



Healthy Vending Policy

I. Policy

It is the policy of the Toledo-Lucas County Health Department that all food and beverages sold in vending machines on department owned, leased, or operated property meet specific nutrition standards to promote healthier vending choices.

II. Scope

This policy applies to all vending machines designed to dispense food and beverages located within any designated space or facility that is owned, leased or operated by the Toledo-Lucas County Health Department.

III. Purpose

This healthy vending policy was developed to ensure that all staff, clients, and visitors have better access to healthier food options when purchasing items in the vending machines.

IV. Policy Provisions/Procedures

A. Beverage Standards - *At least 50% of all beverages dispensed in vending machines must meet the following beverage standards:*

- Water: (plain, sparkling, and flavored) ≤ 10 calories per serving
- Fat-free or low-fat (1%) milk and milk alternatives (soy, almond, etc.): ≤ 130 calories per 8 fluid ounces
- 100% fruit or vegetable juice (no added sugars/sweeteners): ≤ 120 calories per 8 fluid ounces, 150 calories per 10 fluid ounces, 180 calories per 12 fluid ounces
- Unsweetened coffee and tea: Fat-free or low-fat (1%) milk or non-dairy creamer only
- All other beverages: ≤ 10 calorie per serving

B. Nutrition Standards - *At least 50% of all foods sold in vending machines must meet the following nutritional standards:*

1. Snack (except plain nuts and nut/fruit mixes) Standards:

- ≤ 200 calories per label serving
- ≤ 240 mg sodium per label serving
- 0g trans-fat per label serving (No partially hydrogenated oils)

- ≤1 g saturated fat
- No candy (sugar-free mints and gum are acceptable)
- No regular chips (baked chips and pretzels are OK)
- Grain-based bars ≥ 10% daily value dietary fiber and ≤7 g total sugars per label serving

2. Snack (plain nuts and nut/fruit mixes) Standards:

- Serving size ≤ 1.5 ounces (1 ounce preferred)
- ≤ 140 mg sodium per label serving

C. Placement Standards

1. Advertising on vending machines shall only include advertising of beverages and foods that meet the nutrition and beverage standards previously stated.

V. Maintenance

A. Review

1. The *Healthy Vending Policy* is to be reviewed as needed to ensure compliance with both agency and accreditation standards.

B. Revision

1. All changes made to this policy are to be noted on the **Record of Change**. Substantial changes will require renewed signatures from all applicable parties. This includes changes to the intent, scope, procedures, or policy statement.
2. Changes in style, format, grammar or minor error correction will not require renewed signatures but must be indicated on the Record of Change.

