



Alabama Healthy Vending Machine Program

(insert company name here) is collaborating with the Alabama Department of Public Health to increase access to healthy foods and beverages and reduce or eliminate the availability of calorie dense, nutrient poor foods available in our vending machines.

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.

What criteria are used for determining healthy items?

Between 25-100% of the snacks in the vending machines meet the 10-10-5 nutrition standard 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 in vending machines.

The target date for implementing healthier snacks in the vending machines is **(insert date here)**. If you have any questions or comments about this implementation, contact **(insert company representative’s name here)**.



(Insert company logo here)