

Children's Meal Beverages



Ordinance 2870-2020 was enacted to protect children in the City of Columbus and reduce health risks associated with sugar consumption. Chapter 717, Public Health Prohibitions, includes the newly enacted Section 717.01 of the Columbus City Code, containing provisions that require restaurants to make healthy drinks -- water, low-fat milk and 100% fruit juice -- the default options offered with restaurant kids' meals. This law became effective on June 16, 2021.

REQUIREMENT: If a food service operation offers any type of "children's meal" or "kids menu" that includes a beverage, the default beverage must be one of the following:

- **Water, sparkling water, flavored water** (with no added natural or artificial sweeteners).
- **Nonfat or one percent (1%) milk or a non-dairy milk alternative** containing no more than 150 calories per container or serving as offered for sale.
- **100% fruit juice or fruit juice combined with water or carbonated water**, with no added sweeteners, in a serving size of no more than eight (8) ounces.

EXCEPTION: Upon a customer's request, a food service operation may sell, and a customer may purchase, a substitute or alternative beverage instead of the beverages offered.

DEFINITIONS:

"Children's meal" means a combination of food items and a beverage that is prepared by and offered for purchase at a food service operation as a unit at a single price and is primarily intended for consumption by children.

"Default options" 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.

"Food service operation" means a place, location, site or separate area where food intended to be served in individual portions is prepared or served for a charge or required donation. As used in this division, "served" means a response made to an order for one or more individual portions of food in a form that is edible without washing, cooking or additional preparation. "Prepared" means any action that affects a food other than receiving or maintaining it at the temperature at which it was received.

PERMITTED



Water



Low-fat milk



100% fruit juice

NOT PERMITTED



Soda

(12 ounce can = 9.75 sugar packets)



Tea

(16.9 ounce bottle = 12 sugar packets)



Sports drink

(20 ounce bottle = 8.5 sugar packets)



Lemonade

(20 ounce bottle = 16.75 sugar packets)

Note: 1 sugar packet = 4 grams of sugar

For more information on food safety, please contact Columbus Public Health's Food Protection Program at 614-645-7005 or visit columbus.gov/foodprotection.



American Heart Association.



THE CITY OF COLUMBUS
ANDREW J. GINTHER, MAYOR

COLUMBUS PUBLIC HEALTH