

Tasteful Change: Lessons in Healthier Vending from U.S. Cities



Compiled February 2011 by Stefani Cox
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Healthy Kids, Healthy Communities
Supporting Community Action to
Prevent Childhood Obesity

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Acknowledgments

The vending profile information provided by this resource guide was collected through interviews with key park and city government staff. Without their cooperation, this final product would not have been possible. Thank you for your time and support.

Purpose

The purpose of this guide is to serve as a resource for Chicago, IL as the Chicago Park District moves forward with the implementation and evaluation of its healthier snack vending program. The guide can also provide support for any future changes to Chicago's beverage vending standards. Additionally, other cities developing healthier vending programs may find useful information within this guide.

Introduction

“The foods that children are exposed to early on in life influence the pattern for their eating habits as adults.”ⁱ

- Madhuri Kakarala, M.D., Ph.D.

What is “healthier vending?”

- “Healthier vending” can have a number of different meanings, depending on the goals of a healthier vending initiative. For instance, a healthier policy could regulate snack vending machines to contain only items with 30% fat content or less. Or a policy could simply specify that 50% of items in a vending machine need to be low in fat. Regardless of exact food guidelines, a healthier vending policy is a set of criteria that encourages more nutritious options for snacks and/or beverages sold in vending machines.

Why invest in healthier vending?

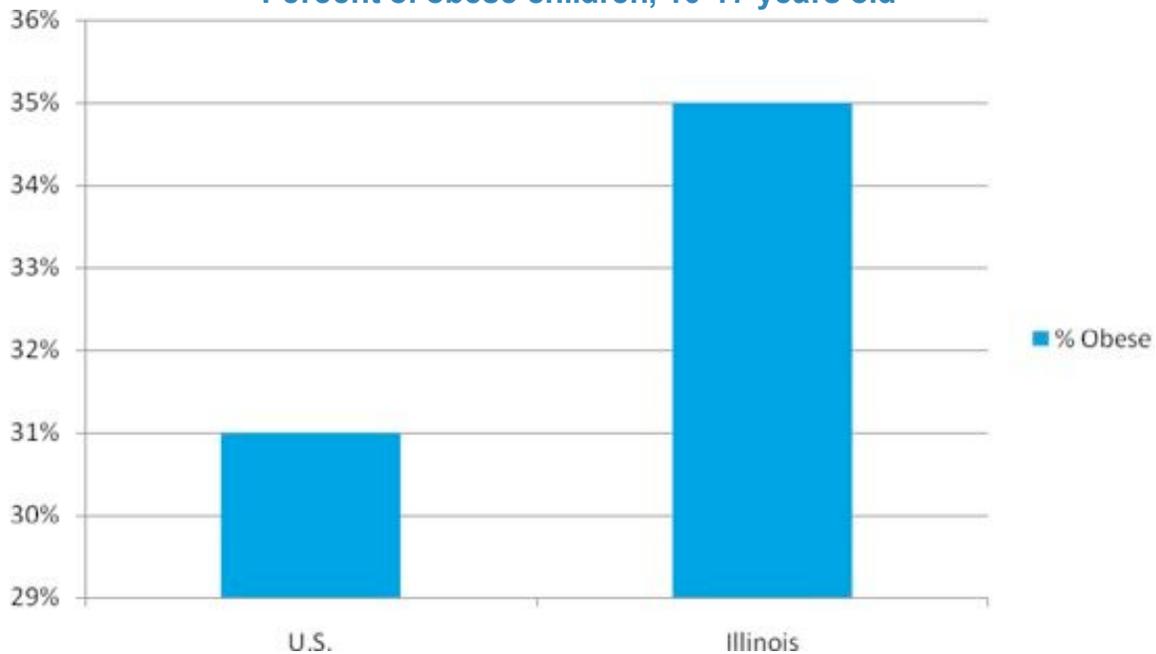
- Research around vending machines in schools provides some background for the connection between vending options and nutrition. A study published in the Journal of Adolescent Health showed that, for students in younger grades, availability of sweets in vending machines is correlated with higher sweet consumption overall when compared to students in schools without sweets available in vending machines.ⁱⁱ Increased sweet consumption can then lead to obesity and related health issues. This correlation is evidenced through several studies, such as one that has linked soft drink intake and obesity in children.ⁱⁱⁱ Because schools and parks are both frequented by youth who are somewhat confined to their institution, many parallels have been drawn between healthier vending efforts in schools and healthier vending in parks. Some city governments have gone as far as to develop their healthier vending guidelines based on school healthier vending policies.

- Providing healthier options in vending machines throughout an entire park district creates the opportunity to affect food access in a variety of neighborhoods. The health impact crosses ethnic and socioeconomic lines, due to the varying demographics of park patrons throughout a given park district. Improving the nutritional content of vending machine options has the potential for greater impact on single female-headed households, Hispanics, blacks, and/or low-income populations, all of which have higher rates of food insecurity and related malnutrition than their demographic counterparts.^{iv}

Chicago and Obesity

Data from 2007 shows that 35% of children aged 10-17 in Illinois were obese at that time, whereas 31% of children were obese in the U.S. overall.^v (See below)

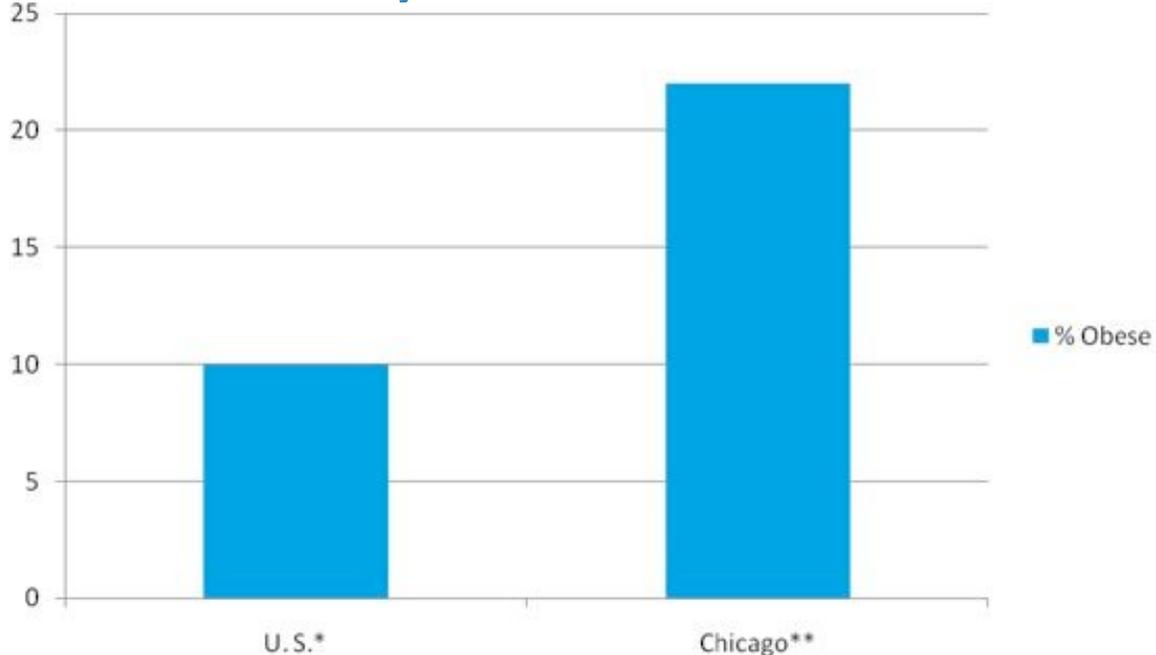
In Illinois, Pre-teen and Teen Obesity Rates Exceed U.S. Levels
Percent of obese children, 10-17 years old



(Trust for America's Health, 2009)

The disparity is even starker when comparing children at a younger age. In 2010, 10% of children age 2-5 were obese in the U.S. overall, compared to a 22% obesity rate among 3-7 year olds in Chicago.^{vi} (See next page)

In Chicago, Children Aged 3 To 7 Have a Much Higher Prevalence Of Obesity Than U.S. Children 2-5 Years Old



*U.S. data based on children 2-5 years old **Chicago data based on children 3-7 years old
(Ogden et al, 2010, CLOCC press release, 2010)

Healthier vending options for the Chicago Park District will be an important step forward in addressing these health disparities.

Chicago’s Healthier Vending Policy

The Chicago Park District has established healthier snack vending guidelines through altering its Request for Proposals from potential vendors. Vending criteria include restrictions on calories, fat, sugar, and sodium content. The City is currently in the process of implementing a new snack vending contract according to these healthier guidelines.

Healthier Vending Across the U.S.

Chicago will not be the first city to implement healthier vending guidelines. The following profiles highlight several U.S. cities that have already begun the process of changing their vending programs. These profiles should serve as a guide to Chicago and other cities considering healthier vending. They provide insight into policy development, community relations, and sustainability, among other factors.

Please note that the cities profiled herein do not constitute an exhaustive list of cities with healthier vending policies.

Profile: Kansas City, MO

Overview

Kansas City is in the process of developing a citywide healthier program for beverage and snack vending. Currently there is no official policy, but city government has been working with its beverage vendor and two snack vendors to implement healthier vending in the 200+ machines on City property. The overall goal is for 50% healthier vending options in the long-run. Healthier vending contracts began in early 2010.

Examples:

- Juices and water are some recommended beverage vending options.
- Granola, oatmeal packs, and mozzarella cheese are some recommended snack options.

Implementation Process

The Purchasing Division worked with the beverage and snack vendors, a city dietician, and the chairperson of City Wellness to examine the vending catalogue and develop a healthier line of products.



- **Obstacles**
 - Purchasing has struggled with high prices of healthier choices, though the Health Department is helping to identify affordable yet healthier vending options.
- **Successes**
 - The Kansas City Health Department has been committed to working with the Purchasing Division on the healthier vending initiative.

Promotion

- N/A

Evaluation Process

- A survey about healthier choices was sent out to large City departments with vending machines about 10 months after healthier choices were added. The vending companies reviewed responses and have worked to improve their product line based on suggestions. If an item does not sell well, it tends to be replaced.

Sustainability

- Purchasing is hopeful that healthier mindset will improve with guidance from the Health Department. Support will include education on healthier vending and advertising of the program to City employees.

Kansas City Recommendations

- Have a clear plan for communication to the public and staff about reasons for changing the vending machine options and what can be expected in the future.

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Profile: Minneapolis, MN

Overview

In early 2010, Minneapolis Park and Recreation began planning snack vending machine changes for 10 pilot parks that went into effect later that year. Each vendor was offered a stipend for participation, as well as technical support and resources for the experimentation process. The pilot was planned for 6 months.

Guidelines:

Based on USDA healthier snacks criteria

- Fat: Maximum of 30% total calories from fat, 10% from saturated fat.
- Sugar: Maximum of 35% sugar by weight.
- Sodium: Maximum of 600 mg of sodium.

Implementation Process

The Minnesota Department of Health (MDH) awarded \$47 million to 86 counties and 8 tribal governments through local public health to reduce the number of Minnesotans who are overweight, obese, or use tobacco. One of the projects that developed from this grant is improving vending machine options within the Minneapolis Park District. The project developed in 3 stages:

- 1) A baseline assessment period and implementation of 75% healthier vending in 10 parks.
 - 2) Collection of sales data at 4 parks over an 8 week period.
 - 3) 4 parks will transition to 100% healthier vending and sales data will be collected for 5 weeks. 2 parks will use a slightly relaxed version of the guidelines to allow a wider variety of products.
- **Obstacles**
 - Some vendors were resistant to changing their product line.
 - There is no formal contracting process for snack vendors in Minneapolis parks.
 - The park system has recently been reorganized and staff positions have changed.
 - Community feedback has been difficult to obtain.
 - Many variables in the study have been difficult to control for.
 - **Successes**
 - Sales data collection found that the higher percentage of healthier items that are stocked in a machine, the higher the sales of healthier options from that machine.
 - Park staff and directors are overwhelmingly supportive of the project.



Promotion

- Minneapolis Park and Recreation worked with vendors to offer taste testing of new machine options at some parks. Other promotional steps included signage in support of the healthier machines and comment boxes for community feedback.

Evaluation Process

- Vending machines have been photographed at various stages of the process. Overall revenue has included some gains and some losses.

Sustainability

- The pilot will hopefully become self-sustainable and be used to create a written healthier vending policy or citywide system-change that will promote healthier vending.

Minneapolis Recommendations

- Do 100% healthier vending from the beginning. Having a lower than 100% expectation requires too much management of machine content.
- Contract with one vendor, and outline product expectations beforehand.

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More Information

See appendix for:

- Minneapolis Park & Recreation healthier vending guidelines
- Vending machine before-and-after photographs

Profile: New York City, NY

Overview

New York City (NYC) implemented a healthier beverage vending policy in 2008. The policy affects all beverage vending machines on NYC property, including machines in government buildings and in parks.

Policy Guidelines:

- The policy affects machine button placement, quantity of buttons for certain drink, size of drinks, caloric content labeling, use of promotional space, and pricing. In addition, more stringent restrictions apply to beverage vending machines in locations regularly frequented by children aged 18 and under and/or children aged 12 and under.



Examples:

- Buttons for purchasing water must be located in the position of highest selling potential.
- Each beverage vending machine must display the caloric content of every item it sells.
- Beverages sold in areas regularly frequented by children 18 and under can only include: water, unsweetened milk, and/or beverages with 25 or fewer calories per 8oz.

Implementation Process

The policy development was a collaborative process between the NYC Department of Health, the NYC Department of Education, and the NYC Department of Parks and Recreation. The initiative to develop the healthier vending program came from within the city government and was not the result of any outside funding source.

- **Obstacles**
 - Integrating the healthier beverage vending standards into NYC's new and pre-existing contracts required careful coordination, but the policy was ultimately implemented across many different agencies at the same time.
- **Successes**
 - The City needs to wait for a formal evaluation to cite successes of the program.

Promotion

- Promotional space on beverage vending machines may only depict healthier beverages and/or healthy activities.

Evaluation Process

- No formal evaluation has taken place as of yet, but unofficial measures indicate both some financial successes as well as some losses of revenue.

Sustainability

- The City is committed to the healthier beverage vending program, and is considering adopting healthier snack vending machine standards in the future.

New York City Recommendations

- N/A

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More Information

See appendix for:

- NYC Citywide Beverage Vending Machine Standards

Profile: Portland, OR

Overview

Portland instituted a healthier snack and beverage vending policy in June 2010. The policy applies to 10 vending machines that are owned and stocked by Portland Parks and Recreation.

Policy Guidelines:

- The snack and beverage vending policy affects total calories, sugar content, and fat content such as saturated fats and trans fats.

Examples:

- Snacks must contain 250 calories or less per serving, one serving per item.
- Snack sugar content cannot be more than 35% of snack weight.
- Beverage vending options include water, 100% fruit/vegetable juice, plain/flavored milk, or other beverages 20oz or smaller, with fewer than 8 calories an ounce.



Implementation Process

- Development of the healthier vending policy began when some Portland residents approached city government about making changes to vending machine options. In 2009, Portland Parks and Recreation created a committee that developed vending criteria modeled after the bill HB2650, Healthy Foods for Oregon Students, which regulates food sold in schools. The Parks and Recreation Department promoted the healthier vending options through signage next to the machines.
 - **Obstacles**
 - Portland Parks and Recreation experienced some pushback from park staff on the new regulations. The department worked with the Oregon Nutrition Policy Alliance to provide more nutrition information for staff.
 - Children often frequent stores located near Portland community centers that sell junk food. They bring the food into parks and are then less likely to purchase from park healthier vending machines.
 - **Successes**
 - Parents have thanked the department for providing healthier vending options.

Promotion

- Portland Parks and Recreation developed informational materials for the public about the new vending policy. They also used signs to support the vending options.

Evaluation Process

- No formal evaluation process happened. However, Portland Parks and Recreation has seen lower revenue since the policy change.

Sustainability

- Portland Parks and Recreation is committed to the healthier vending policy. In their opinion, the health benefits of having healthier vending outweigh the current decrease in revenue.

Portland Recommendations

- N/A

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More Information

See appendix for:

- Healthy Snacks Nutrition Standards for Portland Parks & Recreation's Community Centers and Pools
- Informational handout: Specifics of Proposed Nutrition Standards
- Promotional sign

Profile: San Diego, CA

Overview

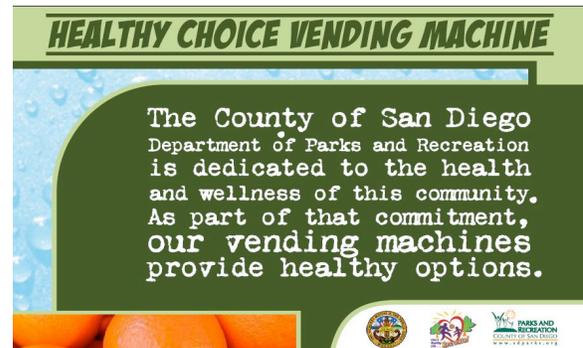
In March of 2006, the County of San Diego Department of Parks and Recreation (DPR) implemented a healthier vending policy for all county parks. Later, the County of San Diego Department of Health and Human Services Agency took the lead in adapting the DPR policy to become a countywide policy that now covers all vending machines on county property.

Policy Guidelines:

- The policy regulates pricing, advertising, and total calories, as well as fat, sodium, sugar, and fiber content. Machines in recreation centers and sports facilities must comply with healthier standards with 100% of items, while machines in parks and open spaces need only 50% healthier items.

Examples:

- Sports drinks can only be 100 calories or less.
- All drinks (except for water) should be 12oz or smaller in size.
- Snacks must not contain more than 360mg sodium per serving.



Implementation Process

A team of DPR staff worked with the San Diego Nutrition Network to develop the language for a healthier vending policy after attending a “Step Up To Health” summit.

- **Obstacles**
 - DPR moved from multiple vending contracts to a single contract, creating some tension with prior vendors.
 - DPR initially met with resistance from employees who wanted old snack options back. Taste testing was helpful in addressing some of the employee concerns.
- **Successes**
 - The healthier vending policy initiated by DPR was eventually adopted for the entire County of San Diego.

Promotion

- DPR regulates advertising on vending machines. For example, the vendor is not allowed to advertise soda on the sides of any of its beverage machines.

Evaluation Process

- The San Diego County Childhood Obesity Initiative, through grant funding, is currently conducting an in-depth evaluation of the vending program. Informal evaluation shows that neither overall use of vending machines nor vending machine revenue has changed significantly since beginning healthier vending.

Sustainability

- Moving the policy to a county-wide level has increased sustainability. In addition to vending machines, DPR has also embraced healthier concessions vending.

San Diego Recommendations

- Study 12 month's worth of data when evaluating a vending program, so as to account for seasonal fluctuation in park attendance.
- Consider the non-financial advantages of a commitment to healthier vending.

Contact

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More Information

See appendix for:

- County of San Diego, California Board of Supervisors Policy: Healthy Choice Options in Vending Machines on County Property
- Product list
- Informational handout: Healthy Vending Machine Policy
- Promotional sign and photographs of vending machines

Profile: Seattle, WA

Overview

In 2007, Seattle/King County's Public Health Department received a grant from the CDC to promote community health. Part of the grant was used by Seattle Parks and Recreation (SPR), starting in 2010 under the program *Healthy Parks/Healthy You*, to improve vending machine nutrition among 40+ sites, with a focus on 26 community centers and 10 pools.



Policy Guidelines:

- The vending criteria regulate caloric, fat, sodium, and carbohydrate content. The criteria also include suggestions for caffeine content and carbonation. Intake levels are divided into “healthier” and “healthiest.”

Examples:

- Items in the “healthiest” category cannot contain more than 3 total grams of fat per serving, whereas items in the “healthier” category may contain up to 5 total grams of fat per serving.
- Juice offerings should consist of only 100% juice.
- Caffeinated beverages are discouraged.

Implementation Process

- Community volunteers, public health staff, and SPR staff assessed the 300+ vending machines in the system before any changes were made. Promotional materials and talking points were developed for healthier vending sites.
 - **Obstacles**
 - SPR received some initial complaints from community and staff, which they worked to address through promotional materials and informational talks at healthier vending sites.
 - Leadership turnover within City government led to some continuity issues.
 - Nearby convenience stores and fast food restaurants reduce incentive to purchase from healthier vending machine options.
 - **Successes**
 - Healthier vending has increased from 40%-100% within a year of program implementation.
 - SPR has worked with the vendor to involve youth in stocking machines, and is beginning to see positive behavioral changes around food choices.

Promotion

SPR gave talks, developed information sheets, and displayed promotional materials in support of the healthier vending options. These efforts have been directed at community members as well as SPR staff.

Evaluation Process

- No formal evaluation process has happened yet, but informal information shows:
 1. Stable initial revenue, now beginning to show profits.
 2. Patrons have begun to request some of the healthier items.
 3. Patrons requesting less-healthy options are receiving educational information about the healthier vending program.

Sustainability

- SPR is committed to the program, and has plans for expansion.

Seattle Recommendations

- Leadership needs to remain steadfast and seek support from different levels of city government. Ideally, partner with business interests for promotional and financial support, and with public health or private health organizations for nutritional support.
- The contracts manager needs to be financially responsive in order to manage costs and avoid loss of revenue.
- Be sure to maintain affordable options. Do not “price out” any patrons.

Contact

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More Information

See appendix for:

- Healthy Vending Guidelines: Seattle Parks and Recreation
- Sample of product list
- Information handout: Frequently Asked Questions about the Healthier Snack Program
- Promotional sign

Summary

Common obstacles

- Resistance from park staff to change in vending options.
- Nearby stores with unhealthy food reduce incentive for youth to purchase healthier snack items within parks and community centers.
- Difficulties in managing multiple vending contracts or transitioning to vending with a new company.
- Turnover or reorganization in city government which affects healthier vending projects.

Common successes

- Original program expanded either in scope or size.
- Most vendors transitioning to healthier options did not see a large decrease in sales.
- Support for healthier vending program from within city government and/or the community.
- Commitment to continue healthier vending in the future.

Best Practices for Chicago

- Develop literature and/or talking points for the public which explain the reasons for shifting to healthier vending and what can be expected under the new guidelines.
- Work with park staff to address any concerns about the healthier vending options.
- Utilize resources from multiple departments within Chicago city government, such as the Chicago Department of Public Health.
- Use funding from grant monies to support healthier vending promotion, taste testing, and product experimentation.
- Work closely with the vendor to ensure financial sustainability of healthier vending options.

Conclusion

Chicago and other cities considering healthier vending should look to the information and recommendations found in these profiles for developmental guidance. Childhood obesity is reaching epic proportions in the U.S. and individual cities can use healthier vending as a gateway for addressing obesity-related community health issues. Healthier vending has the potential to improve food access not only through physically providing healthier options, but also through developing the infrastructure and leveraging resources needed to make other healthier changes in the future.

Image Credit

- Cover photograph courtesy of Christine Lafontant, County of San Diego Department of Parks and Recreation.
- Profile Kansas City, MO:
<http://www.kcmo.org/CKCMO/AboutUs/KnowYourCityGovernment6/index.htm>
- Profile Minneapolis, MN: Courtesy of Sarah Reuben-Meillier, City of Minneapolis Department of Health and Family Support
- Profile New York City, NY:
http://www.centerforafricanservices.org/Getting_Around_NYC.html
- Profile Portland, OR: Courtesy of Doug Brenner, Portland Parks and Recreation
- Profile San Diego, CA: Courtesy of Christine Lafontant, County of San Diego Department of Parks and Recreation.
- Profile Seattle, WA: <http://www.visitingdc.com/picture/seattle-skyline-picture.asp>

ⁱ “Junk Foods in School Vending Machines Causing Childhood Obesity.” 16 Sep 2010. Fresh Healthy Vending. 3 Feb 2011 <<http://freshhealthyvending.com/healthy-vending/junk-foods-in-school-vending-machines-causing-childhood-obesity/>>.

ⁱⁱ Rovner et al. “Food Sold in School Vending Machines Is Associated With Overall Student Dietary Intake.” *Journal of Adolescent Health*. Volume 48 (Jan 2011): Pages 13-19.
[http://www.jahonline.org/article/S1054-139X\(10\)00427-1/fulltext](http://www.jahonline.org/article/S1054-139X(10)00427-1/fulltext)

ⁱⁱⁱ Ross, Emma. “Study: Soft Drink Intake Linked to Childhood Obesity.” *ABC News/Health*. 16 Feb. 3 Feb 2011 <<http://abcnews.go.com/Health/story?id=117618&page=1>>.

^{iv} “Hunger in the U.S.” 16 Nov 2009. Food Research and Action Center. 3 Feb 2011.
<http://www.frac.org/html/hunger_in_the_us/hunger_index.html>.

^v “Prevalence of Childhood Overweight and Obesity in Chicago.” Consortium to Lower Obesity in Chicago Children. 3 Feb 2011 <<http://www.clocc.net/coc/prevalence.html>>.

^{vi} “Prevalence of Childhood Overweight and Obesity in Chicago.” Consortium to Lower Obesity in Chicago Children. 3 Feb 2011 <<http://www.clocc.net/coc/prevalence.html>>.

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Appendix A:
Minneapolis, MN

Minneapolis Park and Recreation Healthier Vending Guidelines

Minneapolis Park and Recreation does not have an official healthier vending policy, but the pilot project has used the following criteria for healthier snack vending standards:

FAT: Maximum of 30% total calories from fat, 10% total calories from saturated fat

SUGAR: Maximum of 35% sugar by weight

SODIUM: Maximum of 600 mg of sodium

Minneapolis Vending Machine Before-and-After Photographs

Courtesy of Sarah Reuben-Meillier: City of Minneapolis Department of Health and Family Support



Minneapolis, MN: Bottineau Park,
8.33% healthy (April 2010)

Vs.



Minneapolis, MN: Bottineau Park,
77.50% healthy (Aug 2010)



Minneapolis, MN: Stewart Park,
3.13% healthy (May 2010)

Vs.



Minneapolis, MN: Stewart Park,
74.29% healthy (Sep 2010)

Appendix B:
New York City, NY

Citywide Beverage Vending Machines Standards

For Vending Locations Regularly Used by Adults

All of the following criteria must be met:

A) Specifications regarding the product mix:

- 1) No more than two columns (or "buttons") may be unlimited calorie beverages (the maximum of two columns applies irrespective of the total number of columns in the machine).
- 2) Unless otherwise approved by the City in writing, water is required to be stocked for a minimum of 2 columns (or "buttons"). Unless otherwise approved by the City, in its sole discretion in writing, water for the purposes of these Standards shall mean bottled water that is intended for human consumption, that contains 0 calories per 8 oz, and contains no added flavor, color, or sweeteners of any kind. Any product containing water modified with added flavors, colors or sweeteners or with calories in excess of 0 calories per 8 oz shall not be considered water for the purposes of these Standards.
- 3) The remaining products must be ≤ 25 calories per 8 oz.

B) Specifications regarding product display placement:

- 1) Water must be placed in the position with the highest selling potential.
- 2) "High Calorie" beverages (defined as any beverage > 25 calories per 8 oz) must be placed in the position with the lowest selling potential.
- 3) For machines where the buttons are arrayed vertically, highest selling potential means those closest to eye level, usually the top buttons, and lowest selling potential means those furthest from eye level, usually the bottom buttons. Or as determined by industry best practices.
- 4) However, because machines have different display arrangements, the City will have sole discretion to approve all product display and placement.

C) Specifications regarding size:

- 1) All beverage selections with the exception of water and seltzer are limited to 12 oz. For the purposes of these Standards, seltzer is defined as water naturally or artificially impregnated with mineral salts or gasses, having 0 calories per 8 oz. and no artificial sweeteners.
- 2) All water and seltzer selections must be at least 12 oz.
- 3) Portion sizes smaller than 12 oz are encouraged for High Calorie beverages.

D) Calorie labeling:

- 1) Every machine must display the total calorie content for each item, as sold, clearly and conspicuously, adjacent or in close proximity so as to be clearly associated with the item, using a font and format that is at least as prominent, in size and appearance, as that used to post either the name or price of the beverage where it can be seen before the consumer presses the button to choose the beverage. Existing nutrition labeling on the beverages does not meet this requirement. The City will have sole discretion regarding the display of calorie information. (adapted from HC §81.50)

E) Promotional space:

- 1) Promotional space on the vending machines (i.e. sides, front graphic panel, etc.) including but not limited to the language and graphics, if used, is subject to the approval of the City in its sole discretion and must be used only to promote healthy beverage choices (≤ 25 calories per 8oz) and/or healthy activities.

F) Price:

- 1) Pricing models that encourage healthy choices (e.g. by establishing lower prices for healthy beverage choices (≤ 25 calories per 8 oz) relative to "High Calorie" beverages (> 25 calories per 8 oz)) are encouraged.

For Vending Locations Regularly Used by Children age 18 and under

A) Specifications regarding the product mix:

- 1) Beverage vending machines can only include:
 - Water
Unless otherwise approved by the City, in its sole discretion in writing, water for the purposes of these Standards shall mean bottled water that is intended for human consumption, that contains 0 calories per 8 oz, and contains no added flavor, color, or sweeteners of any kind. Any product containing water modified with added flavors, colors or sweeteners or with calories in excess of 0 calories per 8 oz shall not be considered water for the purposes of these Standards.
 - Unsweetened milk, 1% or nonfat only
 - Beverages with ≤ 25 calories per 8 oz
 - Carbonation and caffeine are allowed
- 2) Prohibited:
 - Artificial sweeteners
 - Other "natural" non-nutritive or very low-calorie sweeteners (e.g. stevia, erythritol)
 - Artificial flavors and colors
- 3) If the location is regularly used by **programs serving children age 12 or younger** (e.g. afterschool locations, summer camp), in addition to the standards above, products:
 - Should not be caffeinated
 - Should be ≤ 10 calories per 8 oz

B) Calorie labeling:

- 1) Every machine must display the total calorie content for each item, as sold, clearly and conspicuously, adjacent or in close proximity so as to be clearly associated with the item, using a font and format that is at least as prominent, in size and appearance, as that used to post either the name or price of the beverage where it can be seen before the consumer presses the button to choose the beverage. Existing nutrition labeling on the beverages does not meet this requirement. The City will have sole discretion regarding the display of calorie information.

(adapted from HC §81.50)

C) Promotional space:

- 1) Promotional space on the vending machines (i.e. sides, front graphic panel, etc.) including but not limited to the language and graphics, if used, is subject to the approval of the City in its sole discretion and must be used only to promote healthy beverage choices (≤ 25 calories per 8 oz) and/or healthy activities.

Note that New York City beverage vending standards may be revised or updated in the future. Vendors would have time to come into compliance with any changes.

Appendix C:
Portland, OR



PORTLAND PARKS & RECREATION

Healthy Parks, Healthy Portland

POLICY NAME: Healthy Snacks Nutrition Standards for Portland Parks & Recreation’s Community Centers and Pools

Policy Category: Park Services

Date Reviewed:	Date Adopted:
Contact Person: Position: Doug Brenner	Authorized By: Position:

Introduction
 Childhood obesity has reached epidemic proportions. Obesity causes serious health conditions and results in significant financial burdens to individuals and taxpayers. This policy will improve the nutritional content of items sold in our Community Centers and Swimming Pools to individuals who use our facilities. High-calorie beverages large portion sizes, and low-nutrition foods contribute to obesity, as well as displacing healthier options.

By implementing this policy in Community Centers and Swimming Pools, we can assist in building a supportive community environment for healthy nutrition and create demand for healthy foods. The implementation of this policy will promote better nutrition and create a positive environment to foster healthy eating habits for the community, staff, and others who use our facilities.

Policy Statement
 It is the policy of Portland Parks & Recreation that it is in the interest of public health to establish nutrition standards for snacks and beverages sold at our Community Centers and Swimming Pools.

Nutrition Standards for foods and beverages in Community Centers and Swimming Pools

Snacks

- **Calories per item may not exceed 250- individual serving sizes only**
- **Total calories from fat may not exceed 35 percent**, except for foods that are mainly nuts, eggs, cheese, non– fried vegetables, legumes or seeds
- **Sugar content may not exceed 35 percent by weight**, except for fruits and vegetables
- **Saturated fat may not exceed 10 percent of total calories**
- **Trans fat may not exceed 0.5 grams per serving**

Beverages

- **Plain water in any size container (zero calories)**
- **100% Fruit or vegetable juice -Maximum individual container size of 12 ounces and must be no more than 180 calories total.**
- **Milk or flavored milk, or milk alternatives 1% or fat free. Maximum individual container size of 12 ounces and must be less than 180 calories total, that is, 15 calories per ounce**
- **Other beverages-Maximum individual container size of 20 ounces and must be less than 160 calories per container, total; that is, less than 8 calories per ounce.**

Guiding Principles

The nutrition standards are based primarily on caloric content, and secondarily on sugar and fat content. The goal of setting these standards is to “get the worst offenders out” and provide an environment where children and adults can have access to snacks and beverages that are reasonably sized. These standards are based on standards set by Oregon House Bill 2650, Healthy Foods for Oregon Students, passed by the legislature in 2007, which outlines snack and beverage guidelines for schools. We are modeling our approach on the high school standard of the new law, with some modification due to the introduction of new products. Recognizing that our facilities also serve adults, our standards will allow calorie limits up to 250 calories for snacks; products geared toward youth should be limited to 200 calories.

Procedures & Guidelines

To determine whether a food fits policy definitions, staff may use the “snack calculator” available at: http://communityhealthpartnership.org/strategic_obesity/school_calculator.php
For beverages, use the calorie and container size standards above.

Related Policies, Procedures & Forms

This policy replaces the "Concessions of Snacks and Beverages" policy that was adopted July 23, 2004 by Lisa Turpel.

Appendix

Additional Comments

The Oregon House Bill 2650 standards have been in place in all high schools in Oregon since July 2008.

This policy does not apply to special events, activities sponsored by Friends Groups, or partners with rental and lease contracts.

SPECIFICS OF PROPOSED NUTRITION STANDARDS

What the proposed policy would do:

Sets specific nutrient guidelines for foods and beverages (such as calorie limits and percent fat) for foods sold at Portland Park and Recreation Centers, and establishes guidelines for beverages that are allowed and not allowed. (See below for specific criteria)

The proposed policy would not:

Label food "good foods" or "bad foods"
Set standards for food brought into rec centers by individuals or staff
Establish a static list of approved or not approved foods

Snacks

Sets **calorie limits per serving:** 200 calories

Total **calories from fat may not exceed 35%** (except for foods that are mainly nuts, eggs, cheese, non-fried vegetables, legumes or seeds)

Sugar content may not exceed 35% by weight except for fruits and vegetables

Saturated fat may not exceed 10% of total calories; trans fat may not exceed 0.5 grams per serving

Beverages –

- Plain water is **OK**
- Fruit or vegetable juice, individual serving size 12 oz or less and less than 120 calories per 8 oz
- Milk or flavored milk, low fat or fat free, individual serving size 12 oz or less than 150 calories per 8 oz (15 cal/oz)
- No or low calorie beverages, individual serving size less than 10 calories per 8 oz (1.3 cal/oz)
- Other beverages, individual serving sizes that are less than 12 oz and 66 calories per 8 oz (8 cal/oz)

These standards are in place for all high schools in Oregon as of July 2008

How to determine whether a food will fit or not:

A "Snack Calculator" is available at
http://communityhealthpartnership.org/strategic_obesity/school_calculator.php



Be active, smile often and choose healthy snacks

We now sell more healthy snacks than ever before!

Check out your quick & healthy options today!



Appendix D:
San Diego, CA

**COUNTY OF SAN DIEGO, CALIFORNIA
BOARD OF SUPERVISORS POLICY**

ATTACHMENT A

Subject	Policy Number	Page
Healthy Choice Options in Vending Machines on County Property	K-14	1 of 3

Purpose

The purpose of this policy is to establish guidelines to provide healthy-choice options in vending machines on County property.

Background

Childhood obesity has reached epidemic proportions. Obesity causes health problems and results in significant financial burdens to individuals and taxpayers. A *Call to Action: San Diego County Childhood Obesity Action Plan* was developed using an ecological model to promote health. According to this Action Plan and the subsequent Childhood Obesity Initiative, a supportive environment helps individuals make positive behavioral changes. A key strategy of the Action Plan includes providing healthy choices in vending machines. This policy will improve the nutritional content of items sold in County vending machines to the benefit of individuals who use our facilities. High-calorie sodas and low-nutrition foods contribute to obesity. At the same time, low-nutrition foods displace healthier options in vending machines. By implementing this policy in County facilities, the County can assist in building a supportive community environment for healthy nutrition and create more demand for healthy foods in vending machines.

The implementation of this policy will promote good nutrition and create a positive environment to foster healthy eating habits in County employees, the public, and others who use our facilities.

Policy

It is the policy of the Board of Supervisors that:

1. The County supports efforts to reduce obesity in County employees and individuals who use our facilities by reducing high-calorie/low-nutrition beverages and foods, and providing healthy-choice options in all vending machines on County property.
2. All County Departments shall establish monitoring procedures to ensure that all vending machines located in their respective Departments meet the healthy-choice nutrition standards outlined below. Continued non-compliance will be reported to the Department of General Services.
3. Vending machines on County property shall contain the following percentages of items that meet the healthy-choice nutritional standards set forth in Section 4:
 - A. 100% of the food and beverages sold in vending machines at County facilities that primarily serve youth; and
 - B. 50% of the food and beverages sold in vending machines at all other County facilities.

**COUNTY OF SAN DIEGO, CALIFORNIA
BOARD OF SUPERVISORS POLICY**

Subject	Policy Number	Page
Healthy Choice Options in Vending Machines on County Property	K-14	2 of 3

4. The healthy-choice nutritional standards are as follows:
 - A. **Beverages:** Beverage volumes of no more than 12 ounces (except water), and no more than 250 calories per container. Note: If juices are available in smaller-sized portions, such as 6 ounces, they are preferred. The healthy-choice beverages offered in each vending machine shall be one or more of the following:
 - i) Water (no volume limit; 0 calories);
 - ii) Non-fat or 1% low-fat milk, including soy, cow’s milk, chocolate, or other flavored milk, containing no more than 15 grams of added sugar per 240 mL serving or 3 tsp. sugar per 1 cup;
 - iii) 100% fruit or vegetable juice;
 - iv) Fruit-based drinks containing at least 50% juice and no added caloric sweeteners, such as sugar or high-fructose corn syrup;
 - v) All other non-caloric beverages, including diet sodas; and
 - vi) Sport drinks with no more than 100 calories.
 - B. **Snacks and Entrees:** Snacks and entrée food items offered in each vending machine shall meet all the following criteria for each individual package:
 - i) Snacks: No more than 250 calories;
 - ii) Entrees: No more than 400 calories. An entrée is defined as a food generally regarded as being the primary food in a meal and shall include, but not be limited to, sandwiches, burritos, pasta, and pizza;
 - iii) No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). Snack mixes and entrée foods, of which nuts are a part, must meet the 35% standard;
 - iv) No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale);
 - v) No trans fats;
 - vi) No more than 35% total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats; and
 - vii) No more than 360 mg. of sodium per serving for snacks and 575 mg. of sodium per serving for entrees.
 - C. At least one item meeting the above criteria in each vending machine shall also meet the FDA definition of “low sodium” (less than 140 mg. of sodium per serving for a snack and 225 mg. per serving for an entree).
 - D. It is also recommended that vending machines have items that contain at least 2 grams of dietary fiber.

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BOARD OF SUPERVISORS POLICY**

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	Healthy Choice Options in Vending Machines on County Property	K-14

E. These healthy-choice nutrition standards are based on standards set by California Education Code Sections 49430-49431.5 (SB 12 and SB 965, Statutes of 2005) and recommendations from the San Diego Nutrition Network and California Project LEAN.

5. Beverages, snacks, and other food items that meet these nutritional standards shall be comparatively priced to products that do not meet the nutritional standards.
6. The County Public Health Officer in the Health & Human Services Agency shall be responsible for annual review to determine if substantial changes have been made to standards referenced in Section 4.E. or other current health recommendations that would warrant amending the nutrition guidelines established in this policy.
7. The Public Health Officer shall also maintain a list of healthy-choice products that meet the criteria as listed in Section 4 above. This list shall be updated not less than annually and shall be available on the County’s website to the general public, Departments, and County vending machine vendors.
8. This policy shall be implemented as outlined in CAO Manual Section 0050-01-3, Vending Machine Installation and Operation.

Sunset Date

This policy will be reviewed for continuance by 12-31-2013.

Board Action

12-05-06 ()

08-01-06 (23)

CAO Reference

1. Health and Human Services Agency
2. Purchasing and Contracting
3. General Services

Foods That Meet Vending Machine Policy Standards*

Product Name	Package Size (grams/ounces)	Servings	Calories	Total Calories from Fat	Calories from Saturated Fat	Trans Fat	Weight	Sugar	Total Weight from Sugar and Caloric Sweeteners	Sodium	Low Sodium ≤ 140mg	Dietary Fiber (Optional)
Apples - 1 cup, quartered or chopped	125g (4.4oz.)	1	65	3.10%	0.00%	0g	125g	13g	10.40%	1mg	*	3g
Bageltime Low in Carbs Bagel Bar -	45g (1.6oz.)	1	80	12.50%	0.00%	0g	45g	0g	0.00%	190mg		8g
Bageltime Low in Carbs Bagel Bar	45g (1.6oz.)	1	100	20.00%	0.00%	0g	45g	1g	2.22%	180mg		9g
Bake Crafters - Animal Cracker Packs	28g (1oz.)	1	127	28.40%	7.10%	0g	28g	8g	28.60%	110mg	*	1g
Baked Cheetos (Flamin Hot)	42.5 g	1	200	35%	4.50%	0g	42.5g	1g	2.00%	360 mg		less than 1 g
Baked Lays (Barbeque)	31.8 g	1	140	25%	3.00%	0g			10%	240 mg		2 g
Baked Lays (Sour Cream and Onion)	31.8 g	1	140	21.00%	3.00%	0g	60g	14g	10%	240 mg		2 g
Basil's Bavarian Bakery Animal Snackers	60g	2	194	20%	2.30%	0g	60g	14g	23.30%	50mg	*	0g
Blue Bunny-FrozFruit Strawberry	170g (4.8oz.)	1	90	0.00%	0.00%	0g	120g	22g	18.30%	10mg	*	1g
Blue Bunny-Fudge Bar	91g (3.6oz.)	1	130	11.50%	7.00%	0g	91g	20g	22.00%	90mg	*	0g
Blue Bunny-Lite 85 Yogurt Cup Blackberry												
Crème Boysen-berry, Cherry Vanilla,												
Coconut Crème Pie, Homemade Apple Pie,												
Key Lime Pie, Mixed Berry, Raspberry,	170g (6oz.)	1	80	0.00%	0.00%	0g	170g	8g	4.70%	90mg	*	0g
Blue Bunny-Lite 85 Yogurt Cup Strawberry	170g (6oz.)	1	80	0.00%	0.00%	0g	170g	11g	6.50%	120mg	*	0g
Blue Bunny-Lite 85 Yogurt Cup Vanilla	170g (6oz.)	1	80	0.00%	0.00%	0g	170g	10g	5.90%	125mg	*	0g
Blue Bunny-Lite 85 Yogurt Cup-Black												
Cherry, Blueberry, Peach, Strawberry, Banana	170g (4.8oz.)	1	80	0.00%	0.00%	0g	170g	9g	5.30%	90mg	*	0g
Blue Bunny-Low Fat Fudge Dream Bar	57g (2.0oz.)	1	90	16.70%	10.00%	0g	57g	12g	21.00%	55mg	*	0g
Brothers All Natural- Crisps Real, Apple	10g (.35oz.)	1	39	2.60%	0.00%	0g	10g	6g	60.00%	0mg		2g
Brothers All Natural- Crisps Real, Banana	17g (.59oz.)	1	66	0.00%	0.00%	0g	17g	8g	47.10%	0mg		2g
Brothers All Natural- Crisps Real, Mango	13g (.5oz.)	1	51	2.00%	0.00%	0g	13g	8g	61.50%	0mg		1g
Brothers All Natural- Crisps Real, Pineapple	15g (.53oz.)	1	60	0.00%	0.00%	0g	15g	11g	73.30%	0mg		1g
Brothers All Natural- Crisps Real, Strawberry	7.5g (.26oz.)	1	30	3.30%	0.00%	0g	7.5g	4g	53.30%	0mg		1g
Brothers All Natural- Crisps Real, Strawberry	12g (.42oz.)	1	46	2.20%	0.00%	0g	12g	6g	50.00%	0mg		2g
California Classics-- Cheese Balls	21.3g (.85oz.)	1	190	30.00%	4.50%	0g	43g	2g	4.70%	150mg		2g
California Classics- Hot & Crunchy Cheese	42g (1.5oz.)	1	200	30.00%	4.50%	0g	42g	2g	4.80%	310mg		3g
Cascadian Farm Chocolate chip chewy	35g (1.2oz.)	1	140	21.40%	6.40%	0g	35g	10g	28.60%	125mg	*	1g
Celery - 1 cup, cut into strips	124g (4.4oz.)	1	17	11.80%	0.00%	0g	124g	2.3	1.90%	99mg	*	2g
Choritos Mini-Mint Chocolate Chips	28.4g (1 oz.)	1	114	25.40%	7.90%	0g	28.4g	7g	24.60%	95mg	*	0.5g
Cinnamon Toast Crunch Cereal Bar	37 g	1	150	23%	0.00%	0g	37g	10g	27.00%	150 mg		1 g
Clif Bar - Apricot	68g (2.4oz.)	1	230	13.00%	2.00%	0g	68g	21g	30.90%	125mg	*	5g
Clif Bar - Banana Nut Bread	68g (2.4oz.)	1	250	20.00%	3.60%	0g	68g	21g	30.90%	130mg	*	5g
Clif Bar - Black Cherry Almond	68g (2.4oz.)	1	250	18.00%	5.40%	0g	68g	20g	29.40%	110mg	*	5g
Clif Bar - Carrot Cake	68g (2.4oz.)	1	240	14.60%	5.60%	0g	68g	21g	30.90%	150mg	*	5g
Clif Bar - Chocolate Almond Fudge	68g (2.4oz.)	1	250	18.00%	5.40%	0g	68g	20g	29.40%	140mg	*	5g
Clif Bar - Chocolate Brownie	68g (2.4oz.)	1	240	16.60%	5.60%	0g	68g	20g	29.40%	150mg	*	5g
Clif Bar - Chocolate Brownie	68g (2.4oz.)	1	250	18.00%	5.40%	0g	68g	21g	30.90%	150mg	*	5g
Clif Bar - Chocolate Chip	68g (2.4oz.)	1	250	20.00%	7.20%	0g	68g	20g	29.40%	210mg		5g
Clif Bar - Chocolate Chip Peanut Crunch	68g (2.4oz.)	1	240	14.60%	5.60%	0g	68g	21g	30.90%	180mg		5g
Clif Bar - Cool Mint Chocolate	68g (2.4oz.)	1	230	8.70%	2.00%	0g	68g	21g	30.90%	150mg	*	5g
Clif Bar - Cranberry Apple Cherry	68g (2.4oz.)	1	250	20.00%	5.40%	0g	68g	18g	26.50%	250mg		5g
Clif Bar - Crunchy Peanut Butter	68g (2.4oz.)	1	240	14.60%	5.60%	0g	68g	21g	30.90%	110mg	*	5g
Clif Bar - Lemon Poppyseed	68g (2.4oz.)	1	240	12.50%	5.60%	0g	68g	21g	30.90%	150mg	*	5g
Clif Bar - Oatmeal Raisin Walnut	68g (2.4oz.)	1	250	18.80%	3.80%	0g	68g	20g	29.40%	200mg		5g
Clif Z Bar - Peanut Tofee Buzz	68g (2.4oz.)	1	240	20.00%	7.20%	0g	68g	20g	29.40%	125 mg		3g
Clif Z Bar - Peanut Tofee Buzz	36g (1.27 oz)	1	120	21%	7.50%	0g	36g	12g	33%	170mg	*	3g
Clif Z Bar Chocolate Brownie	36 (1.3oz.)	1	140	32.10%	6.40%	0g	36g	11g	30.60%	220 mg		2 g
Corn Nuts (Barbeque)	39 g	1	180	33%	5.00%	0g	39g	1g	2.60%	1mg		0.3g
Cucumbers - 0.5 cup sliced	52g (1.8oz.)	1	8	12.50%	0.00%	0g	52g	0.9g	1.70%			

Foods That Meet Vending Machine Policy Standards*

Product Name	Package Size (grams/ounces)	Servings	Calories	Total Calories from Fat	Calories from Saturated Fat	Trans Fat	Weight	Sugar	Total Weight from Sugar and Caloric Sweeteners	Sodium	Low Sodium 5.140mg	Dietary Fiber (Optional)
Dakota Gourmet - Lightly Salted Roasted Sunflower Seeded	28g (1oz.)	1	170	76.50%	7.90%	0g	28g	<1g	<3.6%	85mg	*	2g
Dakota Gourmet- Blaze-in Hot Sunflower	28.4g (1 oz.)	1	170	82.40%	7.90%	0g	28g	1g	3.60%	115mg	*	2g
Dakota Gourmet- Cool Ranch Toasted Corn	28g (1oz.)	1	100	20.00%	2.70%	0g	28g	1g	3.60%	280mg	*	1g
Dakota Gourmet- Honey Roasted Soy Nuts	28g (1oz.)	1	140	42.80%	6.40%	0g	28g	3g	10.70%	55mg	*	4g
Dakota Gourmet- Honey Roasted Sunflower	28g (1oz.)	1	160	68.80%	8.40%	0g	28g	4g	14.30%	85mg	*	1.5g
Danimals Drinkable Strawberry Explosion	100g (3.1oz.)	1	90	16.70%	10.00%	0g	100g	15g	15.00%	55mg	*	0g
Danimals Drinkable Strin'kin' Strawberry-Kiwi	100g(3.1oz.)	1	90	16.70%	10.00%	0g	100g	15g	15.00%	45mg	*	0g
Dannon Activia-All Flavors except Vanilla	113g (4oz.)	1	110	18.20%	8.20%	0g	113g	17g	15.00%	75mg	*	0g
Dannon DanActive Blueberry	94g (3.3oz.)	1	90	16.70%	10.00%	0g	93.5g	17g	18.20%	40mg	*	0g
Dannon DanActive Strawberry Raspberry	94g (3.3oz.)	1	90	16.70%	10.00%	0g	93.5g	17g	18.20%	45mg	*	0g
Dannon DanActive Strawberry	94g (3.3oz.)	1	90	15.60%	10.00%	0g	93.5g	17g	18.2g	45mg	*	0g
Dannon DanActive Vanilla	94g (3.3oz.)	1	90	16.70%	10.00%	0g	93.5g	17g	18.20%	40mg	*	0g
Dannon Danimals Drinkable Rockin'	100g (3.1oz.)	1	90	16.70%	10.00%	0g	100g	15g	15.00%	45mg	*	0g
Dannon Danimals Drinkable Strawberry-	100g (3.1oz.)	1	90	16.70%	10.00%	0g	100g	15g	15.00%	45mg	*	0g
Dannon Danimals Totally Vanilla	100g (3.1oz.)	1	110	18.20%	8.10%	0g	113g	18g	15.90%	70mg	*	0g
Dannon Light'N Fit montat (Peach, Raspberry, Strawberry Kiwi	170g (6oz.)	1	60	0.00%	0.00%	0g	170g	7g	4.10%	95mg	*	0g
Dannon Light'N Fit Nonfat (Blackberry, Blueberry, Orange Mango, Vanilla, White Strawberry, strawberry banana)	170g (6oz.)	1	60	0.00%	0.00%	0g	170g	7g	4.10%	80mg	*	0g
Dannon Light'N Fit Nonfat (Lemon Chiffon, strawberry, strawberry banana)	170g (6oz.)	1	60	0.00%	0.00%	0g	170g	7g	4.10%	90mg	*	0g
Dannon Light'N Fit Smoothie Cherry Vanilla	170g (6oz.)	1	60	0.00%	0.00%	0g	170g	8g	4.70%	85mg	*	0g
Dannon Light'N Fit Smoothie (Peach Passion Strawberry Kiwi, Strawberry)	207ml (7oz.)	1	70	0.00%	0.00%	0g	198g	12g	6.00%	70mg	*	0g
Dannon Light'N Fit Smoothie Carb & Sugar Control Mixed Berry	207ml (7oz.)	1	70	0.00%	0.00%	0g	198g	12g	6.00%	85mg	*	0g
Dannon Light'N Fit Smoothie Carb & Sugar Control Strawberry Banana	207ml (7oz.)	1	70	0.00%	0.00%	0g	198g	12g	6.00%	65mg	*	0g
Dannon Light'N Fit Smoothie Raspberry	207ml (7oz.)	1	70	0.00%	0.00%	0g	198g	12g	6.00%	75mg	*	0g
David's Sunflower Seeds	49.6g (1.75oz.)	1	160	68.80%	8.40%	0g	49.6g	< 1g	<2	110mg	*	3g
Del Monte- Cherry Mixed Fruit Cup	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	15g	13.30%	10mg	*	<1g
Del Monte- Diced Peaches in 100% Juice	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	16g	14.20%	10mg	*	<1g
Del Monte- Diced Peaches in 100% Juice	113g (4oz.)	1	40	0.00%	0.00%	0g	113g	12g	10.60%	10mg	*	<1g
Del Monte- Lite Diced Peaches in Pull-Top	113g (4oz.)	1	50	0.00%	0.00%	0g	113g	12g	10.60%	10mg	*	<1g
Del Monte- Lite Mixed Fruit in Pull-Top Can	113g (4oz.)	1	50	0.00%	0.00%	0g	113g	12g	10.60%	10mg	*	<1g
Del Monte- Mandarin Oranges Segments in 100% Juice	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	17g	15.00%	10mg	*	<1g
Del Monte- Pineapple Tidbits in 100% Juice	113g (4oz.)	1	50	0.00%	0.00%	0g	113g	13g	11.50%	10mg	*	<1g
Del Monte- Strawberry-Banana Flavored	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	16g	14.20%	10mg	*	1g
Del Monte- Tropical Fruit Cup	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	16g	14.20%	5mg	*	1g
Del Monte- Tropical Fruit Salad in Pull-Top	233.9g (8.25oz.)	2	160	0.00%	0.00%	0g	233.9g	40g	17.10%	20mg	*	1g
Del Monte-Mixed Fruit Cup	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	16g	14.20%	10mg	*	<1g
Dole - Fruit Bowls	113g (4oz.)	1	70	0.00%	0.00%	0g	113g	17g	15.00%	10mg	*	0g
Dole - Fruit Bowls in Gel	113g (4oz.)	1	90	0.00%	0.00%	0g	113g	17g	15.00%	25mg	*	<1g
Dole- Mandarin Oranges	123g (4.3oz.)	1	70	0.00%	0.00%	0g	123g	22g	17.90%	10mg	*	0g
Dole-Pineapple Cup	113g (4oz.)	1	60	0.00%	0.00%	0g	113g	14g	12.40%	10mg	*	1g
Dole-Tropical Fruit Cup	113g (4oz.)	1	80	0.00%	0.00%	0g	113g	17g	15.00%	10mg	*	2g
Fiber One Bar (Oats and Chocolate)	40 g	1	140	25%	9.60%	0g	40g	10g	25%	90 mg	*	9 g
Fingo Cheese Heads 100% Natural String	28g (1oz.)	1	60	41.70%	30.00%	0g	28g	0g	0.00%	200mg	*	0g
Frito Lay - Baked Ruffles Original	28g (1oz.)	1	120	25.00%	0.00%	0g	28g	2g	7.10%	200mg	*	2g
Frito Lay - Baked Tostitos Original Bite Size	28g (1oz.)	1	110	4.50%	0.00%	0g	28g	0g	0.00%	200mg	*	2g

Foods That Meet Vending Machine Policy Standards*

Product Name	Package Size (grams/ounces)	Servings	Calories	Total Calories from Fat	Calories from Saturated Fat	Trans Fat	Weight	Sugar	Total Weight from Sugar and Caloric Sweeteners	Sodium	Low Sodium $\leq 140\text{mg}$	Dietary Fiber (Optional)
Frito Lay - Baked! Cheetos	28g (1oz.)	1	130	34.60%	6.90%	0g	28g	1g	3.60%	240mg		0g
Frito Lay - Baked! Cheetos Flaming Hot	28g (1oz.)	1	130	34.60%	3.50%	0g	28g	1g	3.60%	240mg		0g
Frito Lay - Baked! Doritos	28g (1oz.)	1	120	25.00%	3.80%	0g	28g	1g	3.60%	220mg		2g
Frito Lay - Baked! Lays- Cheddar & Sour	28g (1oz.)	1	120	25.00%	7.50%	0g	28g	3g	10.70%	210mg		2g
Frito Lay - Baked! Lays- KC Masterpiece	28g (1oz.)	1	120	20.80%	0.00%	0g	28g	2g	7.10%	210mg		2g
Frito Lay - Baked! Lays sour cream and	28g (1oz.)	1	120	20.80%	0.00%	0g	28g	3g	10.70%	210mg		2g
Frito Lay - Baked! Lays-Original	28g (1oz.)	1	110	13.60%	0.00%	0g	28g	2g	7.10%	150mg		2g
Frito Lay - Doritos- Light Nacho Cheese	39g (1.4oz.)	1	139	20.00%	4.50%	0g	39g	1.4g	<3.6%	278mg		2g
Grapes - 1 cup	92g (8oz.)	1	62	4.80%	1.50%	0g	92g	14.9g	16.20%	2mg	*	0.8g
Healthy Choice- Ice Cream Fudge Bar	113g (4oz.)	1	80	12.50%	5.60%	0g	113g	2g	1.80%	60mg	*	0g
Healthy Choice- Raspberry/Orange Sorbet	64g (2.3oz.)	1	90	11.10%	5.00%	0g	64g	1.4g	2.190%	35mg	*	0g
Hunt's- Snack Pack Chocolate	99g (3.5oz.)	1	140	32.10%	9.60%	0g	99g	17g	17.20%	140mg	*	0g
Jolly Time Healthy Pop Minis - Butter Flavor	34g (1.2oz.)	1	90	22.20%	0.00%	0g	34g	<1g	<2.9%	210mg		9g
Jolly Time Healthy Pop Minis- Kettle Corn	34g (1.2oz.)	1	90	22.20%	0.00%	0g	34g	<1g	<2.9%	280mg		8g
Kars - In-shell Sunflower Seeds	28g (1oz.)	1	170	76.50%	7.90%	0g	28g	<1g	<2.9%	110mg	*	3g
Kars - Salted Almonds	28g (1oz.)	1	170	82.40%	5.30%	0g	28g	1g	2.90%	100mg		4g
Kars - Salted Pistachios	28g (1oz.)	1	170	64.70%	7.90%	0g	28g	2g	7.10%	160mg		3g
Kars- Raisins	28g (1oz.)	1	90	0.00%	0.00%	0g	28g	20g	71.40%	5mg	*	1g
Kar's Salted cashews	28g	1	160	75%	14.00%	0g	28g	1g	3.50%	80 mg	*	1g
Kar's Salted Peanuts	57 g	1	340	79%	9.00%	0g	28g	1g	4.00%	180 mg	*	5g
Keebler Elf Grahams Cinnamon	28g (1oz.)	1	130	26.90%	6.90%	0g	28g	8g	28.60%	105mg	*	<1g
Keebler Original Elf Grahams	28g (1oz.)	1	130	26.90%	6.90%	0g	28g	8g	28.60%	110mg	*	<1g
Kellogg's Cinnamania Cinnamon Bun	50g (1.8oz.)	1	230	30.40%	7.80%	0g	50g	12g	24.00%	210mg		1g
Kellogg's Cinnamania French Toast Graham	50g (1.8oz.)	1	230	30.40%	7.80%	0g	50g	14g	28.00%	200mg		1g
Kettle Valley Real Fruit Snack: Blackberry, Wildberry, Raspberry Strawberry, Sour Apple, Tropical, Watermelon, Grape	20g (.7oz.)	1	68	4.00%	4.00%	0g	20g	.0115g	0.00%	15mg	*	1.5g
Knouse Applesauce Appletime brand	113g (4oz.)	1	50	0.00%	0.00%	0g	113g	8g	7.10%	20mg	*	3g
Kraft - Corn Nuts- Salsa Picante	48g (1.7oz.)	1	220	31.80%	4.10%	0g	48g	1g	2.10%	260mg		4g
Kraft - Corn Nuts- Original	48g (1.7oz.)	1	210	33.30%	4.30%	0g	48g	0g	0.00%	310mg		4g
Kraft - Corn Nuts- BBQ	48g (1.7oz.)	1	220	31.80%	4.10%	0g	48g	3g	6.30%	300mg		4g
Luna Bar - Toasted Nuts n' Cranberry	48g (1.7oz.)	1	180	19.40%	2.50%	0g	48g	9g	18.80%	160mg		3g
Mighty Mo Munchies Cajun Flavored Soy	28g (1 oz.)	1	120	30.00%	3.80%	0g	28g	1g	3.60%	180mg		6g
Mighty Mo Munchies Original Flavored Soy	28g (1 oz.)	1	120	30.00%	3.80%	0g	28g	1g	3.60%	180mg		6g
Mighty Mo Munchies Ranch Soy Nuts	28g (1 oz.)	1	120	30.00%	3.80%	0g	28g	1g	3.60%	170mg		6g
Mighty Mo Munchies Unsalted Soy Nuts	28g (1 oz.)	1	120	30.00%	3.80%	0g	28g	1g	3.60%	30mg	*	6g
Motts- Natural	111g (3.9oz.)	1	50	0.00%	0.00%	0g	111g	11g	9.90%	0mg	*	1g
Motts-Cinnamon Applesauce cup	113g (4oz.)	1	100	0.00%	0.00%	0g	113g	23g	20.40%	0mg	*	1g
Motts-Original Applesauce cup	113g (4oz.)	1	100	0.00%	0.00%	0g	113g	22g	19.50%	0mg	*	1g
Mr. Nature (Unsalted Trail Mix)	56g (2 oz)	2	240	42%	7.50%	0g	56g	8g	14%	20 mg	*	1g
Mr. Nature- Salted Almonds	28g (1 oz.)	1	175	82.80%	6.70%	0g	28g	1g	3.60%	105mg	*	3g
Mrs. GoodCookie Jungle Crackers	28g (1 oz.)	1	120	20.80%	3.80%	0g	28g	6g	21.40%	55mg	*	0g
Nabisco - 100 Calorie Packs Cheese Nips	21g (.7oz.)	1	100	25.00%	9.00%	0g	21g	0g	0.00%	230mg		1g
Nabisco - 100 Calorie Packs Oreo Thin	23g (.81oz.)	1	100	15.00%	0.00%	0	23g	8g	34.80%	160mg		<1g
Nabisco - 100 Calorie Packs Ritz Chips Minis	22g (.77oz.)	1	100	25.00%	0.00%	0g	22g	2g	9.10%	230mg		0g
Nabisco -100 Calorie Packs Wheat Thin	21g (.7oz.)	1	100	25.00%	4.50%	0g	21g	3g	14.30%	200mg		1g
Nature Valley 100% Natural Crunchy	42g (1.5oz.)	1	180	27.80%	2.50%	0g	42g	11g	26.20%	160mg		2g
Nature Valley 100% Natural Crunchy Granola	42g (1.5oz.)	1	180	27.80%	2.50%	0g	42g	11g	26.20%	160mg		2g
Bar- Cinnamon	42g (1.5oz.)	1	180	27.80%	2.50%	0g	42g	11g	26.20%	160mg		2g

Foods That Meet Vending Machine Policy Standards*

Product Name	Package Size (grams/ounces)	Servings	Calories	Total Calories from Fat	Calories from Saturated Fat	Trans Fat	Weight	Sugar	Total Weight from Sugar and Caloric Sweeteners	Sodium	Low Sodium ≤ 140mg	Dietary Fiber (Optional)
Nature Valley 100% Natural Crunchy Granola Bar- Peanut Butter	42g (1.5oz.)	1	180	33.30%	5.00%	0g	42g	11g	26.20%	190mg		2g
Nature Valley 100% Natural Crunchy Granola Bar- Pecan Crunch	42g (1.5oz.)	1	190	31.60%	4.70%	0g	42g	12g	28.60%	170mg		2g
Nature Valley 100% Natural Crunchy Granola Bar- Roasted Almond	42g (1.5oz.)	1	190	31.60%	4.70%	0g	42g	11g	26.20%	180mg		2g
Nature Valley 100% Natural Crunchy Granola Bar-Banana Nut	42g (1.5oz.)	1	190	31.60%	4.70%	0g	42g	12g	28.60%	160mg		2g
Nature Valley 100% Natural Crunchy Granola Bar-Maple Brown Sugar	42g (1.5oz.)	1	180	33.30%	2.50%	0g	42g	11g	26.20%	160mg		2g
Nature Valley Healthy Heart Chewy Granola Bars- Honey Nut	40g (1.4oz.)	1	160	21.90%	2.80%	0g	40g	13g	32.50%	115 mg	*	3g
Nature Valley Healthy Heart Chewy Granola Bars- Oatmeal Raisin	40g (1.4oz.)	1	150	13.30%	3.00%	0g	40g	14g	35.00%	95mg	*	3g
Nutri Grain Cereal Bar (Strawberry)	37 g	1	140	18%	3.20%	0g	37g	13g	35%	120 mg	*	less than 1 g
Nutri-Grain Cereal Bar (Raspberry)	37g (1.3 oz.)	1	140	18%	3.20%	0g	36g	13g	35%	105 mg	*	less than 1 g
Pepperidge Farm- Giant Goldfish Grahams	26g (.9oz.)	1	120	25.00%	7.50%	0g	26g	6g	23.10%	105mg	*	1g
Pepperidge Farm- Physedibles Baked Edible Crackers- Lemon	26g (.9oz.)	1	120	29.20%	7.50%	0g	26g	6g	23.10%	105mg	*	1g
Pepperidge Farm- Pretzel Goldfish	22g (.75oz.)	1	90	16.70%	0.00%	0g	22g	<1g	<4.5%	300mg		< 1g
Pita Snax- Pita Chips Honey & Wheat	42g (1.5oz.)	1.5	120	16.70%	0.00%	0g	42g	4.5g	10.70%	315mg		< 1.5g
Pita Snax- Pita Chips Jalapeno & Cheddar	42g (1.5oz.)	1.5	180	20.80%	0.00%	0g	42g	1.5g	3.60%	360mg		< 1.5g
Pita Snax- Pita Chips Sea Salt	42g (1.5oz.)	1.5	180	20.80%	0.00%	0g	42g	0g	0.00%	360mg		< 1.5g
Pita Snax- Pita Chips Sun Dried Tomato & Pita Snax- Pita Chips White Cheddar	42g (1.5oz.)	1.5	120	20.80%	0.00%	0g	42g	1g	3.60%	345mg		< 1.5g
Planters- Honey Roasted Peanuts	28g (1 oz.)	1	160	68.80%	8.40%	0g	28g	4g	14.30%	95mg	*	2g
Planters- Salted Peanuts	28.4g (1 oz.)	1	170	76.50%	15.90%	0g	28g	1g	0.59%	90mg	*	3g
Post Honey Bunches of Oats Oatmeal Raisin	35g (1.2oz.)	1	130	20.80%	0.00%	0g	35g	9g	25.70%	105mg	*	2g
Power Bar - Heart Healthy Peanut Butter Chocolate Chip Flavor	65g (2.3oz.)	1	240	16.70%	3.80%	0g	65g	18g	27.70%	140mg	*	5g
Power Bar - Apple Cinnamon Flavor	65g (2.3oz.)	1	230	10.90%	2.00%	0g	65g	20g	30.80%	100mg	*	3g
Power Bar - Banana Flavor	65g (2.3oz.)	1	230	8.70%	2.00%	0g	65g	20g	30.80%	100mg	*	3g
Power Bar - Dipped Double Chocolate Crisp	65g (2.3oz.)	1	250	18.00%	9.00%	0g	65g	20g	30.80%	140mg	*	5g
Power Bar - Dipped Toffee Chocolate Chip	65g (2.3oz.)	1	250	18.00%	9.00%	0g	65g	20g	30.80%	140mg	*	5g
Power Bar - Heart Healthy Apple Cinnamon	65g (2.3oz.)	1	240	14.60%	1.90%	0g	65g	20g	30.80%	140mg	*	5g
Power Bar - Heart Healthy Chunky Cherry	65g (2.3oz.)	1	240	14.60%	1.90%	0g	65g	20g	30.80%	140mg	*	5g
Power Bar - Heart Healthy Strawberry	65g (2.3oz.)	1	230	10.90%	2.00%	0g	65g	20g	30.80%	110mg	*	5g
Power Bar - Oatmeal Raisin Flavor	65g (2.3oz.)	1	230	8.70%	2.00%	0g	65g	18g	27.70%	95mg	*	3g
PowerBar - Chocolate	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	90mg	*	1g
Quaker Breakfast Bar - Apple Crisp	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	140mg	*	1g
Quaker Breakfast Bar - Cranberry Orange	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	85mg	*	2g
Quaker Breakfast Bites - Apple Crisp	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	75mg	*	2g
Quaker Breakfast Bites - Iced Raspberry	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	85mg	*	2g
Quaker Breakfast Bites - Iced Strawberry	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	85mg	*	2g
Quaker Breakfast Bites - Strawberry	37g (1.3oz.)	1	130	19.20%	3.50%	0g	37g	9g	24.30%	85mg	*	2g
Quaker Breakfast Bites - Strawberry & Quaker Breakfast Graham - Strawberry	30g (1.1oz.)	1	120	25.00%	7.50%	0g	30g	7g	23.30%	110mg	*	1g
Quaker Chewy 25% Less Sugar- Chocolate	24g (.85oz.)	1	100	35.00%	9.00%	0g	24g	6g	25.00%	50mg	*	3g
Quaker Chewy - Peanut Butter	28.g (1 oz.)	1	120	25.00%	7.50%	0g	28g	8g	28.60%	105mg	*	1g
Quaker Chewy - Peanut Butter Chocolate	28.g (1 oz.)	1	120	25.00%	7.50%	0g	28g	9g	32.10%	85mg	*	1g
Quaker Chewy 25% Less Sugar- Peanut Butter Chocolate Chunk	24g (.85oz.)	1	100	25.00%	9.00%	0g	24g	5g	20.80%	75mg	*	3g

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Foods That Meet Vending Machine Policy Standards *

Product Name	Package Size (grams/ounces)	Servings	Calories	Total Calories from Fat	Calories from Saturated Fat	Trans Fat	Weight	Sugar	Total Weight from Sugar and Caloric Sweeteners	Sodium	Low Sodium ≤ 140mg	Dietary Fiber (Optional)
Quaker Chewy 90 calorie - Cinnamon Sugar	28g (1 oz.)	1	90	16.70%	0.00%	0g	28g	6g	21.40%	80mg	*	1g
Quaker Chewy 90 Calorie - Oatmeal Raisin	28g (1 oz.)	1	90	16.70%	0.00%	0g	28g	7g	25.00%	80mg	*	1g
Quaker Chewy 90 Calorie Baked Apple	28g (1 oz.)	1	90	16.60%	0.00%	0g	28g	7g	25.00%	85mg	*	1g
Quaker Chewy 90 Calorie Chocolate Chunk	24g (.85oz)	1	90	22.20%	5.00%	0g	24g	7g	29.20%	80mg	*	1g
Quaker Chewy Butterfinger	28g (1 oz.)	1	110	22.70%	8.20%	0g	28g	9g	32.10%	95mg	*	1g
Quaker Chewy Chocolate Chunk	28g (1 oz.)	1	90	22.20%	5.00%	0g	24g	7g	29.20%	80mg	*	1g
Quaker Crispsuns - Apple Cinnamon	33g (1.2oz)	1	150	30.00%	6.00%	0g	33g	7g	19.00%	150mg	*	2g
Quaker Crispsuns - Blueberry	33g (1.2oz)	1	150	30.00%	6.00%	0g	33g	7g	19.00%	125mg	*	1g
Quaker Crispsuns - Cinnamon Sugar	33g (1.2oz)	1	150	30.00%	6.00%	0g	33g	7g	19.00%	150mg	*	1g
Quaker Crunchy Oats, Nuts & Honey	30g (1.1oz)	1	130	26.90%	3.50%	0g	30g	8g	26.70%	130mg	*	1g
Crunchy Oatmeal Raisin Chewy Granola Bar-	28g (1 oz.)	1	90	16.70%	0.00%	0g	28g	7g	25.00%	80mg	*	1g
Quaker- Oatmeal to Go Baked Apple	60g (2.1oz)	1	220	15.90%	4.10%	0g	60g	21g	35.00%	210mg		5g
Quaker- Oatmeal to Go Banana Bread	60g (2.1oz)	1	220	15.90%	4.10%	0g	60g	19g	31.70%	220mg		5g
Quaker- Oatmeal to Go Brown Sugar	60g (2.1oz)	1	220	15.90%	4.10%	0g	60g	19g	31.70%	230mg		5g
Quaker- Oatmeal to Go Oatmeal Raisin	60g (2.1oz)	1	220	15.90%	4.10%	0g	60g	19g	31.70%	240mg		5g
Quaker Rice Snacks - White Cheddar Soy	85.9g (3.03oz)	1	120	33.30%	3.80%	0g	28g	3g	10.70%	270mg		2g
Quaker Rice Snacks (Cheddar Cheese)	19 g	1	90	28%	0.00%	0g	19g	0g	0%	290 mg		0 g
Quaker Trail Mix Bars - Cranberry Raisin & Raisins	35g (1.2oz)	1	150	30.00%	6.00%	0g	35g	10g	28.60%	50mg	*	1g
Rice Krispie Treats (Original)	43g (1.5oz)	1	129	1.60%	0.00%	0g	43g	25.5g	59.30%	5mg		1.6g
Robert's American Gourmet- Pirate's Booty	37 g	1	150	20%	6.00%	0g	37g	12g	32%	170 mg		0 g
Schwann's Blueberry Fruit Bar	28g (1 oz.)	1	130	34.60%	6.90%	0g	28g	0g	0.00%	150mg		1g
Schwann's Healthy Creations Fruit Bar	49.6g (1.8oz.)	1	50	0.00%	0.00%	0g	49.6g	10g	20.20%	5 mg	*	0g
Schwann's Healthy Creations Fudge Swirl	79g (2.8oz.)	1	90	0.00%	0.00%	0g	79g	5g	6.30%	70 mg	*	8g
Schwann's Healthy Creations Rainbow Bar	65g (2.3oz.)	1	60	0.00%	0.00%	0g	65g	2g	3.10%	25 mg	*	6g
Schwann's Healthy Creations Raspberry and Orange Crème Bar	64g (2.3oz.)	1	60	0.00%	0.00%	0g	64g	4g	6.30%	40mg	*	5g
Schwann's Healthy Creations Strawberry	74g (2.6oz.)	1	70	0.00%	0.00%	0g	74g	6g	8.10%	70 mg	*	8g
Schwann's Peach Mango Fruit Bar	49.6g (1.8oz.)	1	60	0.00%	0.00%	0g	49.6g	12g	24.20%	5 mg	*	0g
Schwann's Strawberry Fruit Bar	52g (1.8oz.)	1	40	0.00%	0.00%	0g	52g	9g	17.30%	5mg	*	0g
Schwann's Trim Creations Chocolate Fudge	53g (1.9oz.)	1	50	0.00%	0.00%	0g	53g	4g	7.50%	45mg	*	5g
Schwann's Vanilla Mini Lite Ice Cream	63.8g (2.3oz.)	1	90	22.20%	10.00%	0g	63.8g	9g	14.10%	60mg	*	0g
Snickers Marathon Bar- Chewy Chocolate	55g (1.9oz.)	1	220	27.30%	6.10%	0g	55g	18g	32.70%	240mg		2g
Snickers Marathon Energy Bar- Multi-Grain	55g (1.9oz.)	1	220	27.30%	8.20%	0g	55g	18g	32.70%	210mg		2g
Snyder's of Hanover - Pretzel Dipping Sticks	42.5g (1.5oz.)	1	180	8.30%	0.00%	0g	42.5g	1g	2.40%	360mg		1.5g



Healthy Vending Machine Policy

County of San Diego Department of Parks and Recreation

Policy Overview

On March 23, 2006, the County of San Diego Department of Parks and Recreation adopted a healthy vending machine policy. The policy requires that food and beverages sold in vending machines located in all facilities under the jurisdictions of the department meet specified nutrition standards.

This policy specifies that 100% of the food and beverages sold in vending machines in recreation centers and sports facilities and 50% of the food and beverages sold in vending machines in parks and open space meet the following nutrition standards based on standards set by SB12 and SB 19. The policy also addresses advertising.

Beverages in each vending machine shall be:

- water
- non fat or 1% low fat milk (including soy or cow's milk, chocolate or other flavored milk not containing more than 15 grams of added sugar per 250 gram serving or 3 teaspoons sugar per 1 cup milk)
- 100% fruit/vegetable juice
- fruit-based drinks containing at least 50% juice and no added caloric sweeteners
- all other non-caloric beverages, including diet sodas
- sports drinks less than or equal to 100 calories
- no greater than 12 ounces except for water, with a preference for juices in small size portions (6 ounces)

Snacks/foods shall meet all the following criteria per individual package:

- not more than 250 calories
- not more than 35% calories from fat with the exception of nuts and seeds; snack mixes and other foods of which nuts are a part must meet the 35% standard
- not more than 10% of calories from saturated fat
- does not contain trans fats added during processing (hydrogenated oils and partially hydrogenated oils)
- not more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners or fats
- not more than 360 mg of sodium per serving

The policy also requires that at least one item meeting the snack criteria in each vending machine shall also meet the FDA definition of "low sodium" (less than 140 mg per serving). Further, the policy recommends that vending machine options contain items that include at least 2 grams of dietary fiber. In addition, the policy states that items that meet nutrition standards shall not be priced higher than the items that do not meet the standards.

Finally, the policy stipulates that advertising on vending machines shall include advertising only of beverages and foods that meet the nutrition standards.

The policy is available on the website of the Greater San Diego Recreation and Parks Coalition for Health and Wellness, www.goplaygetfit.com and on the San Diego Nutrition Network site at www.sdnnonline.org.

Healthy Vending Machine Policy

Key Steps Undertaken to Get Policy Adopted

- In the summer of 2005, staff of the County of San Diego Department of Parks and Recreation (DPR) attended a summit sponsored by the National Parks and Recreation Association where the important role parks departments could play in combating childhood obesity was highlighted.
- In May of 2005 the San Diego Nutrition Network (SDNN) formed a vending machine policy subcommittee; DPR staff learned about the subcommittee and began attending the meetings.
- In the summer of 2005, the SDNN conducted a literature search of successfully implemented vending policies (see Vending Machine Toolbox Kit at www.sdnonline.org).
- In the fall of 2005, DPR staff asked SDNN members with expertise in nutrition for information about healthy vending best practices and ideas about issues that might be included in a healthy vending policy.
- In January 2006, the San Diego County Board of Supervisors adopted a Childhood Obesity Action Plan, a plan which calls on government, business and schools to address childhood obesity.
- In the spring of 2006, DPR staff drafted a vending machine policy for DPR based on expertise from SDNN members, information from the SDNN literature search, and the standards of SB 12 and SB 19. DPR staff sought advice about specific nutrition standards, advertising limitations and pricing structures from the SDNN as it developed its policy.
- DPR staff presented the draft policy to the DPR Director; the director signed the policy in March 2006.
- After the policy was adopted DPR staff contacted vendors explaining that new policy must be implemented in spring 2006. Companies not complying with the policy will not have contracts renewed.

Lessons Learned

- Increased communication among health-related coalitions and nutrition collaboratives is essential to ensure that policies reflect sound nutrition knowledge.
- To guarantee that vending policies communicate the same wellness message it is important to align county policies with school nutrition standards.
- Findings from the literature search were instrumental in gaining the support of key decision makers in the parks and recreation department.
- The Childhood Obesity Action Plan provided strong rationale to the DPR director to adopt a healthy vending policy.
- The decision to include different standards for food and beverages - 100% of food and beverages sold in facilities most often used by children and youth must be healthy and 50% of food and beverages sold in facilities used by adults must be healthy - helped gain acceptance for the policy and ensured that the DPR policy conformed to the school policy.

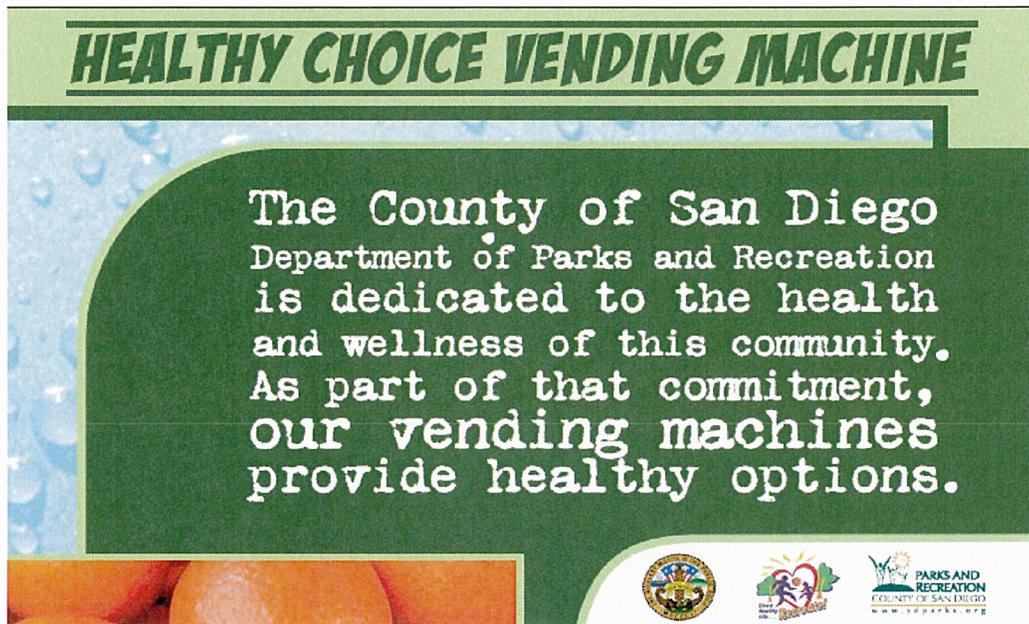
Contact Information

For more information contact: Christine Lafontant, County of San Diego Department of Parks and Recreation, 858.694.3046, Christine.Lafontant@sdcounty.ca.gov and or Katie Bogue, RD, San Diego and Imperial Regional Nutrition Network, (619) 955.1041, cbogue@ucsd.edu .

* To be completed June 2006.

San Diego Promotional Sign and Vending Machine Photographs

Courtesy of Christine Lafontant: County of San Diego Department of Parks and Recreation



Promotional Sign



Children and Healthier Snack Vending Machine



Healthier Beverage Vending Machine



Healthier Beverage and Snack Vending Machines



Healthier Snack Vending Selection

Appendix E:
Seattle, WA

Healthy Vending Guidelines

Seattle Parks and Recreation

Snacks (See portion sizes and rationale)

Healthiest	Healthier	Excluded
Animal crackers, graham crackers	Granola bars, whole-grain fruit bars	Cookies (including low fat)
		Candy, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds – plain or with spices	Nuts with light sugar covering; honey roasted	Candy- or yogurt-coated nuts
*Trail mix – plain	Popcorn/nut mix	Trail mix with chocolate, yogurt or candy
Fresh fruit, canned or individually packed fruit – light syrup or natural juices only		Canned or aseptic-packed fruit in heavy syrup
Dried fruit – raisins, dried cranberries	100% dried fruit snacks and fruit leathers	Candy- or sugar-coated dried fruit Fruit-flavored snacks
	Pretzels – any flavor	Candy- or yogurt-coated pretzels
Fat-free popcorn	Light popcorn	Popcorn – Butter, butter lovers, movie style
Beef jerky - 95% fat free		Sausages, pork rinds
Yogurt, preferably non-fat, low-fat or light		
	Sugar-free gelatin and fat-free pudding	

*Trail mixes can vary and should be reviewed prior to selecting for vending product

Beverages (See portion sizes and rationale)

Healthiest	Healthier	Excluded
Milk, non-fat or low-fat (1%)	'Flavored' milk, non-fat or 1%	
Juice – fruit or vegetable that contains 100% juice		
Water, pure	**Flavored or vitamin- enhanced fitness water, sparkling water	herb-infused waters and caffeinated waters
	low-cal iced tea	Regular and diet soft drinks, sports drinks

*Portion Size - Portion size is not defined for any items, but smaller portion sizes are preferred.

Healthiest – must meet both criteria

- 3 grams of Total Fat or fewer per serving (Nuts and seeds exempt from restrictions.)
- 30 grams of Carbohydrates or fewer per serving (All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count.)

Healthier – must meet both criteria

- 5 grams of Total Fat or fewer per serving (Nuts and seeds exempt from restrictions.)
- 30 grams of Carbohydrates or fewer per serving (All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count.)

Rationale – Snacks*

Fat: It was determined not to differentiate saturated fat from unsaturated fat. When total fat is considered, saturated fat tends to be low.

Nuts and seeds: Nuts and seeds are exempt from the fat guidelines, because they are high in monounsaturated fat, which can help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol. Nuts and Seeds have been shown in many studies to reduce the risk of having a heart attack.

Carbohydrates: The level of carbohydrates was set at 30 grams per serving to include more food items. All candies are considered unhealthy, regardless of carbohydrate content.

Fruit: Fresh fruit is best...But fruit in any form (canned, fresh, and dried) was not restricted by carbohydrate standards because it provides vitamins, minerals, anti-oxidants and dietary fiber that are beneficial to an overall balanced diet.

Portion size: Portion size is not defined, because there is variability among products. However, the preference is for smaller-portioned products.

Rationale - Beverages

Milk: Milk in any form provides vitamins and minerals, but the low-fat and non-fat versions are preferred. Flavored milks are permitted.^{8,9}

Water: Pure water is preferred, but water that is flavored maybe more attractive to someone who doesn't drink plain water. The vitamin-enhanced waters may benefit people with such nutritional needs, although pure water is the healthiest choice.

Juice: Fruit and vegetable juices should contain 100 percent juice

Carbonation and caffeine: Carbonation in moderation does not have a significant effect on nutrition. Avoid caffeine-some low non caffeine drinks may be considered. Carbonated low-calorie beverages may be another option for people who don't like milk or plain water.

Low-calorie: Beverages containing 50 calories or fewer per 12 oz serving were deemed healthier options.

**Portion sizes for juice is 12 ounces and for flavored milks is 16 ounces.

Healthiest

- Milk – Low fat (1%) or Non-fat
- Water
- Juice – 100% fruit or vegetable juice

Healthier

- Water – Flavored or vitamin enhanced
- Low-Calorie Beverage

Last edit: 3/10

Sample of SPR Product List

(All items not included)

ITEM	GM	SIZE		CALORIES		% FAT		TOTAL FAT		SAT FAT		Protein
		OZS	TOTAL	FAT	CAL	GM	%	GM	%			
Crunch & Munch BT w/Prut	28	1	130	40	35%	4.5	31%	1	7%	2		
Tuna Salad Kit	74	2.6	70	10	14%	1	13%	0	0%	15		
Red Vine Whips	70	2.5	240	0	0%	0	0%	0	0%	2		
S'Berry Sour Punch Bites	40	5	140	5	7%	1	6%	0	0%	1		
Apple Sour Punch Bites	40	5	140	5	7%	1	6%	0	0%	1		
Red Vines Bag	40	4	140	0	0%	0	0%	0	0%	1		
Floridas Natural Nugget Orange	43	1.5	130	0	0%	0	0%	0	0%	0		
Floridas Natural Nugget S'Berry	43	1.5	130	0	0%	0	0%	0	0%	0		
Basil L/F Animal Snackers	30	2.125	110	20	18%	2	16%	0.5	4%	1		
Jonny Rapp's Ketchup Fries	28	1	130	35	31%	4	28%	0.5	3%	2		
Jonny Rapp's Hot N Spicy Fries	28	1	130	35	31%	4	28%	0.5	3%	2		
BD Smokehouse Almonds	28	1.5	170	140	94%	16	85%	1	5%	6		
Roasted Salted Almonds	43	1.5	260	210	92%	24	83%	2	7%	9		
Jalapeno Smokehouse Almonds	43	1.5	260	210	88%	23	80%	1.5	5%	9		
BD Wasabi Soy Almonds	28	1.5	170	140	88%	15	79%	1	5%	6		
Physedibles Vanilla	26	0.9	120	35	33%	4	30%	1	8%	2		
Physedibles Strawberry	26	0.9	120	35	33%	4	30%	1	8%	2		
Corn Nuts	28	2.5	130	35	31%	4	28%	1	7%	2		
Corn Nuts - BBQ	28	2.5	130	35	31%	4	28%	1	7%	2		
Corn Nuts	39	1.4	170	50	35%	6	32%	1	5%	4		
Corn Nuts - BBQ	39	1.4	180	60	33%	6	30%	1	5%	3		
Corn Nuts Ranch	39	1.4	180	60	33%	6	30%	1	5%	4		
Tropical Fruit Salad	122	8	80	0	0%	0	0%	0	0%	0		
Peach Slices	122	8	80	0	0%	0	0%	0	0%	0		
Sweet & Nutty	30	2	140	70	57%	8	51%	2	13%	4		
Roasted & Salted Peanuts	30	2	170	130	88%	15	79%	2	11%	8		
Classic Blend	30	2	170	120	82%	14	74%	2	11%	6		
Nut 'N' Yogurt	30	2	150	80	60%	9	54%	2	12%	4		
Salted Cashews	28	1	160	120	88%	14	79%	2.5	14%	5		
Sweet & Nutty	30	4	140	70	57%	8	51%	0	0%	4		
Strawberry Cereal Bar	57	2	190	30	18%	3.5	17%	1.5	7%	2		

Sample of SPR Product List

(All items not included)

SUGARS		SODIUM		TOTAL CARBS		DIET. FIBER		Trans	SRVG	IRON	CAL	VITA	VIT C
GM	% tw	MG	%DV	GM	%DV	GM	%DV	GM		%	%	%	%
11	39%	140	6%	21	7%	1	4%		1	-	-	-	-
0	0%	350	15%	0	0%	0	0%		1	4%	-	-	-
28	40%	35	2%	58	21%	0	0%		1	-	-	-	-
15	38%	5	0%	32	11%	0	0%		4	-	-	-	-
15	38%	5	0%	32	11%	0	0%		4	-	-	-	-
16	40%	20	1%	34	11%	0	0%		3	-	-	-	-
25	58%	35	1%	33	11%	1	4%	0	1	30%	10%	30%	100%
25	58%	35	1%	33	11%	1	4%	0	1	30%	10%	30%	100%
9	30%	50	2%	21	7%	0	0%		2	6%	-	-	-
1	4%	230	10%	20	7%	2	6%		1	4%	2%	-	-
1	4%	230	10%	20	7%	2	6%		1	4%	2%	-	-
1	4%	150	6%	5	2%	3	11%		1.5	6%	8%	-	-
2	5%	130	5%	7	2%	4	17%	0	1	8%	10%	-	-
2	5%	270	11%	8	3%	4	17%	0	1	8%	10%	-	4%
2	7%	115	5%	6	2%	3	11%		1.5	6%	8%	-	-
6	23%	105	4%	19	6%	1	4%	0	1	20%	0%	2%	4%
7	27%	100	4%	18	6%	1	4%	0	1	20%	0%	2%	4%
0	0%	170	7%	20	7%	2	8%		2.5	2%	-	-	-
2	7%	280	12%	20	7%	2	8%		2.5	2%	-	-	-
0	0%	250	11%	28	9%	3	13%		1	4%	-	-	-
1	3%	240	10%	27	9%	3	12%		1	4%	-	-	-
1	3%	340	14%	27	9%	2	8%		1	4%	-	-	-
18	15%	10	0%	20	7%	1	4%		2	2%	-	-	-
16	13%	10	0%	19	6%	1	4%		2	-	-	-	-
11	37%	60	3%	15	5%	1	4%	0	2	4%	4%	10%	45%
1	3%	130	5%	6	2%	2	8%	0	2	2%	2%	-	-
3	10%	0	0%	8	3%	2	8%	0	2	4%	2%	-	-
9	30%	5	0%	14	5%	1	4%	0	2	4%	2%	-	-
1	4%	125	4%	8	3%	1	4%	0	1	6%	2%	-	-
11	37%	60	3%	15	5%	1	4%	0	4	4%	4%	-	-
22	39%	150	6%	38	13%	2	8%	0	1	20%	30%	20%	-



Health Matters

Frequently Asked Questions about the Healthier Snack Program

Why provide healthier choices?

One goal of the Health Reform Initiative is to support employee's efforts to get healthier and stay healthier. One way to help employees eat smart is to provide healthier snack choices in vending machines.

What is a healthier snack?

In partnership with the Public Health—Seattle & King County, the Health Reform Initiative chose to follow the Winner's Circle criteria for healthier snacks. Winner's Circle is a nationally recognized non-profit organization that uses specific nutrition criteria for selecting healthier snacks to promote health and reduce the risk of disease. The Winner's Circle criteria for healthier snacks are (per serving): less than 30 percent of the calories from fat, 35 percent or less sugar by weight, and less than 480 milligrams of sodium (salt). For more information about Winner's Circle, visit: www.winnerscirclehealthydining.com



King County Executive Ron Sims grabs a healthy snack from a vending machine.

Who determines which healthier snacks are offered?

The decision is made by a combination of customers, nutritionists, dietitians, vendors and Health Reform Initiative staff.

If a snack meets the Winner's Circle nutrition criteria, it is then evaluated based on price and employee demand. A committee that includes a credentialed dietitian, a credentialed nutritionist, a Health Reform Initiative staff member and a vending machine owner/operator reviews the choices. Whenever possible employee/user input is solicited. The goal is to offer a minimum of 20-30% healthier snacks and beverages.

Some examples of healthier snacks and beverages include:

- Organic apple chips
- Baked potato chips
- Fruit cup in water
- Chex Mix-Sweet'nSalty
- Goldfish crackers
- Graham crackers
- Granola bars
- Light microwave popcorn
- Bottled or sparkling water (sugar free)
- Diet Iced tea, 100% fruit juice such as apple juice and orange juice

Frequently Asked Questions about the Healthier Snack Program (cont'd)

Where are the vending machines with healthier snacks and beverages?

Healthier snacks and beverages options are currently available at the following locations:

- Administration Building
 - Floors 4, 5 and 6 (snacks)
 - Floors 4, 5, 6 and 7 (beverages)
- Chinook Building
 - All floors (snacks and beverages)
- King County Courthouse
 - Floors 1 (new jury room), 4, 5 and 12 (snacks and beverages)
- King Street Center
 - Floor 1 near the Activity Center (snacks and beverages)
 - Floor 8 (snacks)
- Yesler Building
 - Floor 2 (snacks and beverages)

How are healthier choices in vending machines funded?

Vending machines are provided by independent vendors at no cost to King County or departments. Vending machines on county property are operated according to Washington State RCW 74.18, which states that a portion of gross sales from vending machines is provided to the Department of Services for the Blind. This revenue helps support employment and independence of blind persons in the state of Washington.

Employees and/or the public purchase vending machine snacks and beverages which in turn pay the cost of the vending machines installed in King County facilities.

How is the Healthier Snack program advertised?

Vending machines with healthier snack options are promoted through a variety of vehicles including: the Health Matters newsletter, global emails to all employees, and point of purchase signage. Project management, communication, and advertising are provided by the Health Reform Initiative staff.

How can I get healthier snacks options in vending machines where I work?

Contact Beth Glynn at 206-263-6694 or send an email to Beth.Glynn@kingcounty.gov.

Eat Smart. Move More. Stress Less.

www.metrokc.gov/employees

e-mail: health.matters@metrokc.gov — phone: (206) 205-5017



Healthy Bodies Need Healthier Foods!

Pick an item with a heart
sticker for a tasty, healthier
snack

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