



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

This policy template is available to download at www.activatequadcities.org

¹Information adapted from the California 5-a-Day – Be Active! Worksite Program.

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 Standards¹

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 _____