

# Healthy Vending Machine Guidelines



Organizations that serve youth, such as schools and out-of-school programs, can encourage making healthier food and drink choices by providing healthy food and beverage options in vending machines. Adopting nutritional standards for vending machines as organizational policy is a good place to start.

## Refrigerated Vending Machines Should Include:

- Fresh Fruit and Vegetables (such as apples, oranges, carrot and celery sticks)
- Canned fruit packed in 100% juice
- Low fat or non-fat yogurt with less than 30 grams sugar per serving
- Reduced fat cheese (such as part skim mozzarella cheese sticks)



## Non-Refrigerated Vending Machines Should Include:

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

An increasing demand for vending products to suit healthier eating habits, has food and beverage manufacturers and vending service operators striving to offer a wide selection of healthier products.

Ask about healthy options when you are considering a vending contract, or ask your current vendor to work with you to improve your selection of healthy items!

# Healthy Vending Machine Ideas



	HEALTHIEST CHOICES	HEALTHIER CHOICES
Snacks— Non-Refrigerated	<ul style="list-style-type: none"> <li>• Popcorn (fat-free or low-fat)</li> <li>• Whole grain cereal (hot or cold) with at least 5g fiber and no greater than 6g sugar per serving</li> <li>• Whole grain cereal bar</li> <li>• Whole grain crackers</li> <li>• Rice cakes</li> <li>• Soy crisps</li> <li>• Fruit cup in fruit juice</li> <li>• Jerky (low sodium)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain cereals (hot or cold) with at least 3g fiber and no more than 6g sugar per serving</li> <li>• Baked chips</li> <li>• Animal crackers</li> <li>• Graham crackers</li> <li>• Pretzels</li> <li>• Nuts and seeds (plain or with spices)</li> <li>• Nuts (light sugar covering or honey-roasted)</li> <li>• Peanut butter and crackers</li> <li>• Ready-to-eat cereal (low fat, whole grain)</li> <li>• 100 Calorie Snack Packs</li> <li>• Fruit cup in light syrup</li> <li>• Whole-grain, low-fat muffins</li> <li>• Low-fat granola bar</li> <li>• Whole-grain, low-fat fig bars</li> <li>• Trail mix (plain)</li> <li>• Dried fruit</li> <li>• Jerky</li> </ul>
Snacks— Refrigerated	<ul style="list-style-type: none"> <li>• Fruits and vegetables without added fat, sugar or salt</li> <li>• Fat-free or low-fat yogurt, plain</li> <li>• Fat-free or low-fat cheese or cottage cheese</li> <li>• Hard-boiled eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits or vegetables with added fat, sugar or salt</li> <li>• Fat-free or low-fat flavored yogurt with no more than 30g of total sugar per 8 oz serving</li> <li>• Low-fat or reduced fat pudding</li> <li>• Reduced-fat cheese or cottage cheese</li> </ul>
Beverages— Refrigerated	<ul style="list-style-type: none"> <li>• Water</li> <li>• Seltzer water (plain or flavored)</li> <li>• Fat-free or 1% (low-fat) milk, plain</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced-fat (2%) milk, plain</li> <li>• Fat-free or 1% flavored milk with up to 150 calories per 8 oz serving</li> <li>• 100% fruit juice</li> <li>• 100% vegetable juice</li> <li>• No- or low-calorie beverages with up to 10 calories per 8 oz serving</li> <li>• Smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice)</li> </ul>