

VENDING MACHINE NUTRITION POLICY

BEVERAGES IN VENDING MACHINES



IMPLEMENTATION GUIDE FOR THE COUNTY OF LOS ANGELES

ALL BEVERAGES SOLD IN COUNTY-
CONTRACTED VENDING MACHINES
MUST ADHERE TO THE FOLLOWING
NUTRITION GUIDELINES¹

1. Drinking water (including carbonated water products).

- › Vending machines with beverages should include bottled water as an option.
- › The price of the bottled water should be no higher than the prices of the other beverage options.

2. Fruit-based drinks that are at least 50% fruit juice without added sweeteners.

3. Vegetable-based drinks that are at least 50% vegetable juice without added sweeteners.

4. Milk products, including 2%, 1%, non-fat, soy, rice and other non-dairy milk without added sweeteners.

5. Sugar-sweetened or artificially sweetened beverages that do not exceed 25 calories per 8 ounces. (Fresh coffee and tea dispensed from vending machines are exempted.)

EXAMPLES OF BEVERAGES THAT COMPLY
WITH THE NUTRITION POLICY



Water

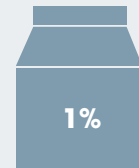


Flavored Water

≤25 calories per 8 ounces



100% Juice
(no added sweeteners)



Unsweetened 1%
or Non-fat Milk

NOTE: Beverages that meet the guidelines can vary by brand so it is important to compare the Nutrition Facts labels before stocking an item.



CHOOSING WATER INSTEAD OF SUGARY DRINKS
CAN HELP INDIVIDUALS ACHIEVE AND MAINTAIN
A HEALTHY BODY WEIGHT.

1. Policy # 3.155.County of Los Angeles Vending Machine Nutrition Policy,County of Los Angeles Board of Supervisors Policy Manual. Available at: <http://countypolicy.co.la.ca.us/BOSPolicyFrame.htm>.

RECOMMENDED PLACEMENT AND PROMOTIONAL STRATEGIES



ADVERTISE A HEALTHY BEVERAGE CHOICE such as water, in the promotional space.

PLACE BOTTLED WATER AT EYE LEVEL and provide at least 2 or more slots for water.

PLACE CHOOSE HEALTH LA SIGNAGE on vending machine to highlight the healthy options.

PLACE DIET SODA AND SWEETENED BEVERAGES with a higher calorie count on the bottom shelf.

IMPLEMENTATION TIPS

- › **SIMILAR BEVERAGES CAN VARY** in nutrient content by brand and package size. Check the Nutrition Facts label for all product varieties before stocking machines.
- › **TO HELP EMPLOYEES AND STAFF UNDERSTAND THE NUTRITION CHANGES** made in the vending machines, inform them through a memo or workplace newsletter.
- › **THE FACILITY SHOULD PROMINENTLY DISPLAY SIGNAGE** that promotes healthy options in all beverage vending machines (for County of Los Angeles facilities, signage to be provided by the Los Angeles County Department of Public Health).
- › **PAY ATTENTION TO SERVING SIZE** when looking at the Nutrition Facts label. Beverages that are over the calorie limit should not be stocked. If a beverage brand is more than 8 fluid ounces, the calorie limit for this non-standard bottle size should be recalculated (see below).

If the serving size says “1 can” or “1 bottle” on the label, look at the front of the can or bottle to see how many fluid ounces it is.

$$\frac{25 \text{ calories}}{8 \text{ fluid oz.}} \times \# \text{ fluid oz.} = \text{new calorie limit}$$

CHOOSE HEALTH LA is a multi-sectoral initiative to prevent and control chronic disease in the diverse communities of Los Angeles County. Supported by the Centers for Disease Control and Prevention (CDC) and other agencies in the U.S. Department of Health and Human Services, the initiative is working with community partners to develop innovative strategies aimed at reducing tobacco use and second hand smoke exposure; improving nutrition and opportunities for physical activity; and increasing access to high quality, clinical preventive services.

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