



Instituting Vending Guidelines

Employees eat in a variety of settings at work. Doing your best to ensure your employees have access to healthy foods involves thinking about all places that food is available. This might include cafeterias, snack bars, food from caterers, and vending machines.

Try these three different approaches for creating healthy vending machines. You may start with level 1 and progress through level 2 and 3, or you may begin at level 2 or 3.

Level 1

Make Healthy Choices Available

Most vending machines do not currently offer health choices. Provide your vendor with the 'Food and Beverage Criteria for Vending Machines' and request that they fill at least half of the machine with products that meet the criteria.

Level 2

Make the Healthy Choice the Easy Choice

Ensure that healthy options (fruits, whole grains, vegetables, low fat dairy and the ones that meet the 'Food and Beverage Criteria for Vending Machines') have the lowest price and are placed at eye level and above. Use signage to identify the healthiest options.

Level 3

Offer Only Healthy Food and Beverages

Your organization may be ready to implement vending guidelines right away. If that is the case, provide your vendor with the resources available in the following pages 'Food and Beverage Criteria for Vending Machines' and 'Items that Meet Nutrition Criteria for Vended Food' and follow up to ensure the criteria is met.



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CLEARINGHOUSE
FOR MILITARY FAMILY READINESS

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5210 Healthy Children is adapted from Let's Go! www.lets-go.org.

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Best Practices for Implementing Healthy Vending Guidelines:

- Ensure you are working with the person in your organization who manages the relationship with the vendor. This may be the food service director, HR manager, or facilities manager.
- Assess current vending environment – How many vending machines? Where are they located? What's in them? Who services them?
- Taste test new vended snacks (your vendor may be able to do this for you).
- All signage and advertising on the vending machine should be for healthy products only (i.e. water instead of soda).
- Re-evaluate items in the vending machine at least annually.

Healthy Tip!

Implementing vending guidelines makes it easier for people to drink water and eat healthy snacks.



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Food and Beverage Criteria

Our organization supports healthy employees by providing high quality, healthy vending options.

Refrigerated vending machines must emphasize:

- **Fresh Fruit and Vegetables** (e.g. apples, oranges, carrot and celery sticks),
- **Canned fruit** (packed in juice or light syrup),
- **Low fat or non-fat yogurt** with less than 30 grams sugar per serving,
- **Reduced fat cheese** (e.g. part skim mozzarella cheese stick).

Criteria for Packaged Food Items (as offered, per package):

- Calories: 200 or less
- Fat: 35% or less of total calories from fat
- Trans Fat: 0g
- Saturated Fat: 10% or less of total calories from saturated fat
- Sugar: 35% or less of the total weight
- Sodium: 480mg or less

Non-refrigerated vending machines must meet the criteria below and emphasize:

- **Whole grains** (e.g. where 'whole grain' is listed as the first ingredient).
- **Fruits** (e.g. dried apple rings, dehydrated fruits).
- **Trail mixes** without yogurt or chocolate coatings.

Resources to determine if a food item meet the criteria:

- See 'Items that Meet the Criteria for Vended Foods'
- Calculator:
http://powervending.org/nutritional_calculator.php

Approved Beverage Items:

- **Water** (plain, flavored, and sparkling)
- **1% or fat free milk**
- **100% juice**



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Items That Meet the Criteria

Food vending machines must emphasize:
whole grains, fruits and vegetables, and low fat dairy.

Criteria for Food Items (as offered):

- Calories: 200 or less
- Fat: 35% or less of total calories from fat
- Trans Fat: 0g
- Saturated Fat: 10% or less of total calories from saturated fat
- Sugar: 35% or less of the total weight
- Sodium: 480mg or less



The following items may not meet the guidelines but are still acceptable:
trail mix, nuts, seeds, nut or seed butters, dried fruit (without chocolate or yogurt coatings), fruit packed in natural juices (no syrup-packed selections), whole grain crackers (whole grain is listed first in the ingredient list), low fat cheese, baked chips, pretzels, sugar free gum or mints.

ITEM NAME	MANUFACTURER	CATEGORY
Bunny Grahams (Chocolate Chip)	Annie's Homegrown	1 oz (28g)
Bunny Grahams (Honey)	Annie's Homegrown	1 oz (28g)
Power Snacks Raisins	Azar Nut Co.	1 oz (28g)

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Animal Snackers	Basil's Bavarian Bakery	1 oz (28g)
Raisins	Boghosian	1.5 oz (42g)
YoCrunch Yogurt (Raspberry)	Breyers	6 oz (170g)
YoCrunch Yogurt (Strawberry)	Breyers	6 oz (170g)
Yogurt (Strawberry)	Chobani	6 oz (170g)
Yogurt (Strawberry)	Chobani	6 oz (170g)
Yogurt (Blueberry)	Chobani	6 oz (170g)
Yogurt (Peach)	Chobani	6 oz (170g)
ZBAR (Chocolate Chip)	CLIF	1.27 oz (36g)
ZBAR (Chocolate Brownie)	CLIF	1.27 oz (36g)
Minute Maid Juice Bar (Grape)	Coca-Cola	2.25 fl oz (66.54g)
Snack Pack Fat Free Pudding (Vanilla)	ConAgra	3.5 oz (99g)
Snack Pack Fat Free Pudding (Chocolate)	ConAgra	3.5 oz (99g)
Sunflower (Honey Roasted)	Dakota Gourmet	1 oz 28.4g)
Sunflower (Lightly Salted)	Dakota Gourmet	1 oz 28.4g)
Skinny Cow (Low Fat Fudge Bar)	Dreyer's	74g
Baked Lay's (Barbecue)	Frito-Lay	7/8 oz (24.8g)
Baked Lay's (Barbecue)	Frito-Lay	1 1/18 oz (31.8g)
Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 1/8 oz (31.8g)
Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 3/8 oz (38.9g)
Baked Lay's (Southwestern Ranch)	Frito-Lay	1 oz (28.3g)
Baked Ruffles	Frito-Lay	1 1/8 oz (31.8g)
Baked Ruffles (Cheddar & Sour Cream)	Frito-Lay	1 1/8 oz (31.8g)
Baked Lay's Potato Chips	Frito-Lay	1 1/8 oz (31.8g)
Lay's Potato Chips (Original Fat Free)	Frito-Lay	1 oz (28.3g)
Rold Gold Tiny Twists Pretzels	Frito-Lay	1 oz (28.3g)

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Rold Gold Tiny Twists Pretzels	Frito-Lay	.5 oz (14.1g)
Cheerios (Bowl)	General Mills	1 1/16 oz (19g)
Cheerios (Honey Nut, Bowl)	General Mills	1 oz (28g)
Nature Valley Crunchy Granola Bar (Oats 'N Honey)	General Mills	1.5 oz (42g)
Nature Valley Granola Bar (Oats 'n Honey)	General Mills	1.5 oz (42g)
Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42g)
Team Cheerios Cereal Bar (Strawberry)	General Mills	1.3 oz (37g)
Total Cereal (Bowl)	General Mills	13/16 oz (23g)
Ice Cream Cup (Raspberry Sherbet)	Hood	(90g)
Crisp Rice Cereal (bowl)	Hospitality	3/4 oz (21g)
Kettle Corn	Indiana Popcorn	1 oz
Luigi's Real Italian Ice (Lemon)	J&J Snack Foods	4 fl oz (118mL)
Luigi's Real Italian Ice (Strawberry)	J&J Snack Foods	4 fl oz (118mL)
Heart to Heart (Box)	Kashi	1.4 oz (40g)
TLC Bar (Cherry Dark Chocolate)	Kashi	1.2 oz (35g)
TLC Fruit & Grain (Dark Chocolate Coconut)	Kashi	1.1 oz
TLC Fruit & Grain (Pumpkin Pie)	Kashi	1.1 oz
Austin Zoo Animal Crackers	Kellogg	1 oz (28g)
Cheez-it Baked Snack Crackers (Reduced Fat)	Kellogg	1.5 oz (42g)
Corn Flakes (Box)	Kellogg	.81 oz (23g)
Nutri-Grain Cereal Bar (Apple Cinnamon)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Blueberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Raspberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Strawberry)	Kellogg	1.3 oz (37g)
Nutri-Grain Cereal Bar (Yogurt Strawberry)	Kellogg	1.3 oz (37g)
Raisin Bran (Box)	Kellogg	.88 oz (25g)

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Rice Krispies (Box)	Kellogg	1.52 oz (43g)
Rice Krispies Treats	Kellogg	1.7 oz (48g)
Rice Krispies Treats	Kellogg	1.3 oz (37g)
Special K (Box)	Kellogg	.81 oz (23g)
Special K Bar (Honey Nut)	Kellogg	.77 oz (22g)
Crispy Rice (Bowl)	Malt-O-Meal	.63 oz (17.7g)
Toasty O's	Malt-O-Meal	11/16 oz (19.5g)
Cheese Nips (100 Calorie Packs)	Nabisco	.74 oz (21g)
Chips Ahoy Thin Crisps (100 Calorie Pack)	Nabisco	.81 oz (23g)
Honey Maid Grahams (Cinnamon Sticks)	Nabisco	1 oz (28g)
Newton's Fruit Crisp (Mixed Berry)	Nabisco	1 oz (28g)
Oreo Thin Crisps (100 calorie pack)	Nabisco	.81 oz (23g)
Wheat Thins Toasted Chips Minis (100 Calorie Pack)	Nabisco	.77 oz (22g)
Goldfish Baked Snack Crackers (Cheddar)	Pepperidge Farm	1 oz (28g)
Goldfish Giant Grahams	Pepperidge Farm	.9 oz (26g)
Breakfast Cookie (Oatmeal Raisin)	Quaker Oats	1.69 oz (48g)
Cereal Bar (Apple Crisp)	Quaker Oats	1.3 oz (37g)
Chewy Granola Bar (Low Fat Chocolate Chunk)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (Oatmeal Raisin)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (Peanut Butter Chocolate Chip)	Quaker Oats	.84 oz (24g)
Chewy Granola Bar (S-Mores)	Quaker Oats	.84 oz (24g)
Instant Oatmeal (Original)	Quaker Oats	.98 oz (28g)
Quaker Express Oatmeal (Golden Brown Sugar)	Quaker Oats	1.9 oz (54g)
Quaker Instant Oatmeal (Cinnamon & Spice)	Quaker Oats	1.62 oz (46g)
Quaker Instant Oatmeal (Maple & Brown Sugar)	Quaker Oats	1.51 oz (43g)
Quaker Oatmeal Express (Cinnamon Roll)	Quaker Oats	1.9 oz (54g)

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Quakes Rice Snacks (Caramel Corn)	Quaker Oats	.91 oz (26g)
Snack Mix (Kids Mix)	Quaker Oats	7/8 oz (24.8g)
Pirate's Booty (Aged White Cheddar)	Robert's American Gourmet	1 oz (28g)
Cascadian Farm Chewy Granola Bar (Chocolate Chip)	Small Planet Foods	1.2 oz (35g)
Honey Wheat Sticks	Snyder's of Hanover	2.25 oz (63.8g)
Mini Pretzels	Snyder's of Hanover	1.5 oz (42.5g)
Pita Chips (Cinnamon Sugar)	Stacy's	1 3/8 oz (38.9g)
Pita Chips (Parmesan Garlic & Herb)	Stacy's	1 3/8 oz (38.9g)
Pita Chips (Simply Naked)	Stacy's	1 3/8 oz (38.9g)
Soy Thin Chips (Sweet BBQ)	Stacy's	1.5 oz
Whales Baked Snack Crackers	Stauffers	.75 oz (21g)
Low Fat Yogurt (Blueberry)	Stonyfield Farm	6 oz (170g)
Low Fat Yogurt (Strawberry)	Stonyfield Farm	6 oz (170g)
YoKids Squeezers Organic Lowfat Yogurt (Strawberry)	Stonyfield Farm	2 oz (57g)
Fruit in a Flash Apple Slices	Sun Rich Fresh	2 oz (57g)
House Recipe Instant Oatmeal (Regular)	Sysco	(56g)
Yogurt (Raspberry)	Upstate Farms	4 oz (113g)
Yogurt (Strawberry/Banana)	Upstate Farms	4 oz (113g)
Fruit Snacks (Reduced Sugar Mixed Fruit)	Welch's	1.5 oz (43g)
Yoplait (Light Strawberry)	Yoplait	6 oz (170g)
Yoplait Light (Harvest Peach)	Yoplait	6 oz (170g)

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