

# HEALTHY BY DEFAULT CHILDREN'S MEAL BEVERAGE LAW

## WHAT IS THE NEW LAW REGARDING CHILDREN'S MEALS?

The following regulation was passed to reduce obesity among children in California by default beverage to water or milk on children's combo meals instead of sugary drinks and helping parents provide healthy drink choices to their children while eating outside the home. The purpose of the law is to support children's health by setting nutritional standards for a restaurant's children's meal.

- Senate Bill (SB) 1192 California's Healthy-By- Default Children's Meal Beverage Law
  - This regulation is applicable throughout the State of California including the 88 incorporated cities and the unincorporated areas of the County of Los Angeles.

## WHAT ARE THE PROVISIONS OF THIS NEW REGULATION?

SB1192 requires restaurants that serve a **children's meal which includes a beverage** make the default beverage offered with the kid's meal to be one or more of the following:

- Water, sparkling water, or flavored water with no added natural or artificial sweeteners
- Unflavored milk (plain dairy milk)
- Nondairy milk alternative (example: almond, coconut, or soy milk); Nondairy milk alternatives must contain no more than 130 calories/serving.

The provision of the new regulation does not prohibit a restaurant's ability to sell, or a customer's ability to purchase, an alternative beverage instead of the default beverage offered with the children's meals, if requested by the purchaser of the children's meal.

## WHO IS AFFECTED BY THIS NEW REGULATION?

This regulation is applicable to any restaurant that sells a children's meal that includes a beverage.

## WHO ENFORCES THE PROVISIONS OF THE NEW REGULATIONS?

The provision of the regulation is enforced by the County of Los Angeles Department of Public Health Environmental Health Division (DPH-EH) as part of the routine inspection and complaint investigation of the restaurants in County's unincorporated areas and 85 incorporated contract cities.

## WHAT IS CHILDREN'S MEAL / DEFAULT BEVERAGE?

**Children's meal** means a combination of food items and a beverage, or a single food item and a beverage, sold together at a single price, primarily intended for consumption by a child.

**Default beverage** means the beverage automatically included or offered as part of a children's meal, absent a specific request by the purchaser of the children's meal for an alternative beverage.



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## WHAT DEFAULT BEVERAGE OPTIONS ARE NOT ALLOWED UNDER THE PROVISION?

Soda, fruit drinks, sports drinks, fruit punch, juice, chocolate milk, lemonade, or fountain drinks are no longer allowed in children's meals that include a beverage.

## WHEN ARE RESTAURANTS REQUIRED TO COMPLY WITH THE NEW REGULATION?

Effective January 1, 2019, restaurants operators are required to comply with the provisions of SB 1192.

Effective January 1, 2019 through December 31, 2019, the DPH-EH will provide education and training on the requirements of the new regulations to restaurants operators during inspection.

Effective January 1, 2020, non-compliance may result in notices of violation and \$250 fines for second violation within five years, not to exceed \$300 annually.

- Violations observed during routine inspections will not result in point deductions on the DPH-EH official inspection reports.

## WHERE CAN I FIND MORE INFORMATION?

Contact the DPH-EH Consultative Services Program at (626) 430-5320 for additional information.

