

# Healthy 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 healthy food and drink options in vending machines and snack bars to create a supportive environment for overall healthy living.

### 3 Project Goals:

- 1) Help South Dakota businesses get healthier snack items in their vending machines, snack bars, and cafeterias.
- 2) Label snack food and drink items using the *Munch Code* (**GREEN**, **YELLOW**, and **RED**) and make the calorie content visible at the point of purchase.
- 3) Get businesses to implement the a HVSB Policy which commits them to provide an environment that encourages healthy eating habits and continue to label snack items with *Munch Code* and calorie information.

# Munch Code



# 1305 – Good & Healthy Grant

Year 1:

- Survey to assess current practices
- Developed toolkit to support project
  - Model Policy
  - Policy Implementation Guide
  - Project Checklist

Year 2: 12 pilot worksites

**Year 3: 16 worksites**

Year 4 Goal: 20-25 worksites

Year 5 Goal: 20-25 worksites

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

# Pilot (Year 2) Worksites

July 1, 2014-June 30, 2015

TIE - BHSSC  
YMCA of Rapid City  
Sioux San Hospital  
Aspire, Inc.  
Hub City, Inc.  
Sisseton Wahpeton Oyate  
UltiMed, Inc.  
DJO Global (Empi Division)  
Fishback Financial HQ  
Valero  
Tri-State Flooring, Inc.  
Showplace Wood Products

Rapid City  
Rapid City  
Rapid City  
Aberdeen  
Aberdeen  
Sisseton - Agency Village  
DeSmet  
Clear Lake  
Brookings  
Aurora  
Sioux Falls  
Harrisburg

12 Worksites & Approx. 1250 Employees

# Year 3 Worksites

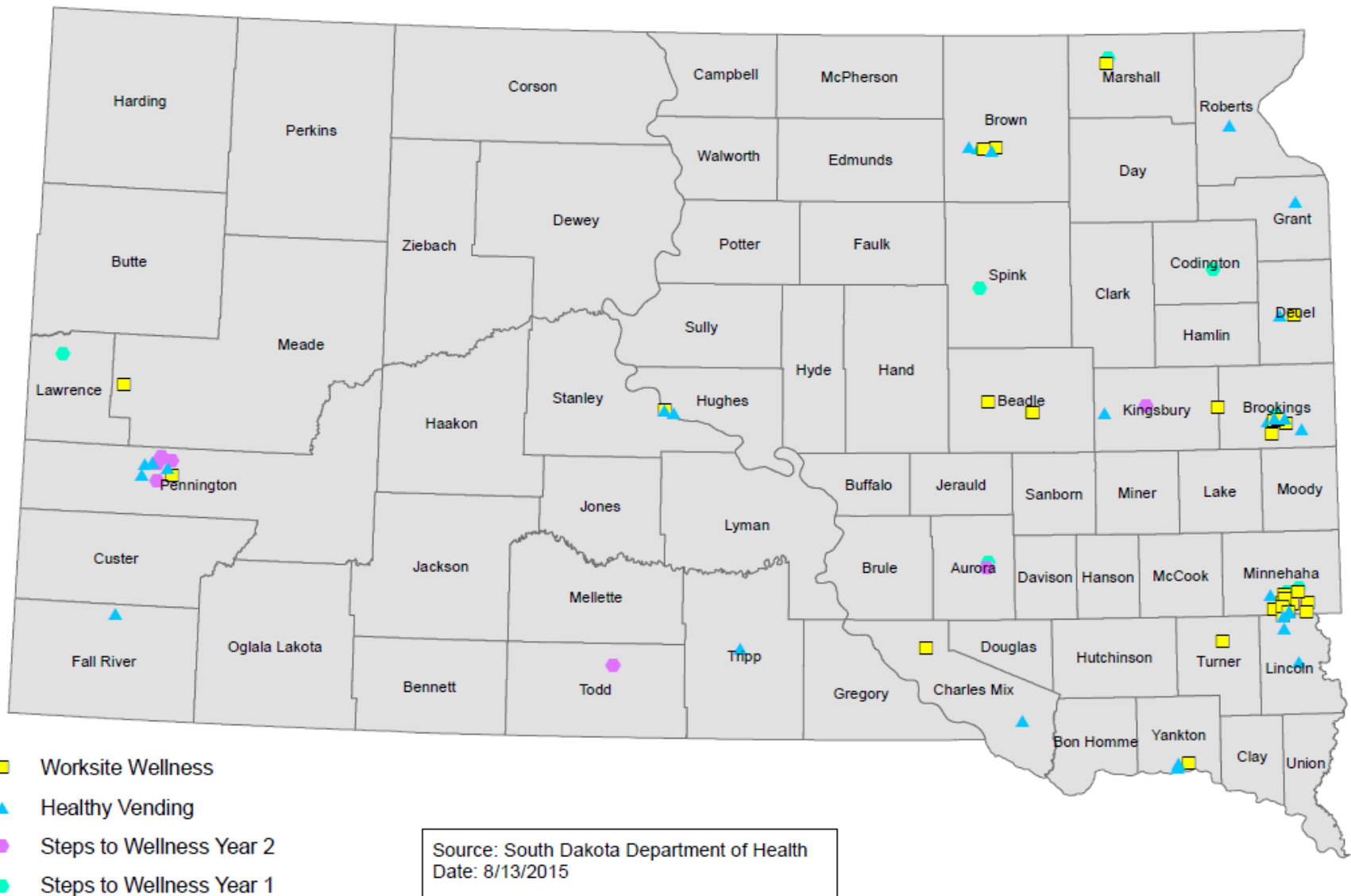
July 1, 2015 – June 30, 2016

South Dakota Wheat Growers Admin Office  
BankWest, Inc  
Bel Brands USA  
Falcon Plastics  
Evans Plunge  
United Hardware  
Grossenburg Implement  
South Dakota Business Enterprise Program  
Rapid City Regional Hospital (RCRH)  
Dakotacare  
Vast Broadband  
Spader Business Management  
Wagner Community Memorial Hospital - Avera  
Avera Sacred Heart Hospital  
Kolberg-Pioneer Inc  
Mount Marty College

Aberdeen  
Pierre  
Brookings  
Brookings  
Hot Springs  
Milbank  
Winner  
Pierre  
Rapid City  
Sioux Falls  
Sioux Falls  
Sioux Falls  
Wagner  
Yankton  
Yankton  
Yankton



# Healthy Vending, Steps to Wellness, and Worksite Wellness Sites



# Munch Code Promotional Signage

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

When choosing snacks from vending machines, follow the Munch Code! Choose mostly GREEN snack bags, some from the YELLOW category and stay low from the RED! Bag!

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

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

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

**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 from the RED! The standards are divided into color codes based on their nutrition profiles.

GREEN	YELLOW	RED
Healthy snacks are the healthiest on the market. They are low in calories, fat, sodium, and sugar. They are high in fiber, protein, and essential nutrients.	Healthy snacks are the healthiest on the market. They are low in calories, fat, sodium, and sugar. They are high in fiber, protein, and essential nutrients.	Healthy snacks are the healthiest on the market. They are low in calories, fat, sodium, and sugar. They are high in fiber, protein, and essential nutrients.

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

MunchCode.org

# 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
- ❑ Plain nuts or seeds (can be flavored)

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\*\*

\*excluding nuts and seeds without added fats or oils

\*\*excluding fruits or vegetables without added caloric sweeteners

## 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

\*excluding nuts and seeds without added fats or oils

\*\*excluding fruits or vegetables without added caloric sweeteners

## 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

- ❑ 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

- 12 steps to help business with successful implementation
- Includes Appendices A-J

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



# Next Grant Application

- Year 4 Activities
  - May 2016: RFP Released for Year 4
  - July 1, 2016: 20-25 Worksites will be Selected
  - July-Aug 2016 sites must schedule and complete the in-person training

# Thank You!

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**Good  
& HEALTHY**

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