

## Minimum Standards for Healthy Food and Beverage Selections in Vending Machines

<b>Healthy Picks Food and Snack Nutrition Standards</b>	
<b>Excellent Choices</b>	
<b>To be labeled as an Excellent Choice, foods must meet the following criteria:</b>	
<b>FAT</b>	Have no more than 35% calories as fat. Have no more than 10% saturated fat. Contain no trans fat/hydrogenated fat.
<b>PROTEIN</b>	Must be a lean protein source, such as fish, chicken, turkey, tofu, legumes or beans.
<b>SUGAR/ARTIFICIAL SWEETENERS</b>	Contain no more than 35% total weight from sugar, excluding fresh fruits and vegetables. Sugar-free snacks are acceptable if fat criteria is met. Sugar-free gum is acceptable.
<b>NUTS/SEEDS</b>	Plain or with spices is acceptable. No candy coated or yogurt coated nuts. Nuts are exempt from the fat calorie content, as they are high in monounsaturated fats.
<b>FRUITS/VEGETABLES</b>	Dried fruits without sugar added. Whole or cut fruit in refrigerated machines.  Pre-made salads or pre-cut vegetables served with nonfat dressings. Low-fat dressings if made with canola oil, soybean oil or non-hydrogenated fat may be used. Canned fruits in juice (no syrup packed fruit).
<b>WHOLE GRAINS/LEGUMES</b>	Whole grain breads and cereals. Note: Select whole grain cereals low in sugar content.
<b>DAIRY PRODUCTS</b>	1% or no fat dairy products i.e. yogurt and cottage cheese. Cheese products must be made with low-fat, non-fat cheeses. Entrees made with cheese must be <10% saturated fat. Offer 1% low-fat and non-fat frozen dairy items.
<b>SALT/SODIUM</b>	Snack items may contain no more than 400mg from sodium Entrees: Items may contain no more than 1000mg sodium per meal.
<b>Acceptable Choices</b>	
<b>The following items are acceptable choices:</b>	
<b>PROTEIN</b>	Lean beef and pork meeting fat criteria.

## Minimum Standards for Healthy Food and Beverage Selections in Vending Machines

<b>Healthy Picks Beverage Nutrition Standards</b>
<b>Excellent Choices</b>
<b>The following beverages will be labeled as Healthy Picks:</b>
<p>Water.</p> <p>Green Tea.</p> <p>Non-fat or 1% low-fat milk (exclude chocolate or flavored milk.)</p> <p>100% fruit or vegetable juices with no added sweeteners</p> <p>May not be more than 150 calories per item.</p> <p>Juice drinks containing 50% juice and no added calorie sweeteners (high fructose syrup, etc.)</p> <p>May not be more than 150 calories per item.</p> <p>Sport drink water without added sugar or juice.</p> <p>May not be more than 150 calories per item.</p>
<b>Acceptable Choices</b>
<b>The following items are acceptable items:</b>
<p>Coffee/Tea.</p> <p>Sugar free sodas (non-caffeinated options will be offered).</p>

### Other Guidelines

<b>Portion Size Guidelines</b>
Smaller portions of beverages, i.e. 12 oz sodas, will be offered as an alternative to super-sized beverages.

<b>Pricing/Placement Guidelines</b>
<p>Items meeting the Healthy Picks criteria will be placed in the vending machines to ensure maximum visibility to vending patrons.</p> <p>Items meeting the Healthy Picks criteria will be sold at a price that is equivalent to similar items that do not meet the criteria.</p>

<b>Percentage of Healthy Picks Guidelines</b>
<p>KP's goal is to offer 50% healthy picks selections through vending services. KP will partner vending companies at demonstration sites to evaluate levels of 50% and 100% healthy picks offerings. The purpose of the the demonstration sites will be to ensure the needs, i.e., taste, variety, ethnicity, pricing, of our staff and members are met. Excellent and Acceptable choices can be used to make up the % of healthy picks.</p> <p>Education of our members and staff through brochures and point of sale information and/or labeling will be provided to help our members and staff make healthy picks.</p>

<b>Sustainability</b>		
<p>The KP food policy promotes a sustainable food system that includes vending services. General guidelines for sustainability are:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>*Energy efficiency of machines</li> <li>*Food "miles" - distance from food source to point of sale</li> <li>*Minimized packaging - recyclable/compostable</li> </ul> </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> <li>*Antibiotic and hormone free meat and dairy</li> <li>*Pesticide-free fruits/nuts</li> </ul> </td> </tr> </table> <p>Detailed criteria is under development.</p>	<ul style="list-style-type: none"> <li>*Energy efficiency of machines</li> <li>*Food "miles" - distance from food source to point of sale</li> <li>*Minimized packaging - recyclable/compostable</li> </ul>	<ul style="list-style-type: none"> <li>*Antibiotic and hormone free meat and dairy</li> <li>*Pesticide-free fruits/nuts</li> </ul>
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