

Alabama Healthy Vending Machine Policy

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 healthful foods to support healthy behavior. The overall goal of this policy is to offer healthy choices while still allowing for free choice. The State of Alabama is committed to providing state employees and visitors with healthy options in vending machines to assist in leading a healthier lifestyle.

I. **Scope and Responsibility**

This policy covers all machines designed to dispense food and beverages located in any state owned, leased, or operated space or facility.

This policy recommends that between 30-100% of food and beverages sold in all state vending machines meet the nutrition standards outlined below.

II. **Policy**

Between 30-100% of snacks/food in vending machine shall meet the following criteria per individual serving:

- 10% or less of the Daily Value (DV) of total fat
- 10% or less of the Daily Value (DV) of total carbohydrates
- 5% or more of the Daily Value (DV) of at least one: fiber, vitamin A, vitamin C, calcium, or iron
- 360 mg or less of Sodium

Note: Products containing nuts and seeds will be exempt from above fat guidelines. Products containing dried or dehydrated fruit will be exempt from the above carbohydrate/sugar guidelines. Products containing both dried fruit and nuts/seeds will be exempt from both the carbohydrate/sugar and fat guidelines. Snack mixes and other foods of which nuts are a part must meet the above carbohydrate guidelines.

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Between 30-100% of beverages in each vending machine shall meet the following criteria per individual serving:

- Water
 - Pure water is preferred. Non-carbonated flavored and vitamin enhanced water without artificial sweeteners are permitted.
- 100% fruit/vegetable juice with no added sweeteners
- Diet soda

Please see the “Guidelines for Successful Healthy Vending Machines in Alabama”. These guidelines include the approved vending machine snack list and policy implementation strategies.