

Palm Beach County Health Department Vending Protocols for a Healthier Community



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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**

Palm Beach County Health Department

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 cal. / 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