

SAMPLE VENDING POLICY

Examples of healthy vending items:

Lowfat granola bars
Baked chips
Pretzels
Trail mix
Dried fruit
Fat-free popcorn
Beef jerky - 95% fat free
Whole-grain fruit bars
Animal crackers
Graham crackers
Plain & salted nuts
Fruit leather
Whole grain crackers
Low fat Chex mix
Rice cakes
Sunflower kernels
Water
Whole fruit juices

FOR USE WITHIN ANY WORKPLACE WHERE FOODS OR BEVERAGES ARE SERVED

Whereas:

_____ (your organization name here) is concerned about the health of our _____ (employees, members);

Whereas:

People have become more and more interested in eating smart and moving more;

Whereas:

Heart disease, cancer and stroke are largely affected by what we eat and how active we are;

Whereas:

Snack food products that are lower in fat and sugar are better choices for preventing many diseases;

Therefore:

Effective _____ (today's date), it is the policy of _____ (your organization) that all snack and beverage vending offered by this organization will always include items that meet the following standards:

Nutrition Standards

At least _____ % of foods served in vending machines should meet these standards:

- Have no more than 35% of its calories from total fat (not including nuts and seeds)
- Have no more than 10% of its calories from saturated fat
- Contain no trans fats
- Have no more than 35% sugar by weight (not including dried fruits, NO candy)

In addition, all efforts will be made to include the following:

- Items that have no more than 360 mg of sodium per serving
- Items that contain at least 2 grams of dietary fiber per serving

Beverage Standards

At least _____ % of beverage vending machine offerings must include

- Beverages that contain 100% fruit or vegetable juice with no added sweeteners
- Water
- Nonfat or 1% lowfat milk
- Beverages that are limited to a portion size no greater than 12 ounces (no limit on water). If juices are available in smaller-sized portions (6 oz.) they would be preferred.

Pricing /Placement Standards

- Beverage and food items meeting the mandatory standards must be sold at a price that is equivalent to or lower than the price of items in the vending machine that do not meet these nutrition standards.
- Items meeting the mandatory standards must be placed in the top third of the vending machine so that they are visible at eye level.

Signature

Title

Name of Organization

Date