

# Healthier Vending & Snack Bar Policy Project

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What food & drinks are common at your worksite?



## Project Purpose:

To provide worksites with the resources, knowledge, and tools necessary to offer healthier food and drink options in vending machines and snack bars to create a supportive environment for overall healthy living.

# Munch Code



# 1305 – Good & Healthy Grant

Year 1: Project Development

Year 2: Pilot worksites

**Year 3: 16 worksites**

Year 4 Goal: Up to 25 worksites

Year 5 Goal: 20-25 worksites

***Overall Goal - 75 Worksites and 7,500-8,000 employees***

# Year 2 & 3 Worksites

Aspire, Inc.	Aberdeen
Wheat Growers Admin Office	Aberdeen
Valero	Aurora
Fishback Financial HQ	Brookings
Bel Brands USA	Brookings
Falcon Plastics	Brookings
Showplace Wood Products	Harrisburg
Evans Plunge	Hot Springs
United Hardware	Milbank
SD Business Enterprise Program	Pierre
BankWest, Inc	Pierre
Rapid City Regional Hospital	Rapid City
YMCA of Rapid City	Rapid City
Sioux San Hospital	Rapid City
Tri-State Flooring, Inc.	Sioux Falls
Dakotacare	Sioux Falls
Vast Broadband	Sioux Falls
Spader Business Management	Sioux Falls
Sisseton Wahpeton Oyate	Sisseton - Agency Village
Wagner Comm. Memorial Hospital	Wagner
Grossenburg Implement	Winner
Avera Sacred Heart Hospital	Yankton
Kolberg-Pioneer Inc	Yankton
Mount Marty College	Yankton

# Munch Code Promotional Signage

**PICK THE RIGHT SNACKS & COLOR YOURSELF healthy**

When choosing snacks from vending machines, follow the Munch Code Vending food and beverage standards. Choose mostly GREEN items, some from the YELLOW group, and stay low on the RED. The standards are divided into color codes based on their nutrient profiles.

**MUNCH CODE!**  
Colors to live by.

**GREEN** items are the healthiest and most nutrient-dense. They are mostly fruits and vegetables, including beans, lentils, and whole grains.

**YELLOW** items are moderately healthy. They are mostly nuts, seeds, and whole grains.

**RED** items are the least healthy. They are mostly sugary snacks, salty snacks, and high-fat, high-sodium items.

**MUNCH CODE!**  
Colors to live by.

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# Healthy Vending & Snack Bar Toolkit

- Model Policy
- Policy Implementation Guide
- Project Checklist



# Model Policy

## Healthy Vending and Snack Bar Model Policy

Business Name has a commitment to provide an environment that encourages healthy eating habits among its employees and clients. The following policy has been developed to incorporate healthier food and drink options in all vending machines and snack bars at all Business Name locations.

The intent of this policy is to inform employees about what they are eating and which choices are healthier. It is designed to make healthy choices more accessible, more appealing, and more affordable. It is not designed to restrict choices.

Business Name will provide employees with a variety of healthy food and drink options by categorizing them as **GREEN**, **YELLOW**, and **RED** based on the standards outlined in the South Dakota Healthy Vending and Snack Bar Policy Implementation Guide.

**GREEN** foods/drinks are the healthiest option and can be enjoyed often.

**YELLOW** foods/drinks have added sugar, fat and calories and should be eaten occasionally.

**RED** foods/drinks are the highest in sugar, fat, and calories and the least healthy. These foods should be eaten sparingly.

All food and drink items will have the calorie content visible at the point of purchase. This includes food and drinks in each of the color-coded categories. A sign must be provided next to each item or in a visible location in close proximity to each food or beverage disclosing the calorie content. If the package contains more than one serving the workplace has the choice to disclose the calories per serving including the number of total servings per package or calories per item.

# Policy Implementation Guide

## GREEN FOOD STANDARDS

Foods must meet **ONE** of the *CORE CRITERIA*:

- ❑ 2%, 1% or fat-free dairy
- ❑ Whole, frozen, or dried fruits (and eligible fruit cups)
- ❑ Whole or frozen vegetables
- ❑ Whole grain products
- ❑ Nuts, seeds, trail mix or products with nuts or seeds as first ingredient

Foods must **ALSO** meet **ALL** of the following:

- ❑  $\leq 200$  calories per item
- ❑  $\leq 230$ mg sodium per serving
- ❑ Zero trans fat ( $\leq 0.5$  grams per serving)
- ❑ Total calories from saturated fat  $\leq 10\%$
- ❑ Calories from sugar  $\leq 35\%$  of total weight

## YELLOW FOOD STANDARDS

Foods do **NOT** need to meet one of the CORE CRITERIA, but must meet **ALL** of the following:

- ❑  $\leq 250$  calories per item
- ❑  $\leq 480$  mg sodium per serving
- ❑ Zero trans fat ( $\leq 0.5$  grams per serving)
- ❑ Total calories from saturated fat  $\leq 10\%$
- ❑ Calories from sugar  $\leq 35\%$  of total weight

## RED FOOD STANDARDS

- ❑ Do not meet green or yellow standards

## GREEN DRINK STANDARDS

- ❑ Water without flavoring, additives, or carbonation
- ❑ 2%, 1%, or fat-free unflavored milk, including lactose-free and soy drinks
- ❑ ≤ 12 oz. 100% fruit or vegetable juice with no added caloric sweeteners and ≤ 230 mg sodium per serving
- ❑ Plain, decaffeinated, and unsweetened coffee and tea

## YELLOW DRINK STANDARDS

- ❑ > 12 oz. 100 % fruit or vegetable juice
- ❑ 2%, 1%, or fat-free flavored milk
- ❑ Diet soda
- ❑ Any other sweetened drink with ≤ 40 calories per 8 oz. (i.e. sports drinks, flavored water, tea, etc.)

## RED DRINK STANDARDS

- ❑ Energy Drinks
- ❑ Regular soda and sports drinks
- ❑ Whole milk
- ❑ Fruit/juice drinks not 100%
- ❑ Any other drinks that do not meet the green or yellow standards

# Policy Implementation Guide

- Negotiating with the vendor
- Enhancing sales of healthier items:
  - Price
  - Point of purchase information
  - Product placement and attractiveness
  - Taste testing

# Project Checklist

- 11 steps for successful implementation
- Mandatory Steps
  - Budget
  - *Before and After* vending machine and/or snack bar analysis
  - Final progress report
  - Policy implementation
- Suggested Steps for Success
  - Staff survey
  - Taste testing

[www.munchcode.org](http://www.munchcode.org)



# Next Grant Application

- Year 4 Activities
  - May 10, 2016 - RFP Released on [HealthySD.gov](http://HealthySD.gov)
  - June 3, 2016 – RFP Due Date
  - End of June 2016: Up to 25 worksites will be selected
  - July-Aug 2016 sites must complete the in-person training



# Thank You!

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**Good  
& HEALTHY**

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