

Healthy Choices for Vending Machines



Many students rely on vending machines for easy access to food and beverages. You can help your students practice what they learn in the classroom about healthy eating and Canada's Food Guide by ensuring that the food and beverages in your vending machines are healthy.

Apply nutrition standards to vending machines

The School Food and Beverage Policy (P/PM 150) Nutrition Standards classifies food and beverages into three categories: Sell Most, Sell Less and Not Permitted for Sale.

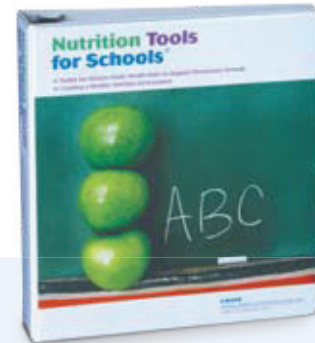
Nutrition Tools for Schools[®] (NTS) encourages schools to embrace the spirit of P/PM 150 and go beyond by selecting food and beverages with Maximum Nutritional Value. Use the NTS Nutrition Standards (revised 2010) to make sure your vending machines offer the healthiest food and beverages. This will ensure compliance with P/PM 150.

The P/PM 150 '80/20' rule made easy!

Keep it simple! **Only** sell food and beverages with Maximum Nutritional Value. If you choose to sell food from the Sell/Offer Most or Sell/Offer Less category, follow these rules:

- For every 10 food items, at least 8 need to be Sell Most and 2 can be Sell Less
- Assess each vending machine separately
- Beverage and food choices must be assessed separately

Nutrition Tools for Schools



Nutrition Tools for Schools[®] is a program consisting of a Toolkit and public health support to help your school create a healthy nutrition environment.

Reminder to elementary schools!

Only sell beverages in container sizes of 250 mL or less.

The NTS Nutrition Standards classifies food and beverages into four categories:

- Maximum Nutritional Value - nutrition criteria that meet or exceed P/PM 150
- Sell/Offer Most*
- Sell/Offer Less*
- Not Permitted*

Apply NTS Nutrition Standards wherever food and beverages are sold and offered.

Using the NTS Nutrition Standards will ensure compliance with P/PM 150.

* Nutrition criteria are the same as P/PM 150.

Ideas for healthy vending

These ideas are just examples; always use the NTS Nutrition Standards (revised 2010) when choosing food and beverages to sell.

Beverages with Maximum Nutritional Value:

- White milk (2% MF or less)
- Chocolate milk (1% MF)
- Yogurt drinks (2% MF or less)
- Fortified soy beverage (plain or flavoured)
- 100% juice (fruit, vegetable or juice blends)
- Water

* May increase risk of dental decay

** Foods containing or which may contain life-threatening allergens (eg, peanuts and other nuts) should not be available in schools where students have an allergy

Food with Maximum Nutritional Value:

- Lower fat, higher fibre varieties of cereal bars
- Fresh vegetables and fruit
- Canned fruit with no added sugar
- Dried fruit chips, raisins or other plain dried fruit with no added sugar*
- Dried fruit bars with no added sugar*
- Lower-fat cheese – block or strings (20% MF or less)
- Lower-fat yogurt (2% MF or less) with added vitamin D
- 100% whole wheat crackers, melba toast, crisp bread in single-serving pack size
- Single-serving packs of popcorn, granola, cereal and other grain-based snacks
- Unsalted nuts, seeds, roasted legumes (eg, soy 'nuts') and trail mix**

Together we can make the healthy choice the easy choice!

For more information about Nutrition Tools for Schools®, P/PM 150, or healthy eating,

please contact your local public health unit:
York Region Community and Health Services
Health Connection at 1-800-361-5653
or visit
www.york.ca/nutrition

For information on healthy schools go to the Ministry of Education Healthy Schools
website: www.ontario.ca/healthyschools.