

CITY OF MILPITAS
HEALTHY FOOD AND DRINK
VENDING MACHINE POLICY

Good nutrition provides the foundation for growth, development and learning. Having healthy food available contributes to better nutrient intake and more appropriate level of caloric consumption.

Scope and Responsibility:

Food and beverages offered in vending machines located in City operated facilities shall meet specified nutritional standards, to the extent compliance with such standards is commercially feasible.

Policy:

This policy specifies the following nutrition standards for beverages and snacks sold in vending machines:

All beverages sold in each vending machine shall be one of the following types:

- Water, coffee or tea with no added caloric sweeteners
- Unflavored and unsweetened reduced or non-fat milk (or milk alternative)
- 100% fruit or vegetable juice
 - • Fruit or vegetable-based juice drinks that have a maximum of 160 calories and 230 mg of sodium per container and no added sweeteners, and
- Non-caloric beverages or a combination of the above.

All snacks/foods offered in each vending machine shall meet the following criteria:

- Contents of the package/ container must be a single serving size (The *Nutrition Facts Label* must indicate “Servings per container: 1”).
 - Contain no more than 35% calories from fat, with the exception of nuts and seeds packets. Snack “mixes” and other foods of which nuts are only a part must meet the overall 35% calories from fat standard.
- Contain no more than 10% of calories from saturated fat
- Contain no (0 grams) trans fats
- Contain not more than 35% total weight from sugar and caloric sweeteners with the exception of fruits and vegetables that have not been processed with added sweeteners or fats.
 - Contain no more than 360 milligrams (mg) of sodium per package/ serving.

NOTE: Furthermore, at least one item meeting the snack criteria in each vending machine shall also meet the FDA definition of “low sodium” and contain less than or equal to 140 mg of sodium per serving.