New Requirements - Starting January 2019

Sugar-Sweetened Beverages and Children’s meals

Background: In an effort to protect children in California and reduce health risks associated with sugar consumption, SB 1192 was passed which prohibits sugar-sweetened beverages from being the default beverage in a “children’s meal”. This law is effective starting January 1, 2019.

What this means: If a food facility 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)
- Unflavored Milk
- A nondairy milk alternative that contains no more than 130 calories per serving.

When a children’s meal is ordered, the beverage provided must be one of the above listed options unless otherwise requested by the customer.

Menus and Advertising

The beverage listed or displayed on a restaurant menu or advertisement for a children’s meal shall be one of the default beverages listed above.

Customer Request: Upon customer request, a food facility may serve any beverage as a substitute for a kid’s meal default beverage.

Sugar sweetened beverages include, but are not limited to: Soda, Chocolate milk, Juice, Sports Drinks, Sweetened Tea, and Lemonade.