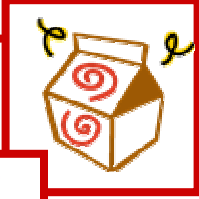
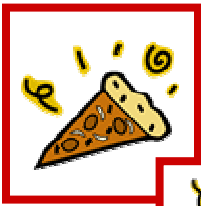


<http://www.nutritionnc.com/TeamNutrition/Supporting%20materials/eatSmart/>



Vending Machines

The number of overweight children has reached epidemic proportions both nationally and in North Carolina. Between 1995 and 2000, the number of overweight North Carolina children aged 5 to 11 years old increased 40 percent. More than one in five of 5 to 11 year-olds are overweight and one in four of 12 to 18 year-olds are overweight (NC-NPASS 2003). Schools are places of extraordinary influence on the development of life-long eating patterns. Schools have an opportunity to provide classroom health and nutrition education supplemented by learning laboratories in the many venues where food is offered or served.

In support of Eat Smart: North Carolina's Recommended Standards for All Foods Available in School

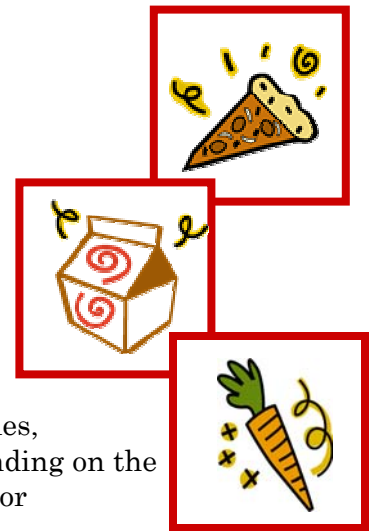
Vending machines stocked with healthy options can help students learn how to make nutritious food choices on their own. Often vending machines in schools contain beverages and foods that are high in sugar, fat and sodium and are low in nutrients. As a result, the promotion and sale of these beverages and snacks contribute to an increase in childhood obesity. Research shows that students will buy and consume healthy foods and beverages from vending machines when these options are tasty, accessible and affordable. Vending programs can continue to make money while offering healthy food and beverage options to students. It is important that schools not operate vending machines during meal times when they are in competition with the Child Nutrition Program.

Beverage Choices	Snack Foods (<200 calories/serving)	Chilled Snacks (<200 calories/serving)
<ul style="list-style-type: none"> ▪ Water ▪ Lowfat milk (flavored and unflavored ≤ 360 calories) ▪ Nonfat milk (flavored and unflavored ≤ 360 calories) ▪ 100% fruit juice (8-12 oz.) ▪ 100% vegetable juice ▪ Sports drink (≤ 100 calories) 	<ul style="list-style-type: none"> ▪ Nuts ▪ Baked potato chips ▪ Animal crackers ▪ Fig Newtons ▪ Sunflower seeds ▪ Graham cracker bites ▪ Corn nuts, plain ▪ Hard Pretzels ▪ Trail Mix ▪ Dry cereal ▪ Lowfat cookies ▪ Lowfat sports bars ▪ 100% fruit snacks ▪ Mini-bagel ▪ Bread sticks ▪ Flavored mini rice cakes ▪ Lowfat muffin ▪ Baked tortilla chips ▪ Vanilla wafers ▪ Lowfat popcorn ▪ Goldfish crackers ▪ Lowfat/low-sugar breakfast and granola bars 	<ul style="list-style-type: none"> ▪ Lowfat yogurt ▪ Pudding cups ▪ Apples ▪ Oranges ▪ Fruit cups with fruit juice ▪ Baby carrots ▪ Cottage cheese ▪ String cheese



Healthy Vending Machine Policy

Schools play a powerful role in influencing students' food choices. There are several ways that schools can ensure that students' eating habits contribute to their learning achievement and lifelong good health. The **Eat Smart: North Carolina's Recommended Standards for All Foods Available in School** encourage the development of policies to support healthful choices for a la carte, vending, after-school programs and school events such as classroom events, celebrations, class snacks, meetings, parties, concessions, intramural events, fundraisers, extracurricular events. Depending on the topic, it may be appropriate for the policy to be made at the district, school or classroom level.



What is policy?

Policies are official statements of vision and judgment that address the needs of a school system, school or classroom. Values, convictions and beliefs usually form the basis for a policy statement. Policies can provide the following:

- Leadership
- Commitment
- Support
- Direction
- Guidance
- Institutionalization
- Public Engagement
- Accountability
- Legal Protection

Policies generally address *what* should be done, *why* it should be done and *who* should do it. Procedures outline the details of *how* to accomplish a policy's goal. Policies can be formal or informal and written or unwritten.

How is policy developed?

Common tasks needed to develop a policy:

- Lay the groundwork
 - Build awareness and support
 - Draft the policy
 - Adopt the policy
 - Administer the policy

Getting support for policy

Groups that can support policy change:

- PTA/PTO
- School Improvement Teams
- School Health Advisory Councils
- Public Health Partners
- Cooperative Extension Partners

Sample District Policy for Vending Machines

- Ensure that at least 50% of beverages distributed within the school district meet the Winner's Circle beverage criteria: a) water and flavored waters with less than 50 calories per 8 oz serving; OR b) skim or 1 % milk; OR c) at least 50% juice and < 12 oz serving; OR d) sports drinks < 100 calories, and < 12 oz serving; AND e) contain no added herbal supplements.

Sample School Policy for Vending Machines

- Prohibit the sale of beverages in all school vending machines that do not meet Winner's Circle beverage: criteria: a) water and flavored waters with less than 50 calories per 8 oz serving; OR b) skim or 1 % milk; OR c) at least 50% juice and < 12 oz serving; OR d) sports drinks < 100 calories, and < 12 oz serving; AND e) contain no added herbal supplements.

Sample Classroom Policy for Vending Machines

- Permit only water to be drunk in the classroom, within regular school hours