
Healthy Nutrition Guidelines

Implementation Guide for Vending Machines



Your health. Your food. Your choice.

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To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



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The *Guidelines* are also adapted from:

- **Public Health – Seattle & King County** Healthy Vending Guidelines
- **U.S. General Services Administration** Health and Sustainability Guidelines for Federal Concessions and Vending Operations
- **RAND Corporation** Performance Standards for Restaurants

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Overview

Introduction

In October 2013, Governor Jay Inslee signed [Executive Order 13-06](#): Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities. This requires state executive agencies to adopt and implement food service guidelines that meet the Department of Health's *Healthy Nutrition Guidelines (Guidelines)*.

The Department of Health's *Healthy Nutrition Guidelines* follow the guidance of the [2010 United States Department of Agriculture's Dietary Guidelines for Americans](#) (DGA 2010). They set criteria to ensure that healthy options can be found in cafeterias, cafés, on-site retail venues, vending machines, meetings and events, and institutional food service. The Department of Health will update the *Guidelines* as necessary – at least every five years – to ensure that they remain current and science-based.

The Department of Health developed this implementation guide to support agencies and other organizations in the implementation of the *Guidelines*.

The *Guidelines* are based on the following guiding principles:

- Emphasize fruits, vegetables and whole grains.
- Minimize the use of processed foods that contain added sugar and sodium.
- Recommend use of healthy cooking techniques, such as baking, roasting, broiling, grilling, poaching, steaming, and stir frying. Recommend no use of deep fryers.
- Serve items in smaller portions if high calorie items are provided (e.g., mini muffins or 2-inch cookies), while still maintaining overall calorie and nutrient requirements.
- Work toward reducing overall sodium content.



More whole grains



More fruits and vegetables



Less fat, sodium and sugar



Implementation plan checklist for agencies and sites

Use this checklist to adopt and implement the *Healthy Nutrition Guidelines*. All needed forms are available at www.doh.wa.gov/choosewell-livewell. Agencies can work towards recognition for implementing the Guidelines (the Choose Well-Live Well Award) at the same time as working towards Washington Wellness' Team WorkWell's Zo 8 Award.

Name of applicant: _____ Position: _____

Contact information (email/phone): _____

Where do you work? _____

How would you describe your worksite? State executive agency Site of state executive agency
 Other agency or organization (voluntary adoption)

Activity	Due date	Alignment with Zo 8 Award
<input type="checkbox"/> Adopt a healthy nutrition policy and send copy to the Department of Health. Include information for your agency or site's point-of-contact	July 1, 2014	Standard 6.1 Gain policy support for wellness programs
<input type="checkbox"/> Communicate policy change to employees	September 1, 2014	Standard 6.4 Inform employees of environmental supports
<input type="checkbox"/> Complete workplace assessments and send to Department of Health (check all that apply) <input type="checkbox"/> Environmental assessment (required for all) <input type="checkbox"/> Cafeteria assessment <input type="checkbox"/> Institutional food service assessment	September 1, 2014	Standard 3.4 Collect data about your organization
<input type="checkbox"/> Implement all applicable guidelines. (check all that apply) <input type="checkbox"/> Vending <input type="checkbox"/> Meetings and Events <input type="checkbox"/> Cafeterias <input type="checkbox"/> Institutions	December 31, 2016	Standard 6.3 Get environmental support for wellness
<input type="checkbox"/> Promote Health Care Authority's Employee Health Assessment (required for state executive agencies)	Annually	Standard 5.2 Promote Health Assessment
<input type="checkbox"/> Complete at least four activities to promote healthy eating in the workplace (list them)	February 1, 2016	Standard 5.1 Choose activities and interventions Standard 5.4 Choose awareness type activities
<input type="checkbox"/> Submit a success story	February 1, 2016	N/A
<input type="checkbox"/> Submit application for recognition with this completed implementation checklist	February 1, 2016	N/A



Implementation plan checklist for vendors

Use this checklist to adopt and implement the *Healthy Nutrition Guidelines*. Submit the completed checklist with your application for recognition and success story to the Department of Health at choosewell-livewell@doh.wa.gov.

Name of applicant: _____ Position: _____

Contact information (email/phone): _____

Where do you work? _____

How would you describe your worksite? State executive agency Site of state executive agency
 Other agency or organization (voluntary adoption)

Guidelines you are implementing	Activity	Submit as you finish
<input type="checkbox"/> Vending	<input type="checkbox"/> Record the number of machines _____ <input type="checkbox"/> Record the number of slots per machine _____	
<input type="checkbox"/> Cafeterias	<input type="checkbox"/> Complete Steps 1–4 of the Implementation Tool for Cafeterias (page C–5) and submit to the Department of Health	
<input type="checkbox"/> Institutions	<input type="checkbox"/> Complete Steps 1–3 of the Implementation Tool for Institutions (page I–4) and submit to the Department of Health	
Required for all Guideline areas	Activity	Due date
	<input type="checkbox"/> Implement the <i>Healthy Nutrition Guidelines</i>	December 31, 2016
	<input type="checkbox"/> Submit a success story	February 1 each year
	<input type="checkbox"/> Submit application for recognition	February 1 each year
	<input type="checkbox"/> Submit this completed implementation checklist	February 1 each year

Submit all forms to the Department of Health at choosewell-livewell@doh.wa.gov



Healthy Nutrition Guidelines for Vending Machines

Washington State supports healthy living by ensuring state agencies offer, purchase and serve healthy food and beverages. We are making the healthy choice the easy choice.

To meet the *Healthy Nutrition Guidelines*, 50% of vending options must meet the nutrition criteria listed in the **Healthier** and **Healthiest** categories below. Ideally, 100% of items in vending machines should meet the *Healthy Nutrition Guidelines* for foods and beverages. We will revisit this percentage after one year.

For items in vending machines, review the calories, fat, sugar and sodium content to determine their Vending Category. Increase the number of **Healthier** and **Healthiest** items while decreasing the number of **Limited** items.

Vending categories

- Healthiest:** Foods in this category are naturally nutrient-rich. They are mostly whole foods that contain low or no added sugar and sodium.
- Healthier:** Foods in this category are more processed or refined. They have more added sugar, sodium, or fat. They contain fewer nutrients for the amount of calories they provide.
- Limited:** Foods in this category are the least healthy. They are high in sodium, sugar, fat and refined grains.

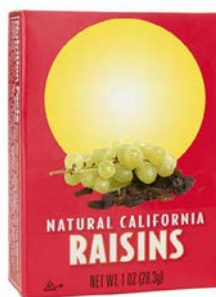
Use **Table 1a** to determine the category for foods items. An item must meet all of the criteria – calories, fat, sugar and sodium – to be considered a **Healthiest** or **Healthier** item. Grain products must meet additional criteria – see **Table 1b**. It is important to look closely at an item's nutrition information. For example, granola bars could fall into all three of the categories, depending on how much sugar, fat, and sodium are included.

Use **Table 2** to determine the category for beverage items.

Use **Table 3** to see examples of food items for all three categories (this list does not include all potential products).



Trail mix



Raisins



Pistachios



Table 1a: Healthy Nutrition Guidelines for All Food Items

	Healthiest	Healthier	Limited
Calories	No more than 200 calories per package	No more than 250 calories per package	More than 250 calories per package
Fat	No added fat for vegetables, fruits, nuts and seeds, low-fat dairy and meat, beans and eggs For grains and soup: follow the recommendations for the Healthier category Zero trans-fat	No more than 35% of calories from total fat, excluding nuts, seeds and nut butters No more than 10% of calories from saturated fat Zero trans-fat	More than 35% of calories from total fat, excluding nuts, seeds and nut butters More than 10% of calories from saturated fat More than zero trans-fat
Sugar	No added sugar for all food groups except grains Grain products: no more than 6g of sugar per package	No more than 35% of weight from total sugars, excluding whole fruit products or ingredients with no added sugars Dairy products with sugar (pudding, yogurt, frozen yogurt or frozen milk desserts): no more than 30g total sugar per package Grain products: no more than 10g of sugar per package	More than 35% of weight from total sugars, excluding whole fruit products or ingredients with no added sugars Dairy products with sugar (pudding, yogurt, frozen yogurt, frozen milk desserts): more than 30g total sugar per package Grains products: more than 10g of sugar per package
Sodium	No more than 150mg per package	No more than 360mg per package for snack items*	More than 360mg per package for snack items

* For individual meal items, no more than 480mg per package

Table 1b: Additional Healthy Nutrition Guidelines for Grain Products

Use the list of ingredients on the nutrition label to determine the category for grain items.

	Healthiest	Healthier	Limited
Whole Grains	100% whole grains	At least 50% whole grains, whole grain as first ingredient, or the item has the whole grain stamp	Less than 50% whole grains or a whole grain is not listed as the first ingredient

Table 2: Healthy Nutrition Guidelines for Beverage Items

	Healthiest	Healthier	Limited
Beverages	<p>Plain water</p> <p>Plain or unsweetened carbonated water (seltzer)</p> <p>Non-fat or low-fat (1%) milk and milk products that are unflavored, calcium fortified and less than 100 calories per 8 oz. serving</p> <p>Unsweetened tea or coffee</p> <p>100% vegetable juice: must contain no more than 230mg of sodium per serving</p> <p>100% fruit juice with no added sugars: no more than 8 oz. serving for adults</p>	<p>Zero- or low-calorie beverages: no more than 25 calories per 8 oz.</p> <p>Non-caloric, artificially sweetened beverages (diet)</p> <p>Fat-free or 1% flavored milk: no more than 22g of sugar per 8 oz.</p> <p>Zero- or low-calorie beverages: no more than 25 calories per 8 oz.</p>	<p>Reduced fat (2%) milk, flavored or unflavored</p> <p>Whole milk, flavored or unflavored</p> <p>Sugar-sweetened beverages, teas, coffee drinks, lemonade, fruit drinks, sports drinks and energy drinks: more than 25 calories per 8 oz.</p>

Calorie information on vending machines

These guidelines require that calorie information is posted for each food item, as packaged. Once in effect, vendors should align product labeling with federal law for vending machines.



Plain water is healthiest



Baked chips are a good choice



Sugar can hide in energy bars



Table 3: Examples of Food Items by Category

	Healthiest	Healthier	Limited
Non-refrigerated, pre-packaged	Dehydrated vegetables	Dehydrated vegetables with added salt, sugar or fat	Fried vegetables
	Cup of low-sodium soup with ¼ cup of vegetables	Baked potato chips	Regular chips
	Dehydrated fruit (apples, oranges, pears, apricots, avocados, bananas)	Dehydrated fruit with added salt, sugar or fat	Fruit in heavy syrup
	Fruit packed in its own juice	Fruit packed in “lite” syrup	Imitation fruit snacks and gummies
	100% whole grain products (crackers, pretzels, rice cakes, pita)	Whole grain products with at least 50% whole grains, whole grain as first ingredient (crackers, pretzels, pita, corn chips, soy crisps)	Doughnuts, croissants, pastries, cookies, cakes, pies, pop tarts
	100% whole grain cereals, granola bars, cereal bars, muffins	Whole grain cereals, granola bars, cereal bars, muffins, fig bars	Full-fat granola
	Air popped or low-fat popcorn	Salted nuts and seeds (low-sodium)	Products made with refined grains (multigrain crackers, cereals, cereal bars)
	Unsalted nuts or seeds	Trail mix or fruit nut bars with salted nuts and added sugar	Salted nuts and seeds
	Trail mix or fruit nut bars with only unsalted nuts and unsweetened dried fruit	Low-fat bean soup	Trail mix that includes candy
	Low-sodium dried meat (jerky)		Full-sodium dried meat (jerky)
Low-fat, low-sodium bean soup		Full-sodium tuna	
Fresh or refrigerated	Fresh vegetables	Fresh vegetables with added salt, sugar, or fat	Popsicles
	Fresh fruit	100% frozen fruit juice bars with no added sweetener	Full-fat ice cream
	100% fruit sorbet with no added sugars	Fresh fruit with added salt, sugar, or fat	Full-fat yogurt
	Fat-free or low-fat plain yogurt	Fat-free cream cheese	Full-fat cheese
	Fat-free or low-fat and low-sodium cheese	“Lite” string cheese	
	Low-fat and low-sodium cottage cheese	Pudding, yogurt, frozen yogurt, ice cream made with fat-free or low-fat milk	
	Hardboiled egg	Hummus	



How to read a nutrition label – Example product assessment

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 70
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 18g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Ingredients: corn, vegetable oil (sunflower, canola, and/or corn oil), maltodextrin (made from corn), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), whey, monosodium glutamate, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, natural and artificial flavor, dextrose, tomato powder, lactose, spices, artificial color (including yellow 6, yellow 5, and red 40), lactic acid, citric acid, sugar, garlic powder, skim milk, red and green bell pepper powder, disodium inosinate, and disodium guanylate

Product assessment:

✗ This item does not meet the *Guidelines* because of its fat content.

Product example: Nacho cheese tortilla chips

Serving size: Always look at the Servings per Container. Foods must meet the *Healthy Nutrition Guidelines* for the entire item. If there is more than one serving in the container, you will need to multiply the nutrition facts by that number.

✓ This product is a single serving.

Calories: Items can have no more than 250 calories per package to meet the *Guidelines*.

✓ This item meets the calorie guideline for the **Healthiest** category because it has 140 calories.

Fat: No more than 35% of total calories can come from fat (except for nuts, seeds, and nut butters). Divide Calories from Fat by total Calories, and then convert the decimal into a percentage.

✗ This item would NOT meet the fat guideline. 70 calories from fat / 140 total calories = 0.5 or 50% of total calories from fat.

Saturated fat: An item can have no more than 10% of calories from saturated fat. To calculate % calories from total saturated fat, multiply the grams of saturated fat x 10.

✓ This item would meet the saturated fat guideline.

1g of saturated fat x 10 = 10 or 10% of calories from saturated fat.

Trans-fat: An item cannot have any trans-fat.

✓ This item meets the trans-fat guideline for the **Healthiest** category, because it has 0g of trans-fat/no added fat.

Sodium: Items can have no more than 360mg of sodium per package.

✓ This item meets the sodium guideline for the **Healthier** category, because it has 210mg of sodium.

Sugar: Grain products: No more than 10g of sugar per package

✓ This item meets the sugar guideline for the **Healthiest** category, because it has 0g of sugar.



How to read a nutrition label – Sugar assessment for grain items

For items that meet the guidelines for calories, fat and sodium

Nutrition Facts	
Serving Size 2 bars (42g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Ingredients: whole grain rolled oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor

Product example: Crunchy granola bar

STEP ONE: Find out if the item is a grain or dairy product. Grain and dairy products have separate guidelines for sugar (see page V-2). Grain products will list a grain (corn, oats, wheat) in the **Ingredients**. Products may also have a whole grain stamp on the package, like the one shown here:



- **Healthiest** category grain products: 100% whole grain (corn, oats, wheat, etc.) will be listed as the first ingredient in the nutrition facts.
- **Healthier** category grain products: The first ingredient is a whole grain (but doesn't say 100%), or the item has a whole grain stamp on the package.
- **Limited** category grain products: Whole grain is not listed as the first ingredient, but the product is still a grain product.

Whole Grain Assessment: The first ingredient of this item is whole grain rolled oats.

✓ This item meets the **Healthier** category for grain products, because it doesn't say "100% whole grain rolled oats" but has a whole grain as the first ingredient and a whole grain stamp on the package.

STEP TWO: Now that the item has been identified as a grain product, see if it meets the sugar guideline for grains. Grain products can have no more than 6g of sugar to meet the **Healthiest** category and no more than 10g of sugar to meet the **Healthier** category.

Sugar assessment:

✗ This item doesn't meet the *Guidelines* because it has 12g of sugar.

Product assessment:

✗ This product doesn't meet the *Guidelines* because of its sugar content.



How to read a nutrition label – Sugar assessment for non-grain items

For items that meet the guidelines for calories, fat and sodium

Nutrition Facts	
Serving Size (40g) Servings Per Container 2	
Amount Per Serving	
Calories 130	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 25%	Vitamin C 100%
Calcium 0%	Iron 0%
Vitamin E 25%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Ingredients: juice from concentrates (grape, pear, peach, pineapple), corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry, grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnauba wax, red 40, yellow 5, blue 1

Sugar assessment:

✗ This item doesn't meet the sugar guideline for the **Healthier** category, because more than 35% of its weight is from total sugars (45%).

Product assessment:

✗ This product does not meet the sugar guideline for the **Healthier** category, because more than 35% of its weight is from total sugars.

Product example: Gummy fruit snacks

This item follows the general guideline for sugar, because it is not a grain or dairy product.

STEP ONE: Look to see if the item has added sugars. If there are no added sugars, the product meets the Sugar guideline for the **Healthiest** category.

- There are a lot of different names for added sugars. Below is a list the most common names. Look at the **Ingredients** on the Nutrition Facts. If you see any of these added sugars listed, the item does not meet the **Healthiest** category.

Names for added sugars: Agave syrup, anhydrous dextrose, brown sugar, brown sugar syrup, cane juice, confectioner's powdered sugar, corn syrup, corn syrup solids, crystal dextrose, dextrin, dextrose, evaporated cane choice, evaporated corn sweetener, fructose, fructose sweetener, fruit-juice concentrate, fruit nectar, glucose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, liquid fructose, malt syrup, maltose, maple syrup, molasses, nectars (peach nectar, pear nectar), pancake syrup, raw sugar, sucrose, sugar, sugar cane juice, white granulated sugar

Added sugar assessment: This item has added sugars listed as ingredients: juice from concentrates, corn syrup, sugar and fruit puree.

STEP TWO: Because this item has added sugars and doesn't meet the guideline for the **Healthiest** category, you will need to calculate the % weight from total sugars to see if it meets the guideline for the **Healthier** category.

- To calculate the % weight from sugars, divide the total grams of sugar by the serving size. And then multiply by 100.
18g sugar / 40g serving size = .45 x 100 = 45%.



How to promote healthy choices in vending

- Put the **Healthiest** or **Healthier** items at eye level. Here is an example planogram:



This is an example of a vending machine that meets the *Healthy Nutrition Guidelines*. This machine has 40 slots, so fill at least 20 with items that meet the **Healthiest** and **Healthier** guidelines. Label these 20 slots with a sticker from the Choose Well–Live Well campaign. We recommend putting the **Healthiest** and **Healthier** items at eye level. The remaining 20 slots in this machine can be filled with items that meet the **Healthiest**, **Healthier** or **Limited** guidelines.

- Survey employees to find out which healthy choices they'd like to see in the vending machines.
- Organize a taste-testing event to let employees try the new healthy choices.
- Send an email out to employees to let them know healthy choices are available.
- Use the Choose Well–Live Well campaign materials to promote the healthy choice.
 - Vending machine stickers to label the healthiest and healthier items
 - Coin slot sticker
 - Vending machine banner
- Send quarterly communications about healthy choices in vending machines and the benefits of healthy eating.

Healthy vending success story

Canteen Vending has done “healthy vending makeovers” at a number of sites in Oregon, including Multnomah County Central Library, Multnomah County Mead Building, Clackamas County Public Service Building, Clackamas County Developmental Services Building and Clackamas County’s Transportation Maintenance site. These makeovers usually include customer engagement to make sure that Canteen is filling the machines with products that people love. People are gravitating toward a new healthy beverage option: the Vita Coco product – coconut water with a hint of pineapple flavoring. The pineapple adds a refreshing element to the product. But the overall hottest new item in the healthy category is the Food Should Taste Good multigrain chips!

One of the sites that Canteen has worked with, Clackamas County’s Transportation Maintenance, incorporated a 100% healthy vending makeover into their overall worksite wellness and safety program. They held a taste-testing event to give employees the opportunity to weigh-in on which options they’d like to see in the machines. The event was a success and so is the program. They have seen a modest lift in sales – about 3-5%! You can read a bit more about their event in the Clackamas County *Wellness & Safety @ Work* Newsletter January 2014 article below.

What’s in the vending machine? Transportation Maintenance tastes new snacks.

By Tamra Dickinson

After the pilots with the leadership academy project, the Transportation Maintenance site at Abernethy signed up to be the next group to peer into their vending contents to determine what to keep and what to change.

“Yum” to the Blueberry Orchard Bar and Smartfood Feta Herb. “Yuck” to the coconut water. (For the record, not all coconut water is bad. This particular variety just didn’t cut it.)

“Please leave cherry coke, coke, and snickers,” they said.

Vance Huddle, Vice President of Canteen NW, joined the group to hear what they had to say and is remixing the machines with more healthy options. After staff presentations to the quarterly management meeting in October, five offices signed up for their vending overhaul.



Low-salt peanuts are tasty



Gummy is yummy, but sweet



Popcorn is a popular snack





Resources

Applying for recognition

State executive agencies, worksites and vendors that would like to be recognized for their efforts implementing [Executive Order 13-06: Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities](#), can apply for recognition. Other agencies and organizations who voluntarily adopt and implement the *Guidelines*, may also apply for recognition. All forms required to apply for recognition are available at www.doh.wa.gov/choosewell-livewell. Questions? Contact us at choosewell-livewell@doh.wa.gov.

	Criteria	Recognition
<p>Agency recognition The entire agency based on the level of compliance for all applicable <i>Healthy Nutrition Guidelines</i> in all sites. This applies to:</p> <ul style="list-style-type: none"> State executive agencies that are affected by EO 13-06. Other state agencies that voluntarily adopt the <i>Guidelines</i>. 	<ul style="list-style-type: none"> The agency implements the <i>Guidelines</i> in all applicable areas. The wellness coordinator or other agency representative completes and submits implementation plan checklist. The wellness coordinator or other agency representative applies for recognition by February 1 for work completed in the previous year. 	<ul style="list-style-type: none"> An award signed by Secretary John Wiesman and HCA Director Dorothy Teeter. Announcement of recognition in a press release and posted on the Choose Well–Live Well website. Permission to use recognition logo on website.
<p>Site recognition A smaller site within an agency (off-campus locations, individual state buildings) based on the level of compliance for all applicable <i>Guidelines</i>. This applies to:</p> <ul style="list-style-type: none"> Worksites of state executive agencies that are affected by EO 13-06. Other organizations that voluntarily adopt the <i>Guidelines</i>. 	<ul style="list-style-type: none"> The site implements the <i>Guidelines</i> in applicable areas. The site completes and submits implementation plan checklist. The site applies for recognition by February 1 for work completed in the previous year. 	<ul style="list-style-type: none"> Permission to use recognition logo. Announcement of recognition posted on the Choose Well–Live Well website.
<p>Vendor recognition Individual vendors, operators, food services managers, etc. based on their individual level of compliance.</p>	<ul style="list-style-type: none"> The vendor implements the <i>Guidelines</i> as applicable. The vendor completes and submits the implementation plan checklist. The vendor applies for recognition by February 1 for work completed in the previous year. 	<ul style="list-style-type: none"> Permission to use recognition logo (on menu, vending machines, etc.). Announcement of recognition posted on the Choose Well–Live Well website.



Glossary

- An **entrée** is considered the main part of a meal. Examples include a sandwich, pizza or burger.
- **Healthier options** are fruits, non-fried vegetables, lean proteins, whole grain rich grains (excluding sweet baked goods), zero- or low-calorie beverages, water, or low-fat or fat-free milk.
- **Large food service venues** offer a large menu of options that are made in-house, such as hot entrées, grill items, salad bars, bakery items, deli stations, etc. A full-service cafeteria or conventional food service operation is an example.
- **Lean meats** are seafood or game meat products that contain less than 10g total fat, 4.5g or less saturated fat, and less than 95mg cholesterol per RACC (reference amount customarily consumed) per 100g.
- **Lower sodium** is 360mg of sodium or less per snack item, 480mg of sodium or less per individual food item as served, or 900mg of sodium or less per meal.
- A **meal** is a more complete offering intended for breakfast, lunch, or dinner that includes two or more items from recommended food groups served in combination. For example, a meal may include a lean meat, vegetable, fruit and whole grain bread.
- **Medium food service venues** typically offer a smaller number of menu options including premade or quick-to-make options, such as soups and sandwiches. Delis, cafés or food service operations with limited on-site preparation facilities are examples
- **No added sugars** – FDA-recognized examples include: agave syrup, anhydrous dextrose, brown sugar, brown sugar syrup, confectioner's powdered sugar, corn syrup, corn syrup solids, dextrin, dextrose, evaporated cane choice, fructose, high-fructose corn syrup (HFCS), honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, nectars (peach nectar, pear nectar), pancake syrup, raw sugar, sucrose, sugar, white granulated sugar.

Added sugars not recognized by the FDA include: cane juice, crystal dextrose, evaporated corn sweetener, fruit-juice concentrate, fruit nectar, glucose, liquid fructose, sugar cane juice.
- **Small food service venues** offer only pre-made and pre-packaged options and the food is prepared off-site and brought in to the food service location. A grab-and-go venue is an example.
- **Sugar-sweetened beverages** include sodas, fruit drinks, sport drinks, iced teas and coffee drinks that contain added caloric sweeteners. These do not include low-fat or fat-free milk.
- **Whole grain rich** foods have at least 50% of the grain ingredients as whole grain. This can be determined by the product listing a whole grain as the first ingredient, from the manufacturer, or if the product has a whole grain stamp. Brown rice, whole grain rolls, corn tortillas, whole grain pasta, oatmeal or whole grain cereal are examples. Items which bear a whole grain stamp are whole grain rich.
- **Zero- or low-calorie beverages** include water and other beverages with no more than 25 calories per cup or container as offered for sale.



Additional resources for implementing the *Healthy Nutrition Guidelines*

For Vending

Center for Science and Public Interest's (CSPI) **Financial Implications of Healthy Vending** – This resource highlights examples of places that have successfully increased healthier vending choices.

Childhood Obesity Coalition Healthy (COPC) Vending Resources – This resource includes success stories in Washington State, best practices for implementing healthy vending, and other implementation tools.

COPC Healthy Vending Product List – The Healthy Nutrition Guidelines for Vending Machines are based on and very similar to the **King County Healthy Vending Guidelines**. This list is for products that meet the King County Guidelines, but is also applicable to the *Healthy Nutrition Guidelines*.

King County Healthy Vending Toolkit – This very comprehensive toolkit walks you through the steps of implementing healthy vending in your workplace. Page 12 has a list of resources that may provide you with additional guidance as you implement your healthy vending program.

