

Food Standards

FOOD VENDING MACHINES

Implementation Guide



Standards for Snack Vending Machines

1 Require snacks meet all of the following criteria, per package:

Calories: no more than 200 calories

Total fat: no more than 7 grams

- ⋮ Nuts, seeds, nut butters and cheese are exempt
- ⋮ Products containing nuts or nut butters are exempt

Saturated fat: no more than 2 grams

- ⋮ Nuts, seeds, nut butters and cheese are exempt

Trans fat: 0 grams trans fat

Sodium: no more than 200 mg

- ⋮ Cottage cheese: no more than 400 mg

Sugar: no more than 10 grams

- ⋮ Fruit and vegetable products with no added sugar are exempt
- ⋮ Yogurt: no more than 30 grams sugar per 8 ounces

Fiber: contain at least 2 grams of fiber, if product is grain/potato-based (e.g. granola bars, crackers, pretzels, cookies, chips)



Snacking in excess can lead to weight gain. Snacks, when consumed, should add healthy nutrients to the overall diet and help curb hunger.

2 Require calorie information is posted for each food item, as packaged.

3 For programs serving children age 18 and under: products cannot contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).

4 Recommend limit grain/potato-based snacks to no more than 50% of food items in machine.

These standards apply to all snack items stocked in non-refrigerated, refrigerated, or frozen machines. Refer to the Standards for Food Vending Machines to see the nutrient limits for meal items stocked in these machines.

Implementation Tips:

- ⋮ A product must meet all of the nutrient criteria. Foods that are slightly over the limit cannot be stocked.
- ⋮ Foods that are exempt from any nutrient criteria must still meet all other criteria. For example, a package of nuts is exempt from the fat and saturated fat standards. This item must still meet the limits for calories, sodium, trans fat and sugar.
- ⋮ Nutrient content of foods can vary by flavor, brand and package size. Check the nutrient information for all product varieties before stocking.

Grain/potato-based Foods:

- ⋮ A grain/potato-based food is an item made from wheat, potatoes, corn, oats, rice, or any other grain. Look for these on the ingredients list below the Nutrition Facts label.
- ⋮ Examples include: chips (e.g. potato, corn, pita), pretzels, popcorn, crackers, cookies, muffins, breads, pastries, granola bars, cereal bars, and cereal.

Use the Nutrition Facts Label to Determine if Snacks Meet the Nutrition Criteria

Always look at *Servings Per Container*. Foods must meet the nutrient criteria for the entire package.

Nutrition Facts	
Serving Size 1 oz (28g/7 pretzels)	
Servings Per Container: 1	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value **	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber < 1g	3%
Sugars < 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
Ingredients:	
ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MALT, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, CORN OR SOYBEAN OIL), LEAVENING (CONTAINS ONE OR MORE OF THE FOLLOWING: YEAST, SODIUM BICARBONATE OR AMMONIUM BICARBONATE).	



This item is grain-based, so the fiber standard applies.

Product assessment:

- Sodium is too high.
- Fiber is too low.

This item does not meet the standards and cannot be stocked.

Flour listed in the ingredients means this is a grain-based food.

Tip: Items with more than one serving per container require some calculations to determine if they meet the Standards. For example, if the product says 2 servings per container, all nutrient values must be multiplied by two to determine the “per package” amounts.

Make Your Own Plan-o-gram

A plan-o-gram is a tool that guides product placement in a vending machine. Plan-o-grams can help you ensure that vending machines are stocked according to the Standards. Create your own plan-o-gram and share it with your vending machine company; ask them to share it with the route drivers to ensure that your machine is accurately stocked.

There are many possible ways to stock a vending machine to meet the standards. The example below is based on a 34-slot machine, but plan-o-grams can be created for any vending machine format. All items stocked must meet the Standards.

Plan-o-gram example 1 (34-slot machine):

baked chips		popcorn		multi-grain crackers		baked chips		trail mix	
pretzels		pita chips		apple chips		tropical fruit trail mix		popcorn clusters	
almonds	berry cereal bar	peanut butter granola bar	raisins	peach cup	peanuts	cheese crackers	fruit leather	pumpkin seeds	dried apricots
fruit bar	fig bar	mixed nuts	apple cereal bar	peach cereal bar	trail mix	mixed nuts	chocolate chip granola bar	peanut granola bar	fruit/nut granola bar
			sugar free mints	sugar free mints	mint gum	mint gum			

Key:

■ Grain-based foods are shown in green. Recommend no more than 50% of the machine be stocked with grain-based foods.