

Duplin County Health Department
Policy and Procedure

Subject:	<u>County Vending Machines</u>	
Program:	<u>Working on Wellness</u>	
Developed by: <u>Wellness Committee</u>		Revision: _____
Approved By: _____		
County Manager: _____	<i>Mitchell Aldridge</i>	<i>12-11-09</i>

Purpose

Offer healthy food options in county vending machines in keeping with the mission of the county wellness initiative to promote healthy lifestyles.

Policy

This policy applies to vending machines in county government buildings or on county property.

Procedures

All suppliers of vending machine products will be informed of the following requirements:

30% of all products placed in vending machines will meet the following criteria (based on per serving): **Snacks** should:

- Contain less than 200 calories per serving
- Contain less than 35% of total calories from fat (exception, nuts or seeds)
- Contain less than 10% of total calories from saturated fat
- Contain less than 35% of total calories from sugars (exception, yogurt with < 30 gm of total sugar /8 oz portioned as packaged)
- Contain less than 480 mg sodium per serving
- Contain less than 0.5 g trans fat

Beverages: examples: diet soda, water, flavored water and sport drinks (maximum 50 calories/8.0 oz serving), 100% fruit juices, unflavored skim or 1% milk or soymilk

Fruits/Vegetables: examples: all fresh, steamed or cooked without added fat, cream sauce, canned vegetables (less than 140 mg sodium/serving), all fresh fruits, canned fruits packed in 100% water or 100% juice (non-caloric sweetener acceptable)

References

1. North Carolina Prevention Partners. North Carolina Prevention Report, 2009. [Http://www.ncpreventionpartners.org](http://www.ncpreventionpartners.org). Accessed June 10, 2009.
2. Developed from: United States Department of Agriculture. Dietary Guidelines for Americans, 2005. <http://www.health.gov/dietaryguidelines/dga2005/document/default.htm>.