

# Contra Costa Health Services

<b>Administration</b>	<b>Vending Machine and Snack Foods Policy</b>	<b>Policy #</b>
		<b>Original Date:</b> 10/26/10
		<b>Revised:</b>
		<b>Supercedes:</b>

**PURPOSE**

Contra Costa Health Services (CCHS) supports efforts to promote health among those who visit and work in CCHS programs, especially children.

This policy establishes guidelines that require 100% of the items in snack and beverage vending machines located in areas of buildings where CCHS programs operate to meet the nutrition guidelines stated below.

**POLICY**

**I. Snack and Beverage Vending Machines**

100% of snack and beverage items sold in vending machines located in areas of buildings where CCHS programs operate shall meet the nutritional standards set forth below.

**Beverages:** Beverages offered in each vending machine shall meet all of the following criteria:

- 1) Fruit-based and vegetable-based drinks that are at least 50% fruit or vegetable juice without added caloric sweeteners and do not exceed 12 fluid oz
- 2) Drinking water with no added caloric sweetener.
- 3) One-percent-fat milk, nonfat milk, soy milk, rice milk, and other similar nondairy milk containing no added caloric sweetener.
- 4) All other beverages that are low calorie ( $\leq 25$  cal/8 oz) or no-calorie, including diet sodas.

**Snacks:** Snack food items offered in each vending machine shall meet all the following criteria for each individual package:

- 1) No more than 250 calories.
- 2) No more than 35% calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables, and cheese packaged for individual sale). Snack mixes, of which nuts are a part, must meet the 35% standard.
- 3) No more than 10% of calories from saturated fat (excluding eggs or cheese packaged for individual sale).
- 4) No artificial trans fats.
- 5) No more than 35% total weight from sugar and caloric sweeteners except for fruits and vegetables that have not been processed with added sweeteners or fats.

II. At least 10% of items in all machines must also meet the FDA definition of “low sodium” (less than 140 mg of sodium per serving for a snack).

IV. Vending machine promotional advertisements shall only promote items that meet the nutritional standards outlined above.

**REFERENCE**

Contra Costa County Administrative Bulletin 539

**PROCEDURE**

I. The Health Services Director or designee will enter into vending contracts for all Contra Costa Health Services locations through a Request For Proposal (RFP) process. Once the vending service contract has been awarded, all other unauthorized vendor(s) with vending machines in buildings where CCHS programs are located will be removed at vendor’s expense.

II. Contra Costa Health Services Division Directors shall be responsible for dissemination, implementation, and compliance with this policy for all vending machines located within their workplace. Division Directors shall contact the Community Wellness & Prevention Program to report non-compliance with this policy.

III. The Community Wellness & Prevention Program staff shall be responsible for monitoring of the policy, including:

- a) Conducting an annual review to determine if substantial changes have been made to nutrition standards referenced in the Policy Guidelines above or other current health recommendations that would warrant amending the nutrition guidelines established in this policy,
- b) Maintaining a list of products that meet the criteria as listed in the Policy Guidelines above. This list shall be updated not less than annually and shall be available on the Contra Costa Health Services website
- c) Consulting with vendors on consumer outreach and education about new foods and beverages that meet stated nutrition criteria,
- d) Providing consumer nutrition education at CCHS sites with vending machines, including taste-testing of new products
- e) Assisting Division Directors in monitoring compliance to the policy by checking machines at least semi-annually.

### COSTS ASSOCIATED WITH THE PROGRAM

The County Health Services Director shall direct all profits received from gross vending sale receipts to the county obesity prevention program

Departmental Review	Signature	Date
Health Services Director		