

City swapping candy for healthier choices

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has since developed a 12-month action plan for fighting obesity.

"Since we are a healthy city, we want to be in a leadership role," said Alice Guthrie, Boulder's recreation superintendent and coordinator of the Let's Move! campaign. "We do think there's more we can do."

The action plan calls for providing public education about making healthy choices, supporting physical activities for the community and promoting the availability of healthy foods.

Toward that end, the city is adopting some of the Boulder Valley School District's guidelines for vending machines, which call for eliminating sugary and fattening snacks that contain little nutritional value.

Ann Cooper, Boulder Valley's nutrition services director, said the school district goes above and beyond the Colorado Department of Education's nutrition guidelines by also banning sodas, non-nutrient sweeteners and caffeine from school vending machines.

But Boulder won't go quite that far. The city will keep its



Marty Caivano | Camera

Josh Schrader of Mile High Break Rooms adds baked chips to the vending machines at the North Boulder Recreation Center on Wednesday. Starting next year, city vending machines will cut back on candy and cookies, and instead will carry healthier options such as granola and Clif Bars. The city is hoping to curb childhood obesity by participating in the Let's Move! campaign spearheaded by first lady Michelle Obama.

soda options, but officials will also make sure there are choices such as water, juice and Gatorade.

Guthrie said the snack lineup has already changed at some public facilities.

Vending machines at the

North Boulder Recreation Center, for example, now offer PowerBars, trail mix, baked chips, Clif Bars, granola, fruit

snacks and Veggie Stix. A lone bag of peanut M&Ms was among the last of the candy there Wednesday morning.

Several employees said people seem to like the new offerings — even if it means staffers have to go without their chocolate fix.

The city is also evaluating food options at other city facilities, such as the vendors at ballfields.

"We're taking a look at that," Guthrie said. "It wouldn't be that there would be no hot dogs; but could they have some fresh fruits or salads?"

Guthrie said the city will slowly phase out the snacks that are heavy in sugar and fat, rather than pull all those options at once.

"You really don't go cold turkey," Guthrie said. "Then, no one chooses anything. You provide additional choices, and maybe take away some of the worst choices."

So far, people seem to be noticing the changes.

"As far as vending machines go, this has pretty healthy options," Courtney Fitzgerald said as she looked over the options Wednesday at the South

Boulder Recreation Center.

The Boulder mother of two said it's tough to convince her kids to choose healthy snacks when there's also candy available, so she approves of the new changes.

"The kids don't say, 'Can I have a Z-Bar?' when they have Snickers and Skittles," Fitzgerald said.

Her son Connor, 8, agreed. "There's some good stuff and some bad stuff," Connor said. "You've got to have a balance."

Other city facilities, including the Public Safety Building and the Municipal Building, have yet to swap out their snacks because of ongoing vendor contracts.

Of the 32 snack options now available at the Municipal Building, nearly half are candy or cookies.

Paul Fetherston, Boulder's deputy city manager, said he's asked for healthier options in the machine. But that hasn't stopped him from grabbing the occasional bag of animal crackers or Oreo cookies, he said.

Contact Camera Staff Writer Heath Urie at 303-473-1328 or urieh@dailycamera.com.

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Agencies Extend Public Comment Period on Proposed Plan to Amend the Final Corrective Action Decision/Record of Decision (CAD/ROD) for the Rocky Flats Site

The U.S. Department of Energy (DOE), the U.S. Environmental Protection Agency (EPA), and the Colorado Department of Public Health and Environment (CDPHE) have extended the public review and comment period on the Proposed Plan for the modification of the Rocky Flats CAD/ROD to 60 days. The extension was granted in response to a public request.

This Proposed Plan outlines the amendments intended to clarify the intent of the institutional controls (ICs) that relate to DOE's ability to properly maintain the site. The Proposed Plan, which includes the proposed CAD/ROD amendment and the proposed modification to RFLMA Attachment 2, is available on the Community Involvement page of the Rocky Flats Site website at http://www.lm.doe.gov/Rocky_Flats/Sites.aspx?view=5.

The public review period ends on **Tuesday, August 02, 2011**. Written comments regarding the proposed modification must be sent on or before the end of the public review period to the following addresses for consideration by the RFLMA parties in determining what, if any, changes will be made for final approval of the modification by EPA and CDPHE.

- E-mail to: rinfo@lm.doe.gov with "Rocky Flats Site Proposed Plan Comments" in the subject line.
- Mail (postmarked by due date) or hand delivery to:
 Rocky Flats Site Proposed Plan Comments
 U.S. Department of Energy
 11025 Dover St. Suite 1000, Westminster, CO 80021

If you have any difficulty accessing the document from the website, or have any other questions, please e-mail Bob Darr at bob.darr@lm.doe.gov, or call (720) 377-9672, to request assistance.

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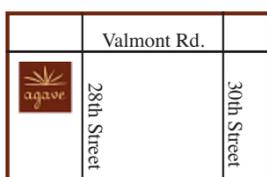
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