

Vending Machines in Your School



Image: <http://vending-machines-in-schools.com>

Know the News.....

Read about the new regulations passed by the USDA

See the Rules.....

Four pages that overview what the regulations actually say

Help Make Better Choices.....

A few materials can you use to help your classmates make better snack choices

(Obtained by: A Blueprint for Healthier Vending Healthy Places: An Initiative of Healthy Chicago)

Completely Different Options.....

A list of vending machine companies that strive to offer healthy foods

Know the News:

This past summer, the United States Department of Agriculture (USDA) passed new regulations on all foods and drinks that are sold to students outside of breakfast and lunch programs. These ruling are on snacks, also known as “competitive foods”. They are things like items sold in vending machines, at school stores and for fundraising projects. The main goal of new regulations is to combat the country’s obesity epidemic. Although they can’t exactly “ban” certain foods and drinks, the USDA is creating calorie and nutrient standards that will deter items from being sold (Goad, 2013).

These new rules for vending machines and other snack foods sold at schools are a big deal, for a few reasons. It’s the first nutritional renovation of school snacks in over 30 years. It also will cause the food industry to collaborate with the USDA and alter their products to comply with the standards. For example, the American Beverage Association, who usually is opposed to most restrictions, is actually supporting the new standards (Godelnik, 2013).

It’s important to know what these new standards include, so your school can be prepared for them, since the rule doesn’t officially go into effect until September 2014 (Goad, 2013). Knowing what will be expected of schools can help you get your school and classmates prepared for the change ahead of time.

You might be wondering what the new regulations actually mean to the average student. One example is Gatorade. The new rules state that sports drinks cannot have more than 40 calories per 8 ounce serving, so this takes Gatorade off the shelf. Let’s be honest, Gatorade is not the best drink choice for nutrition. It’s often mistaken for a healthy choice, but in fact “it’s a sugary drink with added salt”, says Margo Wootan, who is director of Nutrition Policy at the Center for Science in the Public Interest (Godelnik, 2013).

Specifically, in New York State, we have a law that says public school cannot sell sweetened soda water, chewing gum, candy of all kinds, coated popcorn and water ices from when classes begin to after the last lunch period ends (NASBE, 2009).

References:

- Goad, B. (2013, June 27). Usda targets candy, cola in new school nutrition regulations . *The Hill*. Retrieved from <http://thehill.com/blogs/regwatch/healthcare/308185-usda-rolls-out-new-school-snack-standards>
- Godelnik , R. (2013, July 3). New standards for school vending machines provide more than healthy snacks. *TriplePundit*. Retrieved from <http://www.triplepundit.com/2013/07/future-industry-government-collaboration-found-school-vending-machines/>
- National Association of State Boards of Education, NASBE Center for Safe and Healthy Schools. (2009). *School food environment*. Retrieved from website: http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=3115

Nutrition Standards for All Foods Sold in School

Food/Nutrient	Standard	Exemptions to the Standard
General Standard for Competitive Food.	<p>To be allowable, a competitive FOOD item must:</p> <ol style="list-style-type: none"> (1) meet all of the proposed competitive food nutrient standards; and (2) be a grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient*; <i>or</i> (3) have as the first ingredient* one of the non-grain main food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.); <i>or</i> (4) be a combination food that contains at least ¼ cup fruit and/or vegetable; or (5) contain 10% of the Daily Value (DV) of a nutrient of public health concern (i.e., calcium, potassium, vitamin D, or dietary fiber). Effective July 1, 2016 this criterion is obsolete and may not be used to qualify as a competitive food. <p>*If water is the first ingredient, the second ingredient must be one of items 2, 3 or 4 above.</p>	<ul style="list-style-type: none"> • Fresh fruits and vegetables with no added ingredients except water are exempt from all nutrient standards. • Canned and frozen fruits with no added ingredients except water, or are packed in 100% juice, extra light syrup, or light syrup are exempt from all nutrient standards. • Canned vegetables with no added ingredients except water or that contain a small amount of sugar for processing purposes to maintain the quality and structure of the vegetable are exempt from all nutrient standards.
NSLP/SBP Entrée Items Sold A la Carte.	Any entrée item offered as part of the lunch program or the breakfast program is exempt from all competitive food standards if it is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.	
Sugar-Free Chewing Gum	Sugar-free chewing gum is exempt from all competitive food standards.	
Grain Items	Acceptable grain items must include 50% or more whole grains by weight, or have whole grains as the first ingredient.	
Total Fats	Acceptable food items must have ≤ 35% calories from total fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the total fat standard. • Nuts and seeds and nut/seed butters are exempt from the total fat standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the total fat standard. • Seafood with no added fat is exempt from the total fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Saturated Fats	Acceptable food items must have < 10% calories from saturated fat as served.	<ul style="list-style-type: none"> • Reduced fat cheese (including part-skim mozzarella) is exempt from the saturated fat standard. • Nuts and seeds and nut/seed butters are exempt from the saturated fat standard. • Products consisting of only dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the saturated fat standard. <p>Combination products are not exempt and must meet all the nutrient standards.</p>
Trans Fats	Zero grams of trans fat as served (≤ 0.5 g per portion).	
Sugar	Acceptable food items must have $\leq 35\%$ of weight from total sugar as served.	<ul style="list-style-type: none"> • Dried whole fruits or vegetables; dried whole fruit or vegetable pieces; and dehydrated fruits or vegetables with no added nutritive sweeteners are exempt from the sugar standard. • Dried whole fruits, or pieces, with nutritive sweeteners that are required for processing and/or palatability purposes (i.e., cranberries, tart cherries, or blueberries) are exempt from the sugar standard.

Food/Nutrient	Standard	Exemptions to the Standard
		<ul style="list-style-type: none"> Products consisting of only exempt dried fruit with nuts and/or seeds with no added nutritive sweeteners or fats are exempt from the sugar standard.
Sodium	<p>Snack items and side dishes sold a la carte: \leq 230 mg sodium per item as served. Effective July 1, 2016 snack items and side dishes sold a la carte must be: \leq200 mg sodium per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq480 mg sodium per item as served, including any added accompaniments.</p>	
Calories	<p>Snack items and side dishes sold a la carte: \leq 200 calories per item as served, including any added accompaniments.</p> <p>Entrée items sold a la carte: \leq350 calories per item as served including any added accompaniments.</p>	<ul style="list-style-type: none"> Entrée items served as an NSLP or SBP entrée are exempt on the day of or day after service in the program meal.
Accompaniments	Use of accompaniments is limited when competitive food is sold to students in school. The accompaniment must be included in the nutrient profile as part of the food item served and meet all proposed standards.	
Caffeine	<p>Elementary and Middle School: foods and beverages must be caffeine-free with the exception of trace amounts of naturally occurring caffeine substances.</p> <p>High School: foods and beverages may contain caffeine.</p>	
<i>Beverages</i>		
Beverages	<p>Elementary School</p> <ul style="list-style-type: none"> Plain water or plain carbonated water (no size limit); Low fat milk, unflavored (\leq8 fl oz); Non fat milk, flavored or unflavored (\leq8 fl oz), including nutritionally equivalent milk alternatives as permitted by the 	

Food/Nutrient	Standard	Exemptions to the Standard
	<p>school meal requirements;</p> <ul style="list-style-type: none"> • 100% fruit/vegetable juice (≤ 8 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 8 fl oz). <p>Middle School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); and • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz). <p>High School</p> <ul style="list-style-type: none"> • Plain water or plain carbonated water (no size limit); • Low-fat milk, unflavored (≤ 12 fl oz); • Non-fat milk, flavored or unflavored (≤ 12 fl oz), including nutritionally equivalent milk alternatives as permitted by the school meal requirements; • 100% fruit/vegetable juice (≤ 12 fl oz); • 100% fruit/vegetable juice diluted with water (with or without carbonation), and no added sweeteners (≤ 12 fl oz); • Other flavored and/or carbonated beverages (≤ 20 fl oz) that are labeled to contain ≤ 5 calories per 8 fl oz, or ≤ 10 calories per 20 fl oz; and • Other flavored and/or carbonated beverages (≤ 12 fl oz) that are labeled to contain ≤ 40 calories per 8 fl oz, or ≤ 60 calories per 12 fl oz. 	

Appendix H:

Sample Vending Machine Signage and Stickers

Place the Go!, Slow!, Whoa! posters and table tents near your vending machines to help educate employees and promote healthy vending options. The graphics are fun and easy to understand.

GO!

GO! foods, such as fresh fruits and vegetables, pretzels, water and fat-free milk, can be eaten almost anytime.

SLOW!

SLOW! foods, such as low-fat yogurt, 100% fruit juice, and granola bars, can be eaten sometimes.

WHOA!

WHOA! foods, like potato chips, soda, whole milk, and candy bars, should only be eaten once in a while.

Healthier Vending Options Are Available!

**0-130
Calories
0-2 Grams
of Fat**

GO!

Fresh Fruit and
Vegetables
Canned Fruit (in juice)
Fat Free Milk
Fat Free Yogurt
Oatmeal
Pretzels
Graham Crackers
Water

**131-230
Calories
3-6 Grams
of Fat**

SLOW!

Low-Fat Milk
Low-Fat Yogurt
Granola Bar
100% Fruit Juice
Snack Crackers
Low-Fat Pudding

**231 or More
Calories
7 or More
Grams of Fat**

WHOA!

Whole Milk
Potato Chips
Tortilla Chips
Sugar Sweetened
Beverages
(Soda, Juice
Drinks, etc..)
Candy Bar
Doughnuts
Sweet Roll

healthy
places
An Initiative of Healthy Chicago



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams



0-130 Calories
0-2 Fat Grams



131-230 Calories
3-6 Fat Grams



231 or More
Calories
7 or More
Fat Grams

Completely Different Options:

Both of these resources offer information on their products, how schools can participate and even video testimonials from school administrators and students! This might be something to bring up at a school board meeting or parent teacher group meeting.



<http://freshandhealthy.org/>

- Our Mission is really simple; make healthy food and education more convenient through the placement of high tech, bright, colorful healthy vending machines in schools.
- The Fresh & Healthy School Vending Program offers over 1,000 Natural and Organic snacks that meet and exceed the USDA Nutrition Guidelines
- Products sold include: sparkling water, juices, fruit, yogurt, smoothies, granola bars, crackers and baked chips.



<http://www.healthyvending.com/>

- Our Mission is **H**elping **U**nite **M**ankind and **N**utrition by making healthy food and education more convenient through the placement of 100% healthy & interactive vending machines in schools and other locations across the globe.
- Foods and beverages are without or contain very little of the following additives: artificial preservatives, artificial colors, artificial sweeteners, partially hydrogenated oils, high fructose syrup, and MSG. They are chosen by product testing, pricing, nutrition expertise, and taste.
- Items include granola bars, popcorn, organic milk, fizzy drinks, and 100% juices.

Information collected by Laura Popielski