



Alabama
Action for Healthy Kids®

GUIDE TO
HEALTHY
vending machines
and school stores



**VENDING MACHINES
AND SCHOOL STORES
SHOULD SUPPORT
CLASSROOM LESSONS**

Traditionally, vending machines and school stores contain sugar and calorie laden soft drinks, candy, and chips. However, this is not the case in Alabama public schools. In July 2005, a resolution passed by the Alabama State Board of Education that established guidelines for the contents of vending machines and school stores in schools. Since then, schools have been making changes in food and beverages – both in type of selections and portion sizes. This important policy initiative ensures that classroom education about nutrition and health is reinforced in the broader school environment.

**OBESITY RATES ARE
SKY-ROCKETING**

Obesity rates among children and adolescents are sky-rocketing. Rates have doubled among children and tripled among teens in the United States since 1990. A survey of 7,190 third graders in Alabama public schools in 2006-2007 found that 18 percent were overweight and 25 percent were obese. The health consequences of this are serious: more youth are becoming diabetic, more have elevated blood pressure, and more suffer the psycho-social effects of being overweight or obese.

In most of the youth in Alabama, overweight and obesity are caused by a combination of too many calories from foods and beverages and too little physical activity. Schools need to be leaders in both education about good nutrition and offering healthy choices in vending machines and school stores as well as in other school venues where food is provided.

RECOMMENDED Beverages

Elementary and Middle Schools:

Items that may be sold include non-carbonated flavored and unflavored water, 100% fruit juices, and milk (1% or less).

High Schools:

Items that may be sold include non-carbonated flavored and non-flavored water. Also, 100% fruit juices, milk (1% or less), tea, or sports drinks up to 12 ounces. Carbonated beverages must be no/low calorie beverages not to exceed 20 ounces and contain no more than 25 calories.



RECOMMENDED Snacks

In 0.5 to 2 ounce servings, these snack foods provide 10% or less of the Daily Values of total fat and total carbohydrate and at least 5% of the Daily Value of one or more vitamins and minerals (vitamins A, C, calcium, iron) or fiber. They also provide no more than 360 mg of sodium.

Product Category	Manufacturer	Product Name
Bakery Items	Mars Otis Spunkmeyer	Gen Max 3 Musketeers Gen Max Smores Bar Banana Nut Muffin Wild Berry Muffin Chocolate Chip Muffin
Cereal and Cereal Bars	General Mills Kar's Kellogg Little Debbie Mars	Cinnamon Toast Crunch Sniggles Chocolate Nutri-grain Bar Blueberry Nutri-grain Bar Apple Cin Nutri-grain Bar Strawberry Rice Krispy Treats Nutty Peanut Butter Bar Oatmeal Creme Bar Swiss Creme Bar Gen Max M&M Bar Gen Max Snickers Bar Gen Max Twix Bar Kudos Chocolate Bar Kudos Peanut Butter Bar
Chips, Pretzels, Popcorn	Frito Lay Golden Flake Snyders of Hanover Sugar Foods	Baked Cheetos Cheese Baked Cheetos Flamin' Hot Baked Doritos Nacho Cheese Baked Lays BBQ Baked Lays Cheddar & SC Baked Lays SC & Onion Doritos Reduced Fat Cool Ranch Quaker Kids Mix Snack Mix Smartfood White Cheddar Sunchips, French Onion Sunchips, Garden Salsa Sunchips, Harvest Cheddar Sunchips, Multi-Grain Sweat Heat BBQ White Cheddar Flavored Popcorn BBQ Chips Fire Roasted Salsa Chips Jalapeno Chips Ripple Potato Chips Salt & Vinegar Potato Chips Sour Cream & Onion Potato Chips Pretzel Poppers Blazin Hot Pretzel Poppers Cheezy Nacho Pretzel Poppers Cool Ranch Pretzel Poppers Zesty Pizza
Crackers & Cookies	Biscomerica Mars Nabisco	Basil's Animal Crackers Basil's Chocolate Chip Cookies Gen Max Combo Hot & Spicy Gen Max Combo Ranch Gen Max Pizza Gen Max Snickers Cookies Oreo Thin Crisps 100 Calories PB&J Mix
Dried Fruits & Nuts	Kar's	Raisins

Vending machines and school stores cannot be on or open during school breakfast and lunch periods.

- Nuts and seeds are included in the "recommended" choices even though they are high in fat. They contain monounsaturated fat which may help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.
- Fruit in any form (canned, fresh, dried) is not restricted by carbohydrate standards because it provides vitamins, minerals, fiber, and other nutrients that are beneficial to an overall balanced diet.

For more information, contact the:

Alabama Department of Public Health
Nutrition & Physical Activity Division
334-206-5226

Jefferson County
Health Department
205-930-1482

www.actionforhealthykids.com - select Alabama section

Alabama State Department
of Education Child Nutrition
334-242-8228

Southern United
Dairy Industry Association, Inc.
800-343-4693