

WELLNESS POLICY – VENDING MACHINES

FDCC

Mandatory Vending Machine Requirements--

Each school that allows vending machines to be utilized by students shall:

- (1) Require that all agreements for vending machines be in writing in a contract form approved by the Board of Education;
- (2) Ensure that the vending machine income is used for the benefit of students; and
- (3) Follow generally accepted accounting procedures utilized by the District for vending machine income and expenses, including periodic reports to the District of vending machine receipts and expenditures.

Utah Admin Reg. R277-719-4 (2008)

Optional Vending Machine Guidelines--

Schools that allow vending machines to be utilized by students may:

1. limit or prohibit vending machines in elementary schools;
2. prohibit the sale of foods of minimal nutritional value (See Appendix A in Policy FDC); or
3. allow no more than 30% of the items in school vending machines to be foods of minimal nutritional value (See Appendix A in Policy FDC); or
4. make inaccessible or inoperable vending machines that contain foods of minimal nutritional value during school hours or meal times; and/or
5. prohibit foods:
 - a. that are more than 35 percent total fat (not including nuts, seeds, non-fat and low-fat dairy);
 - b. in which more than 10 percent of the total calories come from saturated fat (not including nuts, seeds, non-fat and low-fat dairy);
 - c. that contain any trans fats;
 - d. that list **A**caffeine@ as an ingredient;
 - e. in which more than 35 percent of the product is sugar by weight (not including 100 percent fruit or vegetable juice with no added sugars; fruits; vegetables; nonfat or low-fat milk or yogurt);
 - f. with a sodium content greater than 200 mg per portion (not including 100 percent fruit or vegetable juice; fruits; vegetables; nonfat or low-fat milk, yogurt or cheese); or

- g. that are more than 300 calories per unit;
6. incorporate pricing that encourages the consumption of healthy foods in vending machines;
7. if elementary schools have vending machines, require that the vending machines contain only water, low-fat/ non-fat milk, 100% fruit juice, or fresh, dried or canned fruits or vegetables;
8. limit available food and beverage portion sizes as follows:
 - a. snacks and sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky): 1.25 oz.
 - b. cookies/ cereal bars: 2 oz.
 - c. bakery items (e.g., pastries, muffins, donuts): 3 oz
 - d. frozen desserts, ice cream: 3 oz.
 - e. yogurt: 4-8 oz.
 - f. beverages (no limit on water): 12 oz.
 - g. string cheese: 1 oz.;
9. require that fruits and vegetables are offered for sale at any vending machine on the school site where foods are sold (including fresh, cooked, dried, juice, or canned);
10. place healthy foods in prominent positions in vending machines, while placing foods of minimal nutritional value in less visible locations;
11. restrict advertising of foods of minimal nutritional value to placement on vending machines and scoreboards.

Utah Admin Reg. R277-719-4 (2008)

Vending Machines: Appendix A

Foods of Minimal Nutritional Value as Defined by the USDA

- Soda Water—any carbonated beverage (even water). No product shall be excluded from this definition because it contains discrete nutrients added to the food, such as vitamins, minerals and protein.

- Water Ices—any frozen, sweetened water such as **Arctic** and flavored ice with the exception of products that contain fruit or fruit juice.
- Chewing Gum—any flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.
- Certain Candies—any processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:
 - a. Hard Candy—a product made predominantly from sugar (sucrose) and corn syrup that may be flavored and colored, is characterized by a hard, brittle texture and includes such items as sour balls, lollipops, fruit balls, candy sticks, starlight mints, after dinner mints, jaw breakers, sugar wafers, rock candy, cinnamon candies, breath mints and cough drops.
 - b. Jellies and Gums—a mixture of carbohydrates that are combined to form a stable gelatinous system of jellylike character and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.
 - c. Marshmallow Candies—an aerated confection composed of sugar, corn syrup, invert sugar, and 20% water and gelatin or egg white, to which flavors and colors may be added.
 - d. Fondant—a product consisting of microscopic-sized sugar crystals that are separated by a thin film of sugar and/or invert sugar in solution, such as candy corn and soft mints.
 - e. Licorice—a product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.
 - f. Spun Candy—a product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.