items should be positioned prominently in the cafeteria and be easily accessible for customers.
 - a. Only display food and beverage items meeting Concession Nutrition Standards, including healthy snacks and water, within five feet of all checkout registers in HBO Café and three feet of all checkout registers in Simply to Go/Walgreens Family Pantry.
 - b. Candy bars, cookies, chips and sugar-sweetened beverages⁶ shall be removed from checkout register area or at point-of-purchase.
 - c. Fresh fruit shall be displayed within reach of the checkout register.
 - d. Only healthy beverages shall be displayed in eye-level sections of beverage cases.
 - e. Only healthy snacks/desserts shall be displayed in eye-level sections of display areas.
 - f. Healthy entrées and side items shall be placed at the front of each food service area.
16. Provide signage to indicate Nutrition Facts at each food station.
17. Menus shall list the nutritional information for each item in accordance with the federal menu labeling requirements.^{7,8}
 - a. All items available in cafeterias must be labeled with calories per serving as sold (or calories per measure provided for salad bar-type service).
 - b. Calorie labeling must be displayed at the point of choice in a clear and conspicuous manner on the menu board, or if menu boards are not available, labeling must be prominently posted on signs adjacent to the food items or menus.
 - c. Exceptions to this standard are items not listed on a menu or menu board such as condiments and other items placed on the table for general use; daily specials; temporary menu items appearing on the menu for less than 60 days; and custom orders.
18. Provide signage indicating healthy choices with color coded system identifying healthy options.
19. Provide signage indicating availability of fresh, cold tap water at no charge shall be placed at

3 Combination meals consist of an entrée plus a side option and/or beverage.

4 Starchy vegetables include potatoes (excluding sweet potatoes and yams), corn, and peas.

5 Locally grown is defined by the Los Angeles Food Policy Council as within a 200 mile radius of Los Angeles.

6 Sugar-sweetened beverages include all sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.

7 Set forth by the Patient Protection and Affordable Care Act of 2010. Requirements were extracted from the Health and Sustainability Guidelines for Federal Concessions and Vending Operations developed by the Health and Human Services (HHS) and General Services Administration (GSA).

8 A prominent statement regarding the availability of additional nutrition information available must be placed on the menu or menu board in written form, on request. Additional nutritional information must be made available in written form, on request. The nutrition information that must be available in written form to consumers upon request includes: the total number of calories derived from any source, the total number of calories derived from the total fat, total fat, saturated fat, cholesterol, sodium, total carbohydrate, sugars, dietary fiber, and total protein.

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fountain drink machine or hydration station.

20. Provide pricing incentives for healthy foods using comparable foods (i.e.: hamburger and turkey burger), adjust prices to reflect at least a 15% price difference between the two items. Employee discount will be applied to these purchases as well.
21. Kiddo meals, a low cost healthy meal, will be offered as a healthy affordable option for families.
22. Food service is required to submit Sodexo Goal Check of all food outlets, including nutrient analysis of menu items, to CHLA's Wellness Coordinator quarterly to confirm adherence.

C. Vending requirements:

1. Offers 80% of snacks and food that meet healthy criteria established by the County of Los Angeles Vending Machine Nutrition Policy. Vending machines shall offer foods that meet the following guidelines for an individually sold snack.
 - a. No more than 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale).
 - b. No more than 10% of its calories from saturated fat (excluding eggs and cheese packaged for individual sale).
 - c. No more than 20% of calories from sugar (excluding fruits and vegetables).
 - d. No more than 250 calories per individual food item or packaged if a pre-packaged item.
 - e. No more than 200 mg of sodium per individual food item or packaged if a pre-packaged item.
 - f. Does not contain trans fats added during processing (hydrogenated oils and partially hydrogenated oils).
 - g. At least 2 grams of dietary fiber per individual food item or package if a pre-packaged item, if the food item is grain/potato based.
 - h. Half of all grain offered must be whole grain.

2. Offers 80% of beverages that meet healthy criteria established by the County of Los Angeles Vending Machine Nutrition Policy.
 - a. Drinking water (including carbonated water products).
 - b. Fruit-based drinks that are at least 50% vegetable juice without added sweetener and no more than 230 mg of sodium per serving.
 - c. Milk products, including 2%, 1%, non-fat, soy, rice and other similar non-dairy milk without added sweeteners.
 - d. Sugar-sweetened or artificially sweetened beverages that do not exceed 25 calories per 8 ounces.

D. Sugar-Sweetened Beverage requirements:

1. Beverages sweetened with sugar, in its many forms, are not sold or made available at functions

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sponsored by Children’s Hospital Los Angeles. Alternative choices include: water, unflavored fat-free milk, zero or low-calorie drinks (less than 40 calories per 8 ounce serving), diet drinks, and unsweetened tea and coffee.

2. Sugar-sweetened beverages will only be available when clinically indicated in patient care areas.
3. HBO Café: Require beverages meet the following nutrition standards:
 - a. Drinking water (including carbonated water products).
 - b. 100% fruit juice without added sweeteners.
 - c. 100% vegetable juices labeled as “low sodium.”
 - d. Milk products, including 1%, non-fat, soy, rice and other non-dairy milk without added sweeteners.
 - e. Sugar-sweetened⁹ or artificially sweetened beverages that do not exceed 40 calories per 8 ounces.
4. HBO Café: Sugar-sweetened beverages exceeding 40 calories per 8 ounces serving comprise no more than 20% of all beverages and will only be offered as bottled products.
5. HBO Café: Fountain drinks will exclude sugar-sweetened beverages.
 - a. Provide signage by fountain drinks indicating health benefits of limiting sugar-sweetened beverages.

F. Catering requirements:

1. Catering services (both internal and external) offered at hospital-sponsored functions will provide healthy foods and beverages in support of the hospital’s efforts to help employees prevent disease and attain optimum health.
2. Exemptions include:
 - a. Food provided through staff’s personal funds, such as potlucks and fundraisers.
 - b. Events where guests dine at a restaurant and select directly from a menu or buffet. In this case, efforts should be made to host such events at establishments that offer healthy choices.
3. Internally-catered events will include:
 - a. Catering menus shall offer healthy options that comply with DPH Concession Nutrition Standards.
 - b. Dessert plates that include a fresh fruit plate and healthy portions.
 - c. Beverages that do not include sugar-sweetened options.
 - d. Staff meetings conducted on site will include training tools to support healthy meeting environments.

⁹ Sugar-sweetened beverages include all sodas, fruit drinks, sport drinks, low-calorie drinks and other beverages that contain added caloric sweeteners, such as sweetened tea, rice drinks, bean beverages, sugar cane beverages and nonalcoholic wines.

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E. Monitoring and Evaluation

1. CHLA's Wellness Coordinator will monitor adherence with the above nutrition policies and report the results semi-annually to Food Service Management and Executive Leadership. CHLA will utilize existing evaluation tools to assess food environments such as the Los Angeles County Department of Public Health.
2. The Nutritional Food Standards Policy will be automatically reviewed every three years.

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Attachments:

- Healthy Hospital Initiatives
- Los Angeles County Department of Public Health’s Concession Nutrition Standards
- Los Angeles County Department of Public Health’s Sodium Reduction Plan
- Los Angeles County Department of Public Health’s Vending Machine Nutrition Policy
- Sodexo Goal Check Sheet

REVIEWED BY:

- Executive Leadership
- Sodexo Management
- Diabetes and Obesity Center Leadership
- CS Councils: Recruitment and Retention Council, Quality Council, and Clinical Councils
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