

Vending Machine Standards
School/Worksite
OCDOH
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I. Schools: Choose Sensibly Program

-Guidelines have been set for that identify moderate snack choices. They are moderate in nature and based on credible nutrition science.

-A snack must meet these criteria for one serving: if there is more than one serving in the package, it is not considered moderate.

According to these guidelines a sensible snack will have:

- Fat 7 Grams or Less
- Saturated fat 2 Grams or Less
- Sodium 360 Milligrams or Less
- Sugar 15 Grams or Less

The standards for beverages are:

- Low fat milk (1%) and low fat flavored milk (1%)
- 100% Juice
- Water or flavored water without added sugar, artificial sweeteners

II. Worksites: Vending machine food and beverage standards

A. Food Standards

Mandatory Nutrition Standards

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

- Have no more than 35 percent of its calories from total fat (not including nuts and seeds).
- Have no more than 10 percent of its calories from saturated fat.
- Have no more than 35 percent sugar (not including fruits or vegetables)
- Canned fruit must be packed in 100% fruit juice or water.

Recommended Nutrition Standards

At least 50 percent of foods served in vending machines should meet the following nutrition standards:

- Have no more than 360 milligrams (mg) of sodium per serving.²
- Contain at least 2 grams (g) of dietary fiber per serving.
- Until a standard becomes available, limit trans fat.

Mandatory Pricing/Placement Standards

- Food items meeting the mandatory/recommended nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.
- Food items meeting the mandatory/recommended nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.

B. Beverage Standards

Mandatory Nutrition Standards

At least 50 percent 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).

Note: If juices are available in smaller-sized portions (6 ounces), they would be preferred.

Mandatory Pricing/Placement Standards

- Beverages meeting the mandatory nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.
- Beverages meeting the mandatory nutrition standards must be placed within the top third of the vending machine so that they are visible at eye level.

*Information gathered from:

- New York School Nutrition Association
- Network For a Healthy California-Worksite Program