Healthy Vending Machine Policy
Sample Policy*

I. Scope and Responsibility

This policy covers all machines designed to dispense food and beverages located in any [name of organization/worksite] owned, leased or operated space or facility.

This policy requires that food and beverages sold in all [insert organization/worksite name] vending machines meet specified nutrition standards.

II. Policy

50% of 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)

50% of snacks/food in each vending machine 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 fat added during processing (hydrogenated oils and partially hydrogenated oils)
- Not more than 35% total weight from sugar and caloric sweeteners with the of fruits and vegetables that have not been processed with added sweeteners or fats
- At least one item meeting the snack criteria in each vending machine shall also meet the FDA definition of "low sodium" (< -140mg/serving)

* adapted from Contra Costa and San Diego Counties