

Adapting Good Choice in your Work Cafeteria & Snack Shop

The Alabama Healthy Vending Machine Program can be extended from the vending machine to the cafeteria and snack shop. Use the Good Choice logo to emphasize what food & beverages qualify as a healthy choice.



In the Cafeteria

Three primary components make up a good choice in the cafeteria:

VEGETABLES	FRUIT	BEVERAGES
All Fresh Vegetables	All Fresh Fruit	Water
Canned Vegetables *Low Sodium *No Added Salt	Canned Fruit *100% Juice	Milk *Plain *Low Fat or Skim
Frozen Vegetables *Plain *No Added Salt	Canned Fruit *100% Juice	Fruit Juice *100% Juice
	Dried Fruit *No Added Sugar	Low Calorie *40 Calories or Less

- A Good Choice in the cafeteria can be simple.
- Look at the cafeteria menu and place a Good Choice label next to any item outlined in the table: vegetables, fruit, & beverages.
- Place Good Choice promotion materials in the cafeteria to remind staff to look for the Good Choice label.
- Educate staff on the meaning of the Good Choice labels to help them choose healthier options.

In the Snack Shop

Food & beverages in the Snack Shop can follow the same guidelines as the Alabama Healthy Vending Machine Program & healthy choices in the Cafeteria.

- Label items with less than 200 calories, less than 10% daily fat, less than 10% daily carbohydrate, less than 230mg sodium, & 5% or more of DV of fiber, vitamin D, calcium, potassium, or iron as a Good Choice.
- Label vegetables, fruit, and beverages outlined above as Good Choice options.
- Label nut and seeds with no added sugar as a Good Choice.
- Encourage healthy eating by placing the fruits and vegetable items in a decorative display by the register.
- Grouping Good Choice food and beverages into one display is encouraged.

For more information on the Alabama Healthy Vending Machine Program, visit www.adph.org/nutrition and click on Good Choice.