



## **Alabama Healthy Vending Machine Program**

---

### **What is the Alabama Healthy Vending Machine Program?**

The Alabama Healthy Vending Machine Program was developed to provide healthier options in vending machines. The goal of the project is to increase access to healthy foods and beverages and reduce or eliminate the availability of calorie dense, nutrient poor food in public service venues.

### **Why target snacks?**

Healthier snacks are lower in calories, fat, sugar, and sodium and have other nutrients. Consuming healthy snacks can lead to better choices throughout the day, contribute to improved health status, lead to weight loss or avoiding weight gain, and increase energy levels.

### **Why target vending machines?**

Alabama's state obesity level was 31% in 2009, and 33% in 2010, and 32% in 2011. This trend suggests that having healthier snack options available may be beneficial. Having healthier choices available may also help employees with certain health concerns make better choices when visiting the vending machine.

### **What criteria are used for determining healthy items?**

With this program, between 25-100% of the snacks in the vending machines meet the 10-10-5 nutrition standards outlined below.

- 10% or less of the Daily Value (DV) of total fat (nuts are exceptions)
- 10% or less of the Daily Value (DV) of total carbohydrate (fruits are exceptions)
- 5% or more of the Daily Value (DV) of at least one of the following nutrients: fiber, Vitamin A, Vitamin C, calcium, iron
- 360 mg or less of sodium

Preferred beverages include pure water, non- carbonated flavored and vitamin enhanced water (without artificial flavorings), 100% fruit and/or vegetable juice (without artificial sweeteners) and diet soda.

"Good Choice" stickers are used to easily identify healthier items.

### **How can you implement the Healthy Vending Machine Program?**

Information about implementation is available at [www.adph.org/nutrition](http://www.adph.org/nutrition) (click on Vending Machines). Contact Teresa Fair at [teresa.fair@adph.state.al.us](mailto:teresa.fair@adph.state.al.us) or Molly Killman at [molly.killman@adph.state.al.us](mailto:molly.killman@adph.state.al.us) with questions or comments.