



WINNER'S CIRCLE

Where Nutritious Meets Delicious

Winner's Circle nutrition criteria for healthy vending foods:

- Less than 30% fat
- Less than 480 milligrams sodium
- No more than 35% sugar by weight or no more than 15 grams of added sugar
- For dairy snacks:
 - 4 ounce servings must have at least 120 milligrams calcium
 - 6 ounce servings must have at least 150 milligrams calcium
 - 8 ounce servings must have at least 245 milligrams calcium
- [List of vending foods](#)

Additional vending resources

- [NIH Worksite Health Promotion Program – Better Choices](#) uses a green and white label affixed to the machines identifying the selection criteria and arrows point to Better Choices Snack items which are about one-fourth of the slots in each machine.
- [Healthy Vending Guidelines - Part of the Fit City/Fit Schools](#) campaign in San Antonio, Texas (PDF).
- [No Junk Food, Healthy Snacks List](#)

Winner's Circle: Background information for future consideration

[The Winner's Circle](#) is just beginning in Washington State with the Department of Health, Nutrition and Physical Activity unit providing coordination of this program. The Winner's Circle Healthy Dining Program identifies (using a Winner's Circle logo) and promotes healthy menu items and raises awareness of eating establishments' participation in the Winner's Circle Program. The Winner's Circle can be made available in dining establishments - local restaurants, chain restaurants, schools, cafeterias, worksites, vending machines, convenience stores, recreation sites, hospitals, universities and others. The Winner's Circle Program was developed by NC Prevention Partners, a non-profit organization based in Chapel Hill, North Carolina. They worked in collaboration with local, state, and national agencies developing guidelines approved by a national advisory committee.

food finds

The Danger Zone

Indicates at which temperatures food should be held to prevent from foodborne illnesses.



Be mindful of melons!

Fresh fruit, like many other foods can pose a risk if not prepared or stored properly. Following some simple guidelines will help keep your fruit fresh as well as safe.



Streaming videos on food safety

Watch streaming videos through your Internet browser on the importance of handwashing and proper food handling practices.



[Picnic food safety tips](#)

The bacteria that cause illness grow on moist, usually protein-based foods that are between 41° F and 140° F, so minimize the time you allow these foods to stay at these temperatures.

[Healthy Eating for Lifetime](#)

What we choose to eat can have a direct affect on our ability to enjoy life to its fullest. This is true for everyone, despite his or her age and current health.

[Physical Activity](#)

For good health every person should do 30 minutes or more of moderate-intensity physical activity throughout the day on five or more days of the week.

[Recipe of the Week](#)

A new healthy and easy to make recipe published every week on Public Health's website!

[Diabetes Meal Planning in multiple languages](#)

A series of Food Guide Pyramids available in key foreign languages.

[King County Regional Trail System](#)

Clickable maps to the regional trail system in King County.

