

Food and Beverage Criteria for Vending Machines

Our organization supports healthy employees by providing high quality, healthy vending options.

REFRIGERATED VENDING MACHINES MUST EMPHASIZE:

- **Fresh Fruit and Vegetables** (e.g. apples, oranges, carrot and celery sticks),
- **Canned fruit** (packed in juice or light syrup),
- **Low fat or non-fat yogurt** with less than 30 grams sugar per serving,
- **Reduced fat cheese** (e.g. part skim mozzarella cheese stick).

NON-REFRIGERATED VENDING MACHINES MUST MEET THE CRITERIA BELOW AND EMPHASIZE:

- **Whole grains** (e.g. where 'whole grain' is listed as the first ingredient).
- **Fruits** (e.g. dried apple rings, dehydrated fruits).
- **Trail mixes** without yogurt or chocolate coatings.

APPROVED BEVERAGE ITEMS:

- **Water** (plain, flavored, and sparkling)
- **1% or fat free milk**
- **100% juice**

CRITERIA FOR PACKAGED FOOD ITEMS (AS OFFERED, PER PACKAGE):

- Calories: 200 or less
- Fat: 35% or less of total calories from fat
- Trans Fat: 0g
- Saturated Fat: 10% or less of total calories from saturated fat
- Sugar: 35% or less of the total weight
- Sodium: 480mg or less

RESOURCES TO DETERMINE IF A FOOD ITEM MEET THE CRITERIA:

- See 'Items that Meet the Criteria for Vended Foods'
- Calculator: http://powervending.org/nutritional_calculator.php

