



Sunday Streets Guidelines for Sampling 2018

The City and County of San Francisco has been spending significant time and resources addressing the obesity and concordant chronic disease epidemic. Sugar sweetened beverages have been scientifically linked to weight gain, to that end, in keeping with those efforts and the goal that Sunday Streets creates a healthy environment, we have adopted a policy that promotes sampling of healthy food and beverages; specifically disallowing the provision of calorically sweetened beverages. Sunday Streets is a partner in the Dept. of Public Health's "Healthy Eating Active Living (HEAL)" Legislation.

The American Heart Association recommends daily intake of added sugars among adult men is limited to 9 teaspoons and for women to 6 teaspoons.

**For reference, one 12-oz can of soda (Coca-Cola) contains approximately 9 teaspoons of sugar.

Recommended daily allowance for *added* sugars for adults

Men	Women
9 teaspoons	6 teaspoons

Beverages*

In accordance with HEAL legislation, as of "July 1st, 2015 no City contractor or grantee will be allowed to sell or provide Sugar-Sweetened Beverages, in any form."

- Preference to vendors providing water
- No beverages with added sweeteners
- If natural sugar content is high, limit provision of beverages to samples (i.e. not whole cans/bottles; 2-3 oz size cups)

**A "Sugar-Sweetened Beverage (SSB)" is any nonalcoholic beverage sold for human consumption that has one or more added caloric sweeteners and contains more than 25 calories per 12 ounces.

Food*

Based on city vending machine recommendations, these guidelines are being recommended for vendors sampling at Sunday Streets:

- No more than 35% of its calories from total fat (with the exclusion of nuts and seeds),
- No more than 10% of its calories from saturated fat,
- No more than 35% sugar by weight (with the exclusion of fruits and vegetables).
- It is also recommended that food items contain no trans fats.

*All nutrition content for food or beverage sampling must be submitted to Sunday Streets at least three weeks prior to each event in order to receive DPH approval and begin the food permit process.