



County of Los Angeles  
**CHIEF ADMINISTRATIVE OFFICE**

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DAVID E. JANSSEN  
Chief Administrative Officer

May 4, 2004

To: Michael D. Antonovich  
Supervisor, Fifth District  
From: *David E. Janssen*  
David E. Janssen  
Chief Administrative Officer

Board of Supervisors  
GLORIA MOLINA  
First District

YVONNE BRATHWAITE BURKE  
Second District

ZEV YAROSLAVSKY  
Third District

DON KNABE  
Fourth District

MICHAEL D. ANTONOVICH  
Fifth District

**LOS ANGELES COUNTY TASK FORCE ON NUTRITION**

As instructed in your memo of November 25, 2003, this serves to provide you with the responses my office gathered regarding the feasibility of County departments implementing the Los Angeles County Task Force on Nutrition's Nutritional Guidelines (Guidelines). The Guidelines were distributed to 44 County departments/entities of which 36 responses were received as outlined in Attachment A.

Also attached please find a matrix of the compiled responses (Attachment B). Most departments/entities stated that the Guidelines do not apply to them because their facilities do not include cafeterias or eating facilities. Departments overseeing nutrition programs addressed the nutritional well-being of their clients and employees as well as the fiscal well-being of the County in their responses. Some departments stated that they would distribute the Guidelines, if approved by the Board, using departmental newsletters, Websites, and other means of communications at their disposal.

It is important to note that implementation of the Guidelines by departments would appear to impact County clients more so than employees. County employees would be more directly impacted by my office's Real Estate Division, which is responsible for overseeing concession food services and vending machine contracts for the County.

If you have any questions, please contact me or your staff may contact Michael D. Castillo of my staff at (213) 974-4652 or [mdcastil@cao.co.la.ca.us](mailto:mdcastil@cao.co.la.ca.us).

DEJ:LS  
KS:CP:MDC

Attachments

c: Ressie Roman

**County Departments/Entities  
Receiving/Responding to Nutritional Guidelines Inquiry**

√	Sheriff's Department
√	Affirmative Action Compliance, Office of
√	Agricultural Commission
√	Alternate Public Defender
√	Animal Care and Control, Department of
√	Arts Commission
√	Assessor
√	Auditor-Controller
√	Beaches and Harbors, Department of
	Board of Supervisors, Executive Office of
√	Chief Information Office (CIO)
√	Chief Administrative Office-Real Estate Division (CAO-RED)
√	Child Support Services Department
√	Children and Family Services, Department of (DCFS)
√	Community and Senior Services, Department of (DCSS)
√	Community Development Commission / Housing Authority (CDC)
√	Consumer Affairs
√	Coroner, Department of
	County Counsel
√	District Attorney
√	Fire Department
√	Health Services, Department of (DHS)
√	Human Relations Commission
√	Human Resources, Department of (DHR)
√	Internal Services Department (ISD)
	Local Agency Formation Commission
√	Los Angeles County Employees Retirement Association (LACERA)
√	Mental Health, Department of (DMH)
	Military and Veterans Affairs
√	Museum of Art
√	Museum of Natural History
	Office of Public Safety
	Office of Small Business

County Departments/Entities  
Receiving/Responding to Nutritional Guidelines Inquiry

√	Ombudsman
√	Parks and Recreation, Department of (Parks & Rec.)
	Probation Department
√	Public Defender
√	Public Library (Libraries)
√	Public Social Services, Department of (DPSS)
√	Public Works, Department of (DPW)
√	Regional Planning
√	Registrar-Recorder
	Superior Court
√	Treasurer and Tax Collector

# LOS ANGELES COUNTY TASK FORCE ON NUTRITION RECOMMENDED NUTRITIONAL GUIDELINES CONSOLIDATED DATA COLLECTION MATRIX

May 4, 2004

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / FEEDBACK
<p>1. Use fresh whole foods as close to their natural state as possible:</p>	<p><b>Auditor-Controller:</b> Not applicable.  <b>Office of Affirmative Action Compliance:</b> Not applicable.  <b>Agricultural Commission:</b> Not applicable.  <b>Alternate Public Defender:</b> Not applicable.  <b>Animal Care &amp; Control:</b> Not applicable.  <b>Arts Commission:</b> Not applicable.  <b>Assessor:</b> Department will periodically include in the department's newsletter, "The Valuator," health articles such as healthy eating habits, food preparation tips, healthy recipes, how to read food labels, etc., and arrange for a farmer's market to frequently come to the work location to sell fresh fruits and vegetables.  <b>Beaches &amp; Harbors:</b> Not applicable.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.  <b>DCFS:</b> Department will promote the recommended Nutritional Guidelines during nutrition education provided to Foster and Relative Caregivers and DCFS staff at Foster Parent Conferences and staff in-services per agreement with DHS Nutrition Program.  <b>DHR:</b> Not applicable.  <b>DMH:</b> If Guideline is approved by the Board, Department will provide it to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.  <b>DPSS:</b> Not applicable.  <b>Fire Department:</b> Employees advised as part of a Nutrition Education program.</p>	<p><b>Agricultural Commission:</b> Nutritional Guidelines Board.  <b>Assessor:</b> Create a basis for distribution and offer free classes and nutrition topics.  <b>CDC:</b> If approved provide educational materials in conjunction with our on Nutrition and Health materials will be distributed for employees and in visitors. The CDC participation in "Well Meetings are held response applies to  <b>Consumer Affairs:</b> the Guidelines on approved/adopted.  <b>Coroner:</b> Department facilities of any kind.  <b>District Attorney:</b> personnel or maintain  <b>DHR:</b> The Department service activity and The Department education program called "Healthy Choices" program (t 12 Noon in Room B will be titled "Supern</p>

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	<p><b>Human Relations Commission:</b> Not applicable.</p> <p><b>ISD:</b> Not applicable; cafeteria in Downey location is run by Probation Department. The catering truck that comes to East Los Angeles office is contracted by CAO.</p> <p><b>LACERA:</b> Not applicable.</p> <p><b>Libraries:</b> Department not involved in food preparation.</p> <p><b>Military &amp; Veterans' Affairs:</b> Not applicable.</p> <p><b>Museum of Art:</b> Not applicable.</p> <p><b>*Ombudsman:</b> As part of the department's Wellness Program, the Wellness Coordinator provides a goody basket (mini-boxes of raisins, fresh fruit, sun dried fruit, non-fat/low fat roasted or baked snacks, etc.) for all staff to enjoy on a daily basis.</p> <p><b>Parks &amp; Rec.:</b> In part, because of our Healthy Parks Program, staff has been trained to personally make healthier food choices; and encouraged to make those choices when providing food for meetings and/or programs offering food. Parks serving summer lunches and offering senior meals follow strict USDA guidelines for nutritional standards as part of the program requirements. Our staff works the summer lunch programs, and the senior meals are contracted out, but both follow the same standard requirements.</p> <p><b>Public Defender:</b> Not applicable.</p> <p><b>Regional Planning:</b> Not applicable.</p> <p><b>Registrar-Recorder:</b> Not applicable.</p> <p><b>Treasurer &amp; Tax Collector:</b> Not applicable.</p>	<p>the recommended Nutrition Guidelines, it will promote the use of fresh and seasonal foods instead of packaged and pre-processed foods.</p> <p><b>DMH:</b> Omit "as close to their natural state as possible" as this is not doable.</p> <p><b>Parks &amp; Rec.:</b> We have found that offering nutrition training to in-house staff, even though they are not usually meal providers, has made a difference in their own personal nutrition choices. Staff have expressed satisfaction in having more education on nutrition, and have taken that knowledge to share with participants in park programs, their families, and friends. These are not isolated incidents, and the Healthy Parks mentality is spreading through our staff to their families, and communities where children and families are served.</p> <p><b>Registrar-Recorder:</b> Since the Department does not have food handling facilities, the recommended Guidelines will be presented to staff.</p> <p><b>Sheriff's Department:</b> Please elaborate on the word "natural." If that implies "organic", then the County cannot sustain the additional cost.</p>
<p>a. Use fresh, seasonal vegetables and fruits.</p>	<p><b>**CAO-RED:</b> The recommended guidelines are followed if employees and members of the public purchase the items as prepared and/or provided. Concessionaires adjust the method of preparation and the type of menu items that are provided as the vendors are under contract to meet the food selection choices of the employees and members of the public. In addition, the cost element of implementing these guidelines is a factor as cafeteria vendors are also required to maintain their menu prices within a reasonable amount.</p> <p><b>***DCSS:</b> We use fresh seasonal fruits and vegetables as frequently as possible.</p>	<p><b>CAO-RED:</b> Target audience should be expanded to include entire County workforce as the vast majority of employees do not eat at County cafeterias. Such operations, unlike County institutions (juvenile halls, jails, etc.), do not have the ability and control to prepare and provide a food menu of their choice. Education is recommended to reach and inform employees regarding the benefits of healthy eating. Cafeteria concessionaires are prepared to provide a healthy menu if the employees and members of the public are willing to buy such items.</p> <p><b>DHS:</b> Use of canned and frozen fruits and vegetables</p>

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
	<p><b>Parks &amp; Rec.:</b> Guideline is encouraged within Department and its programs.</p> <p><b>Public Works:</b> Fresh fruits and vegetables are currently available on a daily basis.</p>	<p>are an excellent source and can help to keep food costs down.</p> <p><b>DMH:</b> Highly recommend.</p> <p><b>Parks &amp; Rec.:</b> What might help staff to make healthier food choices at work and in their own lives, and to pass on that knowledge on to others, is to have informational posters placed in eating areas at work sites that state various simple and easy messages that support positive nutrition choices. Also, having those same posters placed in recreation program areas at parks, in appropriate languages, may help to reach others who participate in our programs. Information is power and we need to empower people to be able to make more positive healthy lifestyle choices.</p> <p><b>Sheriff's Department:</b> Fresh fruits are the primary ingredient in "Pruno." Pruno is homemade liquor made by and consumed by inmates; one of the main ingredients is fresh fruit. Many incidences of violence at correctional facilities are attributed to the consumption of Pruno. We do serve five (5) servings of fresh fruits or vegetables per day and serve vegetables instead of fresh fruit when possible to minimize the possibilities of the creation of Pruno. Guidelines already established by the California Code of Regulations (CCR), Title 15. (CCR, Title 15 can be found at <a href="http://www.bdcorr.ca.gov">www.bdcorr.ca.gov</a>.)</p>
<p>b. Limit use of canned and other processed foods.</p>	<p><b>***DCSS:</b> We use fruit canned in its own juice and some canned vegetables as appropriate.</p> <p><b>Parks &amp; Rec.:</b> Guideline is encouraged within Department and its programs.</p> <p><b>Public Works:</b> All entrées are freshly prepared from scratch. Canned and other processed foods are utilized on a very minimal basis.</p> <p><b>***Sheriff's Department:</b> When feeding 17,000-18,000 inmates per day, canned products are a necessity.</p>	<p><b>DHS:</b> Use of canned and frozen fruits and vegetables are an excellent source and can help to keep food costs down.</p> <p><b>DMH:</b> Add "as much as possible" to the end of the sentence.</p> <p><b>Parks &amp; Rec.:</b> It might be beneficial to work with high-level department staff across the County, encouraging them to support these guidelines for in-house staff meetings, trainings, and other gatherings with their own employees, thus spreading the healthy message through their actions. This has made a difference in our own Department in how we now host meetings.</p>

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
<p>2. Use healthful oils and fats:</p>	<p><i>Auditor-Controller:</i> Not applicable.  <i>Office of Affirmative Action Compliance:</i> Not applicable.  <i>Agricultural Commission:</i> Not applicable.  <i>Alternate Public Defender:</i> Not applicable.  <i>Animal Care &amp; Control:</i> Not applicable.  <i>Arts Commission:</i> Not applicable.  <i>Assessor:</i> Same response with regard to implementation as listed above for Guideline 1.  <i>Beaches &amp; Harbors:</i> Not applicable.  <i>CIO:</i> Not applicable.  <i>Consumer Affairs:</i> Not applicable.  <i>Coroner:</i> Not applicable.  <i>Child Support Services:</i> Not applicable.  <i>District Attorney:</i> Not applicable.  <i>DCFS:</i> See response for Guideline 1.  <i>***DCSS:</i> We serve low fat meals, containing 30% to 35% maximum calories from fat.  <i>DHR:</i> Not applicable.  <i>DMH:</i> If Guideline is approved by the Board, Department will provide it to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.  <i>DPSS:</i> Not applicable.  <i>Fire Department:</i> Employees advised as part of a Nutrition Education program.  <i>Human Relations Commission:</i> Not applicable.  <i>ISD:</i> See response for Guideline 1.  <i>LACERA:</i> Not applicable.  <i>Libraries:</i> Department not involved in food preparation.  <i>Military &amp; Veterans' Affairs:</i> Not applicable.  <i>Museum of Art:</i> Not applicable.  <i>Parks &amp; Rec.:</i> Guideline, and sub-Guidelines a-e, are encouraged within Department and its programs.  <i>Public Defender:</i> Not applicable.  <i>Regional Planning:</i> Not applicable.</p>	<p><i>Sheriff's Department:</i> In an institutional environment where one facility alone prepares enough food to feed 12,000 inmates, efficiency and cost are large factors.  <i>Assessor:</i> See response for Guideline 1.  <i>Fire Department:</i> Include fish oil.</p>

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	<p><i>Registrar-Recorder</i>: Not applicable.  <i>Treasurer &amp; Tax Collector</i>: Not applicable.</p>	
<p>a. Use natural monounsaturated and polyunsaturated oils.</p>	<p>***<b>DCSS</b>: We encourage use of monounsaturated and polyunsaturated oils.  <b>Public Works</b>: We currently use soybean oil.  ****<b>Sheriff's Department</b>: Monounsaturated fats are cost prohibitive. Polyunsaturated fats are currently used.</p>	<p><b>DMH</b>: Add "as much as possible" to the end of the sentence.</p>
<p>b. Eliminate hydrogenated, including partially hydrogenated, oils, and fats.</p>	<p>***<b>DCSS</b>: We use these products occasionally, but not frequently.  <b>Public Works</b>: Soybean oil is currently used on a daily basis. Margarine is available for employees to add to their food items.  ****<b>Sheriff's Department</b>: This would raise the overall cost of food because these oils are found in all pre-prepared foods unless they are organic. Organic food would not be cost beneficial to the County.</p>	<p><b>DCSS</b>: Suggest using "limit" instead of "eliminate."  <b>DMH</b>: Replace "eliminate" with "use less",  <b>Sheriff's Department</b>: To "eliminate" would remove all purchased pre-prepared products.</p>
<p>c. Eliminate foods high in trans-fatty acids, as produced by artificial hydrogenation of oils.</p>	<p>***<b>DCSS</b>: Some of our programs use margarine; one teaspoon per person if bread is on the menu. We encourage use of margarine free of trans-fatty acids.  <b>Public Works</b>: These types of foods are currently available to employees on a limited basis and are in the form of pre-packaged foods such as potato chips, etc.  ****<b>Sheriff's Department</b>: Same response with regard to implementation as listed above for Guideline 2b.</p>	<p><b>DCSS</b>: Special margarines are more expensive.  <b>DHS</b>: May be difficult to ascertain this information until labeling takes effect. An expert review of the ingredients may be necessary to obtain this information until that time.  <b>DMH</b>: Replace "eliminate" with "use less".  <b>Fire Department</b>: Include fish oil.</p>
<p>d. Eliminate deep fat frying.</p>	<p>***<b>DCSS</b>: Most of our programs do not have deep fat fryers. Projects may use deep fat fried foods on special occasions.  <b>Public Works</b>: Fried foods are currently available to employees on a limited basis. French fries and onion rings are available daily. Occasionally fried chicken and fish patties are available as one of our entrée choices.  ****<b>Sheriff's Department</b>: Some products currently purchased are pre-fried. They are kept to a minimum but cannot be eliminated without adding more expensive items to the menu.</p>	<p><b>DCSS</b>: Suggest using "limit" instead of "eliminate".  <b>DMH</b>: Replace "eliminate" with "use less".  <b>Sheriff's Department</b>: The decision to "eliminate" deep fat frying is extreme. Each department's nutritionist evaluates this need.</p>
<p>e. Limit use of saturated fats.</p>	<p>***<b>DCSS</b>: We limit use of saturated fats.  <b>Public Works</b>: This type of fat is not currently used in food preparation; however, butter is available for employees to add to their food items.</p>	



RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
<p>3. Use less sugar:</p>	<p>****<i>Sheriff's Department</i>: Saturated fats are already used on a limited basis.</p> <p><i>Auditor-Controller</i>: Not applicable.</p> <p><i>Office of Affirmative Action Compliance</i>: Not applicable.</p> <p><i>Agricultural Commission</i>: Review snack stands for healthier choices.</p> <p><i>Alternate Public Defender</i>: Not applicable</p> <p><i>Animal Care &amp; Control</i>: Not applicable</p> <p><i>Arts Commission</i>: Not applicable</p> <p><i>Assessor</i>: See response for Guideline 1.</p> <p><i>Beaches &amp; Harbors</i>: Not applicable.</p> <p><i>CIO</i>: Not applicable.</p> <p><i>Consumer Affairs</i>: Not applicable.</p> <p><i>Coroner</i>: Not applicable.</p> <p><i>Child Support Services</i>: Not applicable.</p> <p><i>District Attorney</i>: Not applicable.</p> <p><i>DCFS</i>: See response for Guideline 1.</p> <p><i>DHR</i>: Not applicable.</p> <p><i>DMH</i>: If Guideline is approved by the Board, Department will provide it, excluding sub-Guidelines 3e and 3h, to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.</p> <p><i>DPSS</i>: Not applicable.</p> <p><i>Fire Department</i>: Employees advised as part of a Nutrition Education program.</p> <p><i>Human Relations Commission</i>: Not applicable.</p> <p><i>ISD</i>: See response for Guideline 1.</p> <p><i>LACERA</i>: Not applicable.</p> <p><i>Libraries</i>: Department not involved in food preparation.</p> <p><i>Military &amp; Veterans' Affairs</i>: Not applicable.</p> <p><i>Museum of Art</i>: Not applicable.</p> <p><i>Parks &amp; Rec.</i>: As part of the Healthy Parks Program, staff have been trained and is more aware of this issue; are making healthier choices; and encouraging the same from their clients. Sub-Guidelines a-h are encouraged within Department and its programs.</p> <p><i>Public Defender</i>: Not applicable.</p> <p><i>Regional Planning</i>: Not applicable.</p>	<p><i>Assessor</i>: See response for Guideline 1.</p>

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
<p>a. Increase use of fresh fruits for desserts and snacks.</p>	<p><b>Registrar-Recorder:</b> Not applicable.  <b>Treasurer &amp; Tax Collector:</b> Not applicable.  <b>***DCSS:</b> We serve fruit for dessert at least two out of five days per week. We serve fresh fruit at least once per week.  <b>Public Works:</b> Fresh fruit is currently available on a daily basis.  <b>****Sheriff's Department:</b> Fresh fruits are the primary ingredient of "Pruno." Some fresh fruits are already used for dessert, but only when the need exists to ensure the fifth serving for the day.</p>	<p><b>DCSS:</b> Many projects serve fruit more than twice per week.  <b>DHS:</b> Canned and frozen foods can be just as nutritious.  <b>DMH:</b> Highly recommend implementation.  <b>Sheriff's Department:</b> The CCR, Title 15, regulates that 5 servings of fruit or vegetables are served daily.</p>
<p>b. Serve more foods made from nutritious ingredients, such as whole grain flours and nuts.</p>	<p><b>***DCSS:</b> Projects may serve one milk-based dessert per week (e.g., custard). Projects may serve one dessert made with a ¼-cup of fruit per week (fruited Jell-O). Projects may serve one other higher calorie dessert per week (cake).  <b>Public Works:</b> A variety of whole grain breads and oatmeal are currently available on a daily basis.  <b>****Sheriff's Department:</b> Purchasing these products is more costly than what we currently purchase.</p>	<p><b>DMH:</b> Highly recommend implementation.  <b>Sheriff's Department:</b> These are expensive products for the County.</p>
<p>c. Decrease use of commercially packaged prepared foods.</p>	<p><b>***DCSS:</b> We do use gelatin, pudding, and cake mixes.  <b>Public Works:</b> Packaged foods are not available at this time.  <b>****Sheriff's Department:</b> In most cases, the commercially packaged prepared foods are actually more cost effective than making our own. To modify the menu to favor our own prepared foods, additional personnel would be required.</p>	<p><b>DHS:</b> May be difficult for those using this Guideline as a cost saver.  <b>Sheriff's Department:</b> To decrease commercially packaged foods would cost the County additional funds.</p>
<p>d. Decrease total intake of refined sugars, corn syrups and other syrups, jams and jellies.</p>	<p><b>***DCSS:</b> We use these occasionally in baking.  <b>Public Works:</b> These types of foods are currently available, however, a variety of fresh fruits are also available.  <b>****Sheriff's Department:</b> The menu already is balanced in all areas including sugar, while still allowing for sugar in diets.</p>	<p><b>DHS:</b> This Guideline is referring to a decreasing "intake" which is personal choice versus an institutional guide.  <b>Sheriff's Department:</b> The recommendation to decrease assumes that intake is currently too high. This may, in fact, not be the case. To further decrease an already low level of intake is not feasible.</p>
<p>e. Eliminate use of artificial sweeteners.</p>	<p><b>***DCSS:</b> Many seniors have diabetes. They enjoy desserts made with artificial sweeteners.  <b>Public Works:</b> "Sweet and Low" and "Equal" (artificial sweeteners) are currently available for employees to add</p>	<p><b>DCSS:</b> Suggest eliminating this Guideline.  <b>DHS:</b> Artificial sweetener use is important for taste satisfaction of diabetics. There is no research that shows that use of this leads to obesity.</p>

RECOMMENDED NUTRITIONAL GUIDELINES	DESCRIBE YOUR DEPARTMENT'S IMPLEMENTATION OF EACH GUIDELINE	COMMENTS / RECOMMENDATIONS FOR TASK FORCE
	<p>to their food or beverage items.  <b>Sheriff's Department:</b> Medically prescribed diets, especially for diabetics, may include the use of artificial sweeteners. It also may be preferred as we move away from sugar drinks, to reduce the "Pruno" problem.</p>	<p><b>DMH:</b> Too broad; there are new artificial sweetener products on the market that are proven to be healthy. Persons with medical conditions (e.g., diabetes) rely on artificial sweeteners as their only form of sweetener.  <b>Fire Department:</b> Substances approved by FDA as safe. Not a source of significant health problems for most people.  <b>Sheriff's Department:</b> Medical staff would object to the removal of all artificial sweeteners.</p>
<p>f. When using canned fruits, use those packed in water or rinse off the syrup.</p>	<p><b>DCSS:</b> We use fruit canned in its own juice.  <b>Public Works:</b> Canned fruits are very rarely utilized or made available.  <b>Sheriff's Department:</b> Mass production by inmates does not allow for the safe and sanitary rinsing of products.</p>	<p><b>DCSS:</b> Water packed fruits don't taste very good.  <b>Sheriff's Department:</b> This is plausible in a small environment, not a large one.</p>
<p>g. Use unsweetened juices. Eliminate fruit-flavored drinks.</p>	<p><b>DCSS:</b> We use unsweetened juices.  <b>Ombudsman:</b> As part of the Department's Wellness Program, staff are encouraged to increase their daily consumption of water instead of sugar-flavored beverages. Three of eight staff now drink an average of six to eight glasses of water a day, and two others have steadily decreased their consumption of sodas.  <b>Public Works:</b> Sweetened juices are currently available; however, a variety of unsweetened juices and beverages are also available such as "Diet Snapple" and fresh brewed iced tea.  <b>Sheriff's Department:</b> A review of cost between sugar flavored drinks and artificial sweeteners was conducted. The sugar flavored drinks are still more cost effective.</p>	<p><b>Fire Department:</b> "Eliminate" is much too drastic. "Reduce" would be more reasonable.</p>
<p>h. Eliminate sodas.</p>		<p><b>Agricultural Commission:</b> Review vending machine contracts for possibility of providing healthier choices.  <b>Beaches &amp; Harbors:</b> Make vendors available that only sell nutritious drinks.  <b>DCSS:</b> We do not serve sodas.  <b>DHS:</b> Sugar-free sodas are OK, especially for adults and an option for children with diabetes.  <b>Fire Department:</b> The word "eliminate" is much too drastic; "reduce" would be more reasonable.</p>

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<p>4. Use less salt:</p>	<p><b>Auditor-Controller:</b> Not applicable.  <b>Office of Affirmative Action Compliance:</b> Not applicable.  <b>Agricultural Commission:</b> Not applicable.  <b>Alternate Public Defender:</b> Not applicable.  <b>Animal Care &amp; Control:</b> Not applicable.  <b>Arts Commission:</b> Not applicable.  <b>Assessor:</b> See response for Guideline 1.  <b>Beaches &amp; Harbors:</b> Not applicable.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.  <b>DCFS:</b> See response for Guideline 1.  <b>DHR:</b> Not applicable.  <b>DMH:</b> If Guideline is approved by the Board, Department will provide it, excluding sub-Guidelines 4a-c, to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.  <b>DPSS:</b> Not applicable.  <b>Fire Department:</b> Employees advised as part of a Nutrition Education program.  <b>Human Relations Commission:</b> Not applicable.  <b>ISD:</b> See response for Guideline 1.  <b>LACERA:</b> Not applicable.  <b>Libraries:</b> Department not involved in food preparation.  <b>Military &amp; Veterans' Affairs:</b> Not applicable.  <b>Museum of Art:</b> Not applicable.  <b>Parks &amp; Rec.:</b> As part of the Healthy Parks Program, staff have been trained and are more aware of this issue;</p>	<p><b>Public Works:</b> Sodas are currently available, however, a variety of non-carbonated and sugar-free beverages are also available.  <b>Sheriff's Department:</b> Inmates have the same freedom of choice to purchase products (e.g., soda) from vending machines with their own money. To eliminate soda would remove their freedom of choice in the vending machine.  <b>Assessor:</b> See response for Guideline 1.  <b>Fire Department:</b> Specific to individual health status. May not be appropriate for active individuals in hot environments.</p>

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	<p>are making healthier choices; and encouraging the same from their clients. Sub-Guidelines a &amp; b are encouraged within Department and its programs.  <b>Public Defender:</b> Not applicable.  <b>Regional Planning:</b> Not applicable.  <b>Registrar-Recorder:</b> Not applicable.  <b>Treasurer &amp; Tax Collector:</b> Not applicable.</p>	
<p>a. Increase use of herbs and sea salt in food preparation.</p>	<p>***DCSS: We encourage use of spices and herbs.  <b>Public Works:</b> Various herbs are currently used on a daily basis during food preparation. Sea salt is currently not used due to its high cost.  ****<b>Sheriff's Department:</b> Sea salt is cost prohibitive to use. Table salt is acceptable cost wise.</p>	<p><b>DCSS:</b> Sea salt contains almost the same amount of sodium as regular salt.  <b>DHS:</b> Sea salt is still salt or sodium chloride. How does this recommendation "use less salt?"</p>
<p>b. Minimize use of refined salt in food preparation.</p>	<p>***DCSS: Projects cook food without salt. They use reduced sodium products like low salt broth.  <b>Public Works:</b> Minimal use of refined salt occurs during food preparations.  ****<b>Sheriff's Department:</b> Salt is already used minimally in the preparation of food from scratch.</p>	<p><b>DHS:</b> If the goal of these recommendations is to reduce obesity, there is no research supporting claim that using less refined salt is linked to reducing obesity.</p>
<p>c. Restrict availability of refined table salt.</p>	<p>***DCSS: We serve salt at the table.  <b>Parks &amp; Rec.:</b> Has not been addressed by Department.  <b>Public Works:</b> Refined salt is currently available for employees to add to their food items.  ****<b>Sheriff's Department:</b> Salt is not given to inmates. It is set on the tables for the staff's personal consumption.</p>	<p><b>DCSS:</b> Many, but not all, seniors watch sodium intake. Salt should be available for those who do not need to restrict sodium.  <b>DHS:</b> See above.</p>
<p>5. Use less additives and preservatives:</p>	<p><b>Auditor-Controller:</b> Not applicable.  <b>Office of Affirmative Action Compliance:</b> Not applicable.  <b>Agricultural Commission:</b> Not applicable.  <b>Alternate Public Defender:</b> Not applicable.  <b>Animal Care &amp; Control:</b> Not applicable.  <b>Arts Commission:</b> Not applicable.  <b>Assessor:</b> See response for Guideline 1.  <b>Beaches &amp; Harbors:</b> Not applicable.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.</p>	<p><b>Assessor:</b> See response for Guideline 1.</p>

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	<p><b>DCFS:</b> See response for Guideline 1.  <b>DHR:</b> Not applicable.  <b>DMH:</b> If Guideline is approved by the Board, Department will provide it, excluding sub-Guideline 5a, to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.  <b>DPSS:</b> Not applicable.  <b>Fire Department:</b> Employees advised as part of a Nutrition Education program.  <b>Human Relations Commission:</b> Not applicable.  <b>ISD:</b> See response for Guideline 1.  <b>LACERA:</b> Not applicable.  <b>Libraries:</b> Department not involved in food preparation.  <b>Military &amp; Veterans' Affairs:</b> Not applicable.  <b>Museum of Art:</b> Not applicable.  <b>Parks &amp; Rec.:</b> As part of the Healthy Parks Program, staff have been trained and are more aware of this issue; are making healthier choices; and encouraging the same from their clients. Sub-Guidelines a-c are encouraged within Department and its programs.  <b>Public Defender:</b> Not applicable.  <b>Regional Planning:</b> Not applicable.  <b>Registrar-Recorder:</b> Not applicable.  <b>Treasurer &amp; Tax Collector:</b> Not applicable.</p>	
<p>a. Limit use of all foods containing artificial preservatives, flavoring, and coloring.</p>	<p><b>***DCSS:</b> We limit salty foods.  <b>Public Works:</b> Utilization of these types of foods is very minimal.  <b>****Sheriff's Department:</b> All prepared foods, except the "organic" or "health food store" type have preservatives. All manufacturers would have to alter their processing to remove or limit these items. Purchasing "organic" type products for the inmates would be a costly venture. This includes a higher price for foods, additional staff for preparation and new equipment to stay within safe and sanitary Guidelines.</p>	<p><b>DHS:</b> Preservatives are helpful and necessary to ensure freshness and safety of food products. Not realistic.</p>
<p>b. Limit serving of processed meats (i.e., salt-cured and smoked meats, such as lunchmeats, sausage, bacon, ham and hot dogs).</p>	<p><b>***DCSS:</b> We serve salty meats a maximum of one time per week.  <b>Public Works:</b> Cured and processed meats are currently available. However, fresh turkey and roast beef are also</p>	<p><b>Sheriff's Department:</b> The alternative to processed lunch meats would be costly proteins.</p>

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	<p>available.  <b>****Sheriff's Department:</b> These products are served each day to inmates in the form of lunchmeat. If the product were "limited", a higher cost, more labor intense product would have to be substituted.</p>	
<p>c. Limit use of processed cheese and cheese spreads.</p>	<p><b>***DCSS:</b> We limit use of cheese and cheese spreads.  <b>Public Works:</b> Processed cheese is available; however, Provolone and Swiss cheeses are also available. Cheese spreads are unavailable.  <b>****Sheriff's Department:</b> Our use of this product is already minimal.</p>	
<p>6. Increase serving of fibrous foods:</p>	<p><b>Auditor-Controller:</b> Not applicable.  <b>Office of Affirmative Action Compliance:</b> Not applicable.  <b>Agricultural Commission:</b> Not applicable.  <b>Alternate Public Defender:</b> Not applicable.  <b>Animal Care &amp; Control:</b> Not applicable.  <b>Arts Commission:</b> Not applicable.  <b>Assessor:</b> See response for Guideline 1.  <b>Beaches &amp; Harbors:</b> Not applicable.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.  <b>DCFS:</b> See response for Guideline 1.  <b>***DCSS:</b> Whole grains contain about 3 grams of fiber per serving. Many fruits and vegetables contain 3 grams or more fiber per serving. Legumes contain 8 grams of fiber per serving. We mandate two servings of fruits or vegetables plus dessert (frequently fruit) at each meal.  <b>DHR:</b> Not applicable.  <b>DMH:</b> If Guideline is approved by the Board, Department will provide it to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.  <b>DPSS:</b> Not applicable.  <b>Fire Department:</b> Employees advised as part of a Nutrition Education program.</p>	<p><b>Assessor:</b> See response for Guideline 1.  <b>DHS:</b> Change to "offer a variety of whole grains daily".</p>

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	<p><b>Human Relations Commission:</b> Not applicable.</p> <p><b>ISD:</b> See response for Guideline 1.</p> <p><b>LACERA:</b> Not applicable.</p> <p><b>Libraries:</b> Department not involved in food preparation.</p> <p><b>Military &amp; Veterans' Affairs:</b> Not applicable.</p> <p><b>Museum of Art:</b> Not applicable.</p> <p><b>Ombudsman:</b> As part of the department's Wellness Program, staff were encouraged to participate in the "Quaker Oats 30-day Challenge" to reduce their cholesterol levels. Two employees accepted the challenge. One was successful for the full 30 days (cholesterol level went from 194 to 145). Employees are encouraged to continue the consumption of "Quaker Oats" as a means to reducing cholesterol levels.</p> <p><b>Parks &amp; Rec.:</b> As part of the Healthy Parks Program, staff have been trained and are more aware of this issue; are making healthier choices; and encouraging the same from their clients. Sub-Guidelines a-c are encouraged within Department and its programs.</p> <p><b>Public Defender:</b> Not applicable.</p> <p><b>Regional Planning:</b> Not applicable.</p> <p><b>Registrar-Recorder:</b> Not applicable.</p> <p><b>Treasurer &amp; Tax Collector:</b> Not applicable.</p>	
<p>a. Use a variety of whole grains, such as whole wheat, brown rice, barley, bulgur, oats, buckwheat, millet, rye and quinoa.</p>	<p><b>**DCSS:</b> We encourage use of whole grain bread. We occasionally try products like brown rice or bulgur.</p> <p><b>Ombudsman:</b> Wellness Coordinator shared with staff information on the benefits of flaxseed meal (Omega-3 fatty acids) and provided suggestions for including it in their daily diet. Some staff have used it in baking and in their morning oatmeal.</p> <p><b>Public Works:</b> A variety of whole grain foods are currently available on a daily basis.</p> <p><b>***Sheriff's Department:</b> These items are expensive to purchase.</p>	<p><b>DMH:</b> Highly recommend implementation.</p> <p><b>Sheriff's Department:</b> The taste associated with whole grains is an acquired one. Most inmates will not accept them.</p>
<p>b. Increase use of whole grains in all baked and cooked foods, pastas, cereals and casseroles, etc.</p>	<p><b>**DCSS:</b> We try new recipes containing said ingredients.</p> <p><b>Ombudsman:</b> Wellness Coordinator has provided some "taste tests" of health-conscious entrées and snacks.</p> <p><b>Public Works:</b> Food products made with whole grains are currently made available in variety of breads, bran muffins,</p>	<p><b>Sheriff's Department:</b> CCR, Title 15 regulates the use of whole grains.</p>



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	<p>and oatmeal.</p> <p>****<b>Sheriff's Department:</b> Purchasing whole grain pastas and cereals is cost prohibitive.</p>	
<p>c. Substitute unrefined whole grain flours for refined and/or bleached white flour, whenever possible.</p>	<p><b>Public Works:</b> Unrefined whole grain flours are currently not being used in food preparations or products.</p> <p>****<b>Sheriff's Department:</b> The use of whole grain flours is limited to the disciplinary diet as detailed in CCR, Title 15.</p>	
<p>7. Increase serving of healthful proteins:</p>	<p><b>Auditor-Controller:</b> Not applicable.</p> <p><b>Office of Affirmative Action Compliance:</b> Not applicable.</p> <p><b>Agricultural Commission:</b> Not applicable.</p> <p><b>Alternate Public Defender:</b> Not applicable.</p> <p><b>Animal Care &amp; Control:</b> Not applicable.</p> <p><b>Arts Commission:</b> Not applicable.</p> <p><b>Assessor:</b> See response for Guideline 1.</p> <p><b>Beaches &amp; Harbors:</b> Not applicable.</p> <p><b>CIO:</b> Not applicable.</p> <p><b>Consumer Affairs:</b> Not applicable.</p> <p><b>Coroner:</b> Not applicable.</p> <p><b>Child Support Services:</b> Not applicable.</p> <p><b>District Attorney:</b> Not applicable.</p> <p><b>DCFS:</b> See response for Guideline 1.</p> <p>***<b>DCSS:</b> Suggest adding an additional point encouraging use of low fat or non fat milk.</p> <p><b>DHR:</b> Not applicable.</p> <p><b>DMH:</b> If Guideline is Board approved, Department will provide it to residential facilities visited by Patients' Rights Advocates, who will follow up to insure implementation.</p> <p><b>DPSS:</b> Not applicable.</p> <p><b>Fire Department:</b> Employees advised as part of a Nutrition Education program.</p> <p><b>Human Relations Commission:</b> Not applicable.</p> <p><b>ISD:</b> See response for Guideline 1.</p> <p><b>LACERA:</b> Not applicable.</p> <p><b>Libraries:</b> Department not involved in food preparation.</p> <p><b>Military &amp; Veterans' Affairs:</b> Not applicable.</p> <p><b>Museum of Art:</b> Not applicable.</p> <p><b>Parks &amp; Rec.:</b> As part of the Healthy Parks Program, staff have been trained and are more aware of this issue;</p>	<p><b>Assessor:</b> See response for Guideline 1.</p> <p><b>DHS:</b> Change the section to "Offer healthful protein options like poultry, lean meats, eggs, legumes, nuts, and seeds".</p>

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	<p>are making healthier choices; and encouraging the same from their clients. Sub-Guidelines a &amp; b are encouraged within Department and its programs.  <b>Public Defender:</b> Not applicable.  <b>Regional Planning:</b> Not applicable.  <b>Registrar-Recorder:</b> Not applicable.  <b>Treasurer &amp; Tax Collector:</b> Not applicable.</p>	
<p>a. Increase serving of fish (especially deep-sea fish), poultry, lean meats and eggs.</p>	<p><b>**DCSS:</b> We serve low fat proteins as frequently as possible.  <b>Public Works:</b> A variety of these types of foods are currently served on a regular basis.  <b>****Sheriff's Department:</b> Fish is cost prohibitive. Poultry and eggs are already used extensively.</p>	<p><b>DMH:</b> Highly recommend implementation.  <b>Fire Department:</b> Eggs should be consumed in moderation. Cholesterol debate unsettled.</p>
<p>b. Increase serving of legumes, nuts and seeds.</p>	<p><b>**DCSS:</b> We encourage the use of legumes.  <b>Public Works:</b> These types of protein foods are served or made available on a regular basis.  <b>****Sheriff's Department:</b> These products are used in accordance with CCR, Title 15. Additional legumes have been added to the menu, much to the chagrin of the inmates.</p>	<p><b>DMH:</b> Highly recommend implementation.</p>
<p>8. Vending machines should contain nutritious foods only.</p>	<p><b>Auditor-Controller:</b> Not applicable.  <b>Office of Affirmative Action Compliance:</b> Vending machine concessions fall under the purview of the CAO Real Estate Division.  <b>Agricultural Commission:</b> Review soda vending machine for the possibility of providing healthier choices.  <b>Alternate Public Defender:</b> Not applicable.  <b>Animal Care &amp; Control:</b> Not applicable.  <b>Arts Commission:</b> Not applicable.  <b>Assessor:</b> See response for Guideline 1.  <b>Beaches &amp; Harbors:</b> Not applicable.  <b>CAO-FED:</b> If feasible, vending machines are stocked with nutritional foods. Adjustments are made to meet the needs of the employees and members of the public.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.</p>	<p><b>Alternate Public Defender:</b> This sounds good but may not be practical.  <b>Assessor:</b> See response for Guideline 1.  <b>Beaches &amp; Harbors:</b> Greater efforts should be made to contract with vendors that only sell nutritious drinks.  <b>DHS:</b> The Guidelines for this need to be more specific. Please refer to a sample policy developed by the LA County Physical Activity and Nutrition Task Force.  <b>DMH:</b> Change to "Vending machines should include nutritious foods".  <b>DPSS:</b> Vending machines cannot be supported with nutritional foods only. Employees must be given choices as specific health conditions, individual taste, allergies, and cultural/religious parameters dictate availability of sugar, salt, and low fiber products.</p>

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<p>9. All County food service personnel should receive annual nutrition education and food preparation training.</p>	<p>DCFS: Department will comply with the Board's order.  ***DCSS: We do not operate vending machines.  DHR: Not applicable.  DMH: Not applicable.  DPSS: Began including nutritional options (juices, fresh fruit, health bars, etc.) over three years ago.  Fire Department: Not applicable.  Human Relations Commission: Not applicable.  ISD: The vending machine at the East Los Angeles office is contracted by CAO.  LACERA: Not applicable.  Libraries: Vending machines supplied and stocked under County-wide contract.  Military &amp; Veterans' Affairs: Not applicable.  Museum of Art: Not applicable.  Parks &amp; Rec.: As part of our RFP's for vendor contracts, nutritional guidelines have been included, but 100% adherence is not expected this year.  Public Defender: Not applicable.  Public Works: We currently have very few vending machines available.  Regional Planning: Not applicable.  Registrar-Recorder: Vendor will be advised to make healthy snacks available such as oranges and apples.  ****Sheriff's Department: Vending machines carry a selection of nutritious foods as well as convenience foods. The purchaser must make their own selection.  Treasurer &amp; Tax Collector: Not applicable.  Auditor-Controller: Not applicable.  Office of Affirmative Action Compliance: Not applicable.  Agricultural Commission: Not applicable.  Alternate Public Defender: Not applicable.  Animal Care &amp; Control: Not applicable.  Arts Commission: Not applicable.  Assessor: See response for Guideline 1.  Beaches &amp; Harbors: Not applicable.  CAO-RED: Concessionaires provide food service</p>	<p><b>Office of Affirmative Action Compliance:</b> We agree with this Guideline in relation to the cafeteria located at the Kenneth Hahn Hall of Administration which affects OAAC staff.  <b>Alternate Public Defender:</b> This is an important recommendation that should be implemented.  <b>Assessor:</b> See response for Guideline 1.  <b>DHS:</b> Food preparation training is already mandatory with food handler permit requirement.  <b>DMH:</b> Not applicable.</p>

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	<p>handlers with training according to contract requirements.  <b>CIO:</b> Not applicable.  <b>Consumer Affairs:</b> Not applicable.  <b>Coroner:</b> Not applicable.  <b>Child Support Services:</b> Not applicable.  <b>District Attorney:</b> Not applicable.  <b>DCFS:</b> Upon the closing of MacLaren Children's Center, DCFS does not prepare or serve food to children.  <b>***DCSS:</b> We mandate that the person in charge at each site/kitchen have a Food Handler's Permit. We provide ServeSafe classes every year. Project Directors, Food Service Managers and Caterers must take a <i>Hazard Analysis and Critical Control Points</i> (food safety and quality program) class.  <b>DHR:</b> Not applicable.  <b>DMH:</b> Not applicable.  <b>DPSS:</b> Not applicable.  <b>Fire Department:</b> Not applicable.  <b>Human Relations Commission:</b> Not applicable.  <b>ISD:</b> See response for Guideline 1.  <b>LACERA:</b> Not applicable.  <b>Libraries:</b> Department not involved in food preparation.  <b>Military &amp; Veterans' Affairs:</b> Not applicable.  <b>Museum of Art:</b> Not applicable.  <b>Parks &amp; Rec.:</b> We do not have food service personnel in our Department, but more than 85% of permanent Department staff who work with people in their programs have been trained by 5-A-Day so that they understand basic and proper nutrition guidelines and help others by sharing information.  <b>Public Defender:</b> Not applicable.  <b>Public Works:</b> Currently two of our contract food service personnel are "Certified Food Handlers." Certification is required every three years.  <b>Regional Planning:</b> Not applicable.  <b>Registrar-Recorder:</b> Not applicable.  <b>****Sheriff's Department:</b> A laudable recommendation. The Sheriff's Department culinary staff currently undergoes ServSafe training at Departmental expense.</p>	<p><b>Sheriff's Department:</b> Nutritional guidelines have changed from Recommended Daily Allowance to Recommended Daily Intake; these changes could be outlined in a training packet, disbursed to all culinary staff for their review.</p>

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<i>Treasurer &amp; Tax Collector: Not applicable.</i>		

\* As part of the **Office of Ombudsman's** Wellness Program, the monthly interoffice newsletter, "The Staff Reporter," includes the "Wellness at Work" column in which articles about nutrition, healthy eating alternatives, and striving to live a healthy existence (regardless of body size) are reported.

\*\* The **CAO-RED** response listed under Guideline 1-a applies to all Guidelines with the exception of Guidelines 8 and 9.

\*\*\* All **DCSS** "implementation" responses are applicable to the Department's "Congregate Meals" and "Home Delivered Meals" programs administered by their Area Agency and Aging Unit.

\*\*\*\* All **Sheriff's Department** "implementation" responses are applicable to the Department's Correctional Services Division-Food Services Unit.

**Notes:**

The **Fire Department** has approximately 170 separate work sites and therefore, accurately describing the implementation of these recommendations is somewhat difficult. However, nutrition education has always been a core component of our Wellness/Fitness program agenda, and we feel that the unique firefighter lifestyle and job requirements make it even more pertinent. We have recently completed a one year Nutrition Education program for firefighters that was funded by a FEMA grant. We were able to provide approximately 150 group lectures by a Registered Dietician throughout the entire County. This was followed by approximately 25 small group lectures for groups of firefighters who requested more detailed information. Additionally, approximately 25 motivated firefighters were able to receive individual counseling from a Registered Dietician who was able to set up a specific, long-term medically supervised program. The last component of the education program was an e-mail question and answer service that enabled employees to ask questions and receive objective and valid advice from one of our consulting Registered Dieticians. Lastly, fire recruits receive one hour of nutrition education during their 16 weeks of training. For the most part, the recommendations described in this survey have been presented to our work force during our Nutrition Education presentations.

The **Natural History Museum (NHS)** recently contracted with a new food service provider; part of the selection criteria was researching all candidates' philosophy towards using fresh and wholesome ingredients. NHS is confident that the new contractor will be able to adhere to all of the Guidelines and sub-Guidelines the County is working to create. In addition, NHS will provide the guidelines, and any future information/decisions related to them, to the person who oversees their vending machine contracts.