VENDING MACHINE NUTRITION POLICY

BEVERAGES IN VENDING MACHINES

IMPLEMENTATION GUIDE FOR THE COUNTY OF LOS ANGELES

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

BEVERAGE VENDING MACHINES SHALL OFFER ONLY:

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 price 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 and no more than 230 mg of sodium per serving.

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

5. Sugar-sweetened or artificially sweetened beverages that do not exceed 25 calories per 8 ounces.

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.


2. Fresh coffee and tea dispensed from vending machines are exempted.
PRODUCT PLACEMENT, PRICING, AND PROMOTION

**ONLY BEVERAGE PRODUCTS THAT MEET THE COUNTY OF LOS ANGELES VENDING MACHINE NUTRITION POLICY** such as water, shall be advertised on snack and beverage vending machines.

**DISPLAY ALL BOTTLED WATER IN EYE-LEVEL SECTIONS** or in the highest selling position of the beverage vending machines.

**ALL VENDING MACHINES ARE REQUIRED TO POST CALORIE INFORMATION** for each beverage, as packaged.

**RECOMMEND PLACING **

**CHOOSE HEALTH LA SIGNAGE** on vending machines to highlight the healthy options.

**RECOMMEND PLACING DIET SODA AND SWEETENED BEVERAGES** with a higher calorie count on the bottom shelf.

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CHOOSE HEALTH LA

is a multi-sectoral initiative to prevent and control chronic disease in the diverse communities of Los Angeles County. Supported by various 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 the risk of heart disease and stroke; preventing type 2 diabetes; and improving nutrition and opportunities for physical activity in the community.

CHOOSE HEALTH LA BEVERAGES VENDING MACHINE POLICY

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.

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