

A large, stylized graphic of an apple in shades of orange and white, positioned in the upper left and center of the page. The apple is composed of several overlapping, rounded shapes that create a sense of depth and texture. A solid red rectangular box is overlaid on the right side of the apple graphic, containing the title text.

HEALTHIER VENDING: Appendix

Appendix A: Rationale for Healthy Vending Snack and Beverage Options

Fat: When total fat is considered, saturated fat tends to be low. However, with the exception of nuts and seeds, total fat intake should be kept to a minimum.

Nuts and seeds: Nuts and seeds are exempt from the fat guidelines, because they are high in monounsaturated fat, which can help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol. Nuts and seeds have been shown in many studies to reduce the risk of having a heart attack.

Fruit: Fruit in any form (canned, fresh, dried) was not restricted by carbohydrate standards because it provides vitamin, minerals, anti-oxidants and dietary fiber that are beneficial to an overall balanced diet. Still, fruits canned in heavy syrup or with added sweeteners should be avoided.

Portion size: Portion size is not defined, because there is variability among products. However, the preference is for smaller-portioned products.

Milk: Milk in any form provides vitamins and minerals, but the low-fat and non-fat versions are preferred. Flavored milks are permitted.

Water: Pure water is preferred, but water that is flavored may be more attractive to someone who doesn’t drink plain water. The vitamin-enhanced waters may benefit people with such nutritional needs, although pure water is the healthiest choice.

Juice: Fruit and vegetable juices should contain 100% juice.

Carbonation and caffeine: Carbonation and caffeine in moderation do not have a significant effect on nutrition. Carbonated low-calorie beverages may be another option for people who don’t like milk or plain water.

Low-calorie: Beverages containing 50 calories or fewer per 12 oz serving were deemed healthy options. Artificially sweetened drinks are not as healthy as pure water but may be a healthy alternative for people trying to watch their weight or manage their diabetes

Appendix B: Policies & Resources

Workplace Model Policies

- [Eat Well Work Well Sample Vending Policy](#)
- [Eat Well Work Well Vending Policy](#)

Workplace Resources

- [Network for a Healthy California—Worksite Program: Vending Machine Food & Beverage Standards](#)
- [Eat Well Work Well Education Materials and Tools](#)
- [Healthy Maine: Cold Vending Machines](#)
- [California Department of Public Health: Worksite Program California Fit Business Kit](#)
- [Healthy Howard Workplace: Introducing a Healthy Vending Policy to Your Workplace](#)
- [San Antonio Healthy Vending Toolkit](#)
- [Nemours Healthy Vending Guide](#)
- [Healthier Vending Campaign at Missouri Department of Health and Senior Services](#)
- [Knox County Healthy Vending Toolkit](#)
- [Healthy Vending in the Workplace: An Employer Toolkit 2012](#)
- [Minnesota Department of Health: Work Well Healthy Minnesota Toolkit](#)
- [New Hampshire Department of Health and Human Services: Worksite Wellness Program](#)
- [Saving Dollars and Making Sense: Committee Guide](#)
- [Alabama Department of Public Health: Work-Time Snack Habits and Vending Machine Use Survey \(Pre\)](#)
- [Alabama Department of Public Health: Work-Time Snack Habits and Vending Machine Use Survey \(Post\)](#)
- [NC Prevention Partners: Strategic Placement of Health Options](#)
- [Alabama Department of Public Health, Nutrition and Physical Activity: Good Choice](#)
- [A Blueprint for Healthier Vending](#)

Government Model Policies

- [County of Monterey Healthy Vending Machine Policy](#)
- [Change Lab Solutions: Healthier Vending for Municipalities](#)
- [Contra Costa Health Services: Vending Machine and Snack Foods Policy](#)
- [City of Berkeley Healthy Vending Policy](#)
- [Healthy Vending Machine Policy Contra Costa County](#)
- [City of San Jose: Proposed Specifications for the Citywide Vending Machines](#)
- [County of San Diego Healthy Vending Policy](#)

Government Resources

- [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)
- [Improving The Food Environment Through Nutrition Standards: A Guide For Government Procurement](#)
- [Change Lab Solutions: District Policy Establishing a Healthy Vending Program](#)
- [Making Change: A Guide to Healthier Vending for Municipalities](#)

Parks & Recreation Model Policies

- [California Center for Public Health Advocacy: Healthy Vending Machine Policy For County of San Diego Department of Parks and Recreation](#)

Appendix B: Policies & Resources

- [County of San Diego: Healthy Choice Options in Vending Machines on County Property](#)

Parks & Recreation Resources

- [Public Health Law Center: Healthy Vending](#)
- [Seattle Parks and Recreation: Healthy Vending](#)

Hospital Model Policies

- [Contra Costa Health Services: Vending Machine and Snack Foods Policy](#)

Hospital Resources

- [The Food and Beverage Vending Environment in Health Care Facilities Participating in the Healthy Eating, Active Communities Program](#)

Non-Profit Organization Model Policies

- [Activate Quad Cities Healthy Vending Policy](#)

Non-Profit Organization Resources

- [Activate Quad Cities Healthy Vending Policy](#)

School Model Policies

- [Change Lab Solutions: District Policy Establishing a Healthy Vending Program](#)
- [Bay Area Physical Activity & Nutrition Collaborative: Healthy Vending Machine Policy](#)
- [Nemours: Healthy Vending Guide](#)
- [Anchorage Alaska Wellness Policy](#)
- [Healthy Pima: Using School Wellness Policies to Improve Vending Contracts](#)
- [The Food Trust: School District of Philadelphia Beverage Policy](#)

School Resources

- [Healthy Maine Partnerships: The Soda/Snack Vending Machine Policy Initiative](#)
- [National Policy & Legal Analysis Network: Model Healthy Beverage Vending Agreement](#)
- [National Alliance for Nutrition and Activity: Model Local School Wellness Policies on Physical Activity and Nutrition](#)
- [Change Lab Solutions: Developing a Healthy Beverage Vending Agreement](#)
- [The Food Trust: Things To Do If Your School District Already Has a Beverage Contract](#)
- [Action for Healthy Kids: Guide to Healthy Vending Machines and School Stores](#)
- [Nemours Healthy Vending Guide](#)
- [A Pricing Strategy to Promote Low-Fat Snack Choices Through Vending Machines](#)
- [State of Arizona Department of Education: Arizona Healthy School Environment Model Policy](#)
- [Guidance for Healthy Snacks in Schools](#)
- [Action for Healthy Kids: Healthy Foods and Healthy Finances- How Schools Are Making Nutrition Changes That Make Financial Sense](#)
- [CDC's Implementing Strong Nutrition Standards for Schools: Financial Implications](#)
- [Healthy Vending Program: A Guide for Schools](#)
- [Utah Nutrition Standard Resources](#)
- [School Nutrition Association: Local School Wellness Policies Resources](#)

Appendix B: Policies & Resources

- [Making it Happen: School Nutrition Success Stories](#)

General Healthy Vending Resources

- [CDC: Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#)
- [Change Lab Solutions: Developing a Healthy Beverage Vending Agreement](#)
- [Change Lab Solutions: Model Healthy Beverage Vending Agreement](#)
- [Minnesota SHIP Toolkit for Healthy Vending Machines](#)
- [National Recreation and Parks Association June 2011 Issue: Healthy Vending, Healthy People](#)
- [Fit Arlington: Healthy Vending Initiative](#)
- [Pima County, Arizona: “Eat Your Greens” Evaluation Report](#)
- [Boston Public Health Commission: Healthy Beverage Toolkit](#)
- [Eat Well Work Well Vending Machine Inventory Tool](#)
- [Alabama Department of Health: Vending Machine Audit](#)
- [San Diego and Imperial Regional Nutrition Network: Healthy Vending Machine Environment Assessment](#)
- [Healthy Vending Logic Model](#)

Comprehensive Healthy Food Policies

- [Bay Area Nutrition and Physical Activity Coalition: Healthy Food Policy](#)
- [Nash County North Carolina: Healthy Eating Policies](#)
- [Blue Cross Blue Shield of Minnesota: Healthy Eating Workplace Checklist](#)
- [NYC Department of Health and Mental Hygiene: Workplace Health Promotion](#)
- [California Department of Public Health](#)
- [Prevention Institute: Worksite Policies to Offer Nutritious Food](#)
- [Eat Well Work Well Policies](#)