Alabama Healthy Vending Machine Program

GOOD choice

What is the Alabama Healthy Vending Machine Program?
The Alabama Healthy Vending Machine Program was developed to provide healthier options in vending machines. The goal of the program is to increase access to healthy foods and beverages and reduce or eliminate the availability of calorie dense, nutrient poor food in public service venues.

Why target snacks?
Healthier snacks are lower in calories, fat, sugar, and sodium and have other nutrients. Consuming healthy snacks can lead to better choices throughout the day, contribute to improved health status, lead to weight loss or avoiding weight gain, and increase energy levels.

Why target vending machines?
Alabama's state obesity level was 32% in 2011, 33% in 2012, 32% in 2013, and 33.5% in 2014. This trend suggests that having healthier snack options available may be beneficial. Having healthier choices available may also help individuals with certain health concerns make better choices when visiting the vending machine.

What criteria are used for determining healthy items?
With this program, between 25-100% of the snacks in the vending machines meet the nutrition standards (per serving) outlined below.
- 200 calories or less
- 10% or less of the Daily Value (DV) of total fat (nuts are exceptions)
- 10% or less of the Daily Value (DV) of total carbohydrate (fruits are exceptions)
- 5% or more of the Daily Value (DV) of at least one of the following nutrients: fiber, calcium, iron, potassium or vitamin D
- 230 mg or less of sodium

Preferred beverages include pure water, 100% fruit juice, plain, low fat milk, and all other beverages with 40 calories or less.

"Good Choice" stickers are used to easily identify healthier items.

GOOD choice
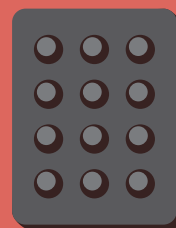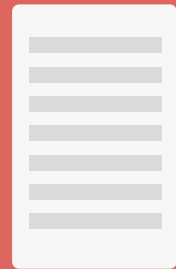
How can you implement the Healthy Vending Machine Program?
Information about implementation is available at www.adph.org/nutrition (click on Vending Machines). Contact Molly Killman at molly.killman@adph.state.al.us, Julia Sosa at Julia.Sosa@adph.state.al.us, or Teresa Fair at teresa.fair@adph.state.al.us with questions or comments.