Alabama Healthy Vending Machine Program Standards

Although vending machines are convenient for employees to grab a snack during the work day, many are filled with low nutrient, high calorie food and beverages. Positive environmental changes can be made by replacing unhealthy options with more nutritious and healthier foods to support healthy behavior. The overall goal of these standards is to offer healthy choices while still allowing for free choice. The Alabama Department of Public Health is committed to providing healthy options in vending machines to assist in leading a healthier lifestyle.

I.   **Scope and Responsibility**

These standards cover all machines designed to dispense food and beverages.

It is recommended that between 25-100% of food and beverages sold in vending machines meet the nutrition standards outlined below.

II.   **Standards**

Between 25-100% of snacks/food in vending machine shall meet the following criteria per individual serving:

- 200 calories or less
- 10% or less of the Daily Value (DV) for total fat
- 10% or less of the Daily Value (DV) for total carbohydrate
- 5% or more of the Daily Value (DV) for at least one of the following nutrients: fiber, calcium, iron, potassium, or vitamin D
- 230 mg or less of sodium

Note: Products containing nuts and seeds will be exempt from above fat guideline. Products containing dried or dehydrated fruit will be exempt from the above carbohydrate guideline. Products containing both dried fruit and nuts/seeds will be exempt from both the carbohydrate and fat guidelines.

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(cont.)

Between 25-100% of beverages in each vending machine shall meet the following criteria per individual serving:

- Water
    - Pure water is preferred
- Beverages
    - 100% fruit juice
    - plain, low fat milk
    - all other beverages must contain 40 calories or less

Please see the "Guidelines for Successful Healthy Vending Machines in Alabama" at www.adph.org/nutrition (click on Vending Machines). These guidelines include the approved vending machine snack list and program implementation strategies.