Palm Beach County Health Department
Vending Protocols for a Healthier Community

Nutrition Evaluation Committee:
Donna Ward, RD, LD/N, Susan Grammond, MPH, RD, LD/N,
JoAnn Donnelly, RD, LD/N, Lorna Dubinsky, MS, CDE, RD, LD/N,
Flor Doylet, RD, LD/N, Nicole Parker, RD, LD/N,
Liliane Laurent, MPH, LD/N, Shana Bayder, RD, LD/N

In Collaboration with:
Community Health Division
Volunteer Services
Community Health Planning and Partnerships
Health Promotion and Education
WIC Program
Vending for a Healthier Community

The committee evaluated vending products and has recommended protocols that ensure that a variety of vending options are available but limit excess calories, sugar, fat and avoid any possible adverse health reactions.

The primary care nutritionists evaluated the nutrient content of a wide array of snacks and beverages. They evaluated the items carried at each PBCHD site and other typical vending items.

In the process of establishing our standards, nutrition protocols from leading authorities were reviewed. These nutrition standards were taken into consideration and helped shape our criteria. The committee reviewed findings from:

- USDA Food Guide Pyramid
- Alliance for a Healthier Generation
- National Academies Nutrition Standards for Foods in School
- School Wellness Policies
- American Heart Association
- Company product label initiatives

The overarching standard we used to measure each product was the Food Guide Pyramid recommendation on discretionary calories. Each person has an allowance for some discretionary calories. Within a healthy diet, there are 100 – 300 calories that can be utilized for “extras.” This was one of the major guidelines used to assess products.

A standardized vending policy will ensure that a variety of foods and beverages are available within the established nutrition parameters.

Vending Target
100 – 300 Discretionary
Recommended snack protocols:

Trail mix, fruit, nuts, seeds, and granola bars
2 oz. or less per package, 1 gram or less trans fat

Candy
2 oz. or less per package, 1 gram or less trans fat

Cookies, baked goods, and crackers with filling
2 oz. or less per package, 1 gram or less trans fat

Chips, crackers, pretzels, and popcorn
1.5 oz. or less per package, 1 gram or less trans fat

Microwave popcorn
Light only, 1 gram or less trans fat

Recommended beverage protocols:

Soda
Up to 12 oz., regular or diet; no glass bottles

Tea
Up to 12 oz., regular or diet; no glass bottles

Coffee Beverages
Up to 12 oz., limit caffeine to 60 mg. /12 oz. (5 mg. caffeine / oz.); no glass bottles

Fruit or Vegetable Juice
50% - 100% pure juice, plain or fortified; smaller containers preferred; no glass bottles

Water
Plain water any size; no glass bottles

Flavored water
Up to 20 oz., sugar free or mid-calorie (66 cals. / 8 oz. or less); no glass bottles

Milk
1% low fat or nonfat; stock small, 8 – 14 oz. containers if possible; no glass bottles

Flavored milk
1% low fat or nonfat; stock small, 8 – 14 oz. containers if possible; no glass bottles

Enhanced/Enriched water, Sports/Energy drinks, Hybrid drinks, and Punch
Not acceptable