

# (name of organization) Vending Machine Policy

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## Rational

There is an increased need to promote healthful eating and encourage more nutritious options as a first choice to the American population. Poor eating patterns are making an impact on the health and wellbeing of the nation, which is demonstrated by an estimated 34% of adults who are overweight and another 34% of adults who are obese.<sup>1</sup> More specific to Cass County, 37% of adults are overweight and 26% are obese, leaving less than 40% who are neither overweight nor obese.<sup>2</sup> These weight statuses are associated with higher risk of developing chronic disease, including high blood pressure, heart disease, diabetes, back and joint pain, among other health concerns.

(name of organization) is at the forefront of health-related topics in the community, and as such, should act as a leader in promoting more nutritious options at the workplace. The number one reason given by surveyed adults for not eating more fruits and vegetables is that they are “hard to get at work.”<sup>3</sup> Accordingly, more nutritious snack and beverage options will be available to employees and community members through vending machines at the facility, while limiting foods that are high in fat and added sugar.

## Policy

The (name of organization) vending machine policy covers all vending machines in the (name of organization) worksite facilities. Vending machines permitted to operate on worksite property for the sale of food items to (name of organization) employees and members of the community are subject to the requirements noted in the policy. Details of this policy must be included in the contract agreement with any vender who provides products for the machine(s).

Food and beverage options that do not meet the specified nutritional criteria are subject to pricing structures that promote the consumption of healthier options.

## Standards

### Beverages

At least \_\_\_ percent of beverages offered in each vending machine must be one or a combination of the following:

- Water;
- Unflavored nonfat and low-fat milk;

- Flavored nonfat and low-fat milk with no more than 22 grams of total sugars per eight ounce serving;
- Unflavored plant derived (i.e. rice, soy, almond, etc.) milk;
- Flavored plant derived (i.e. rice, soy, almond, etc.) milk with no more than 22 grams of total sugars per eight ounce serving; and
- 100 percent fruit or vegetable juices with no added sugars.

## Food Products

At least \_\_\_ percent (unless otherwise stated) of the food products offered in each vending machine must comply with the following specifications:

### Dietary Fat

Food products in the vending machine will meet the following criteria for dietary fat per portion as packaged:

- No more than 35 percent of total calories from fat;
- Less than 10 percent of total calories from saturated fat; and
- Zero trans fat (hydrogenated oils and partially hydrogenated oils).

*Exceptions include:* Nuts and seeds are exempt from the total fat (<35 percent) standard; however, they must meet all other noted standards, including saturated fat, trans fat, and sodium standards. Any cheeses from reduced or nonfat milk that meet all other noted standards are exempt from the total fat (<35 percent) standard.

### Total Sugars

Vending food products provide no more than 35 percent of calories from total sugars per portion as packaged.

*Exceptions include:*

- 100 percent fruit and fruit juices in all forms without added sugars;
- 100 percent vegetables and vegetable juices without added sugars;
- Unflavored nonfat and low-fat yogurt; and
- Flavored nonfat and low-fat yogurt with no more than 30 grams of total sugars per eight ounce serving.

### Calories

Vending snack items are 200 calories or less per portion as packaged.

### Sodium

Vending snack items meet a sodium content limit of 200 mg or less per portion as packaged.

## Enforcement

Vending machines on worksite property for the sale of beverage and food items are subject to the requirements noted in the policy. Failure to comply with these specifications will result in disablement or removal of the vending machine and nullification of the contract.

Periodic monitoring is necessary to ensure that the products are in accordance with the criteria set forth. The worksite wellness committee has the primary responsibility to periodically monitor and enforce compliance with the nutritional standards outlined in this policy.

## References

1. Centers for Disease Control and Prevention. FastStats. Available at <http://www.cdc.gov/nchs/fastats/overwt.htm>.
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3. Foerster SB, Wu S, Gregson J, Hudes M, and Fierro MP. California Dietary Practices Survey: Overall Trends in Healthy Eating among Adults, 1989-1997, *A Call to Action*, Part 2. California Department of Health Services, Sacramento, CA, 1999.
4. The National Academies. Institute of Medicine Recommended Standards. April 23, 2007. Available at <http://www.iom.edu/~media/Files/Report%20Files/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth/factsheet.pdf>.
5. Yeager K. City of San Jose Memorandum. Proposed specifications for the citywide vending machines Request for Qualifications. June 2006.
6. Contra Costa Health Services. Contra Costa County Vending Machine Policy. December 2004. Available at [http://www.cchealth.org/topics/nutrition/cc\\_county\\_vending\\_machine\\_policy.php](http://www.cchealth.org/topics/nutrition/cc_county_vending_machine_policy.php).
7. Healthy vending guidelines: A fit city initiative San Antonio, Texas. Available at <http://www.welcoa.org/pdf/vendingcriteria.pdf>.