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

Fruit in Vessels, food in bottles
Less calories from carbohydrates
Less sugar
Less sodium
Less calories
Less added fat
Fruits & vegetables
Not SO MUCH

HAVE A BUNCH!

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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
Healthy Vending & Snack Bar Toolkit

- Model Policy
- Policy Implementation Guide
- Project Checklist
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.
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:

- ≤ 200 calories per item
- ≤ 230mg sodium per serving
- Zero trans fat (≤ 0.5 grams per serving)
- Total calories from saturated fat ≤ 10%
- Calories from sugar ≤ 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:
- ≤ 250 calories per item
- ≤ 480 mg sodium per serving
- Zero trans fat (≤ 0.5 grams per serving)
- Total calories from saturated fat ≤ 10%
- Calories from sugar ≤ 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
Next Grant Application

- Year 4 Activities
  - May 10, 2016 - RFP Released on 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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