

Food Standards | BEVERAGE VENDING MACHINES

1 Require all beverages contain 25 calories or less per 8 ounces with the following exception:

A maximum of 2 slots/buttons may stock high-calorie beverages (more than 25 calories per 8 ounces), such as regular soda, lemonade, sweetened tea and juice. The 2 slot limit applies no matter how many slots are in the machine.

Unsweetened 1% and non-fat milk not included in high-calorie limit.

2 Require water be stocked in at least 2 slots/buttons per machine.

Water should contain 0 calories with no added color, flavor or sweetener of any kind.

If drinking water is readily available in the vicinity of the vending machine, unflavored seltzer water may be substituted for the 2 slots of water.

3 Require water and seltzer be placed at eye level, or in the highest selling position. High-calorie beverages should be placed farthest from eye level, or in the lowest selling position.

4 Require all high-calorie beverages be sold in 12 ounce containers or smaller.

5 Prohibit advertisements of high-calorie beverages on vending machines.

Promotional material on the front and side panels of the machine can advertise water or beverages with 25 calories or less per 8 ounces.

6 Require calorie information is posted for each beverage, as packaged.

Recommend stocking machines with *only* water, seltzer and other low-calorie beverages.

Make the healthier choice the cheaper choice. Set lower prices for water and other low-calorie beverages than for high calorie beverages.

Follow these standards to provide healthier beverage options.

Organizations, such as hospitals, worksites, and community-based organizations can adopt the Standards to improve the food environment for employees and visitors.

Sugar-sweetened beverages are the single biggest contributor to the obesity epidemic.

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Example of a beverage vending machine that meets the standards.

Standards for programs serving children age 18 and under

- 1** Require all beverages contain 25 calories or less per 8 ounces. For programs serving children age 12 and under, require that all beverages contain 10 calories or less per 8 ounces.
 - Unsweetened 1% and nonfat milk not included.
- 2** Beverages cannot contain artificial sweeteners, other natural non-nutritive or very low-calorie sweeteners (e.g. stevia, erythritol), artificial flavors or artificial colors.
- 3** For programs serving children age 12 and under, beverages cannot contain caffeine.
- 4** Prohibit advertisements of high-calorie beverages on vending machines.
 - Promotional material on the front and side panels of the machine can advertise water or beverages with 25 calories or less per 8 ounces.
- 5** Require calorie information is posted for each beverage, as packaged.

Standards for hot beverage machines (e.g. coffee machines)

- 1** Require all beverages contain 25 calories or less per 8 ounces.
 - Condiments are not restricted (e.g. milk, sugar, sugar substitutes).
- 2** Require all beverages and condiments contain 0 grams trans fat.
- 3** Require calorie information is posted for each beverage, as packaged.