Berkeley Bans Candy, Sugary Drinks, and Junk Food at the Checkout Aisle

The city of Berkeley, California continues its quest to make its residents healthier, becoming the first city in the United States to ban sugary candy, sodas, and other junk foods from the checkout aisle. The banned food items are those with 5 grams of added sugars and 200 milligrams of sodium, chewing gum and mints with added sugars, and beverages with added sugars or artificial sweeteners.

> *Placement of unhealthy snacks near a register increases the likelihood that customers will purchase these foods and drinks when willpower is weak at the end of a long shopping trip…It's not a ban, it's a nudge. Stores can still sell candy and soda, just not at your child's eye level in the checkout."*
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> *Kate Harrison, Berkeley city council member and ordinance sponsor*

The unanimously passed ordinance will go into effect in March of 2021. Grocery stores affected will include Safeway, Monterey Market, Whole Foods, and Berkeley Bowl.

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This is not the first time that Berkeley has taken a stand against sugary products. Last time it was sodas and sugary beverages, as Berkeley became the first city in the U.S. to implement a soda tax in 2014. That tax proved to be successful, as residents in affected areas reported drinking 52% fewer servings of sugary drinks. The city of Berkeley clearly wants to continue to offer its residents healthier

options.