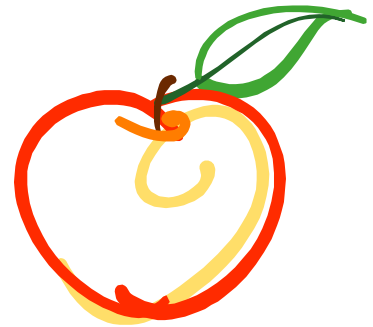


# Healthy Vending Toolkit



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City of Minneapolis | Healthy Food Policy

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Minneapolis **Health Department**

Call **311** or visit online at [www.minneapolismn.gov](http://www.minneapolismn.gov)

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MINNESOTA  
2007 | Statewide Health Improvement Program

## Per item as packaged

- No more than 250 calories
- Does not contain trans fats added during processing
- Per one serving size-
  - No more than 36% calories from fat
  - No more than 10% calories from saturated fat
  - No more than 35% total weight from sugar and caloric sweeteners
  - No more than 360 mg of sodium
- One item in the vending machine must meet FDA definition of “low sodium” (less than 140 mg per serving)
- **Exemptions/exceptions**
  - Nuts and seeds are exempt from the fat restriction due to their high levels of “good” fat.
  - Fruits and vegetables that have not been processed with added sweeteners or fats are exempt from the sugar restriction due to naturally occurring high levels of sugar.



## Examples of products that meet guidelines

Products must have package sizes that meet requirements as specified in Healthy Food Policy. Remember that this is not an exhaustive list, and inclusion on this list does not serve as endorsement by The City of Minneapolis.

### Product category

#### Product brand

- Product name (variety/flavor)

## Chips/snacks

### Frito Lay

- Baked! Ruffles (Original, Cheddar and Sour Cream)
- Baked! Tostitos (Bite size)
- Baked! Doritos (Nacho)
- Baked! Lays (Original, KC Masterpiece, Sour Cream and Onion, Cheddar and Sour Cream)
- Reduced Fat Doritos (Cool Ranch and Nacho cheese)

### Snyder's of Hanover

- Honey wheat sticks
- Sourdough Fat free Nibblers
- Pretzels (Original and Olde Time)
- Honey Mustard and Onion

### Quaker

- Mini Rice Cakes (Banana Nut, Caramel Corn, Honey Nut, Cheddar)

### General Mills

- Chex Mix (Traditional, Bold, Honey Nut Sweet and Salty, Chocolate Caramel)

### Snack Time

- Pretzel Crisps (Original and Garlic)

## Granola bars/cereal bars/energy bars

### Clif

- Clif Bars (Apricot, Banana Nut Bread, Black Cherry Almond, Carrot Cake, Chocolate Almond Fudge, Chocolate Brownie, Chocolate Chip, Chocolate Chip Peanut Crunch, Cookies n' Cream, Cool Mint Chocolate, Cranberry Apple Cherry, Crunchy Peanut Butter, Lemon Poppyseed, Oatmeal Raisin Walnut, Peanut Toffee Buzz)

### Nature Valley

- 100% Natural Granola Bars (Oats n' Honey, Sweet & Salty peanut bar, Sweet & Salty almond bar, Chewy Trail Mix Bar)
- Healthy Heart Chewy Granola Bars (Honey Nut, Oatmeal Raisin)

### Fiber One

- Oats and Peanut Butter,

### Power Bars

- Heart Healthy Power Bars (Peanut Butter Chocolate Chip, Apple Cinnamon Crisp, Chunky Cherry Crunch, Strawberry Crunch)
- Power Bar (Apple Cinnamon, Banana, Oatmeal Raisin, Chocolate)

## Vistar product list *continued*

### Granola bars/cereal bars/energy bars *continued*

#### Quaker

- Chewy Bars- 25% less sugar  
(Chocolate chip, Peanut Butter Chocolate Chunk)
- Chewy Bars-90 calorie (Cinnamon Sugar, Oatmeal Raisin, Baked Apple, Chocolate Chunk)
- Chewy Bars- Low Fat (S'more)
- Breakfast Squares (Apple, Oatmeal Raisin)
- Oatmeal to Go (Cinnamon Sugar, Apples and Cinnamon)

#### Kellogg's

- Nutri-Grain Bars  
(Strawberry, Raspberry, Apple Cinnamon, Blueberry)

#### General Mills

- Cereal Bars (Trix, Cheerios, Rice Krispies)

### Fruit products

#### Del Monte

- Diced Peaches in 100% Juice cup
- Lite Diced Peaches in pull-top can
- Lite Mixed Fruit in pull-top can
- Pineapple Tidbits in 100% Juice
- Tropical Fruit cup
- Mixed Fruit cup

#### Dole

- Fruit Bowls
- Fruit Bowls in gel
- Mandarin Oranges
- Pineapple cup
- Tropical Fruit cup

#### Nabisco

- Fig Newtons (Original and Fat Free)

#### Most brands

- Packaged fresh fruit or vegetables i.e. apples or carrots
- Raisins
- Dried Fruit
- Fruit Leather

#### Brothers All Natural

- Crisps Real (Apple, Banana, Mango, Pineapple, Strawberry, Strawberry Banana)

#### Welch's

- Mixed Dried Fruit

### Cookies/crackers

#### Pepperidge Farm

- Giant Goldfish Grahams
- Goldfish (Pretzel)
- Physedibles

#### Austin

- Zoo Animal Crackers

#### Keebler

- Elfin Crackers
- Elf Grahams (Original, Cinnamon)
- Cheez-it (Reduced Fat)

#### Nabisco

- 100 calorie packs (Cheese Nips, Oreo Thin Crisps, Chips Ahoy, Ritz Chips Original Minis, Wheat Thins Minis)

#### Famous Amos

- Iced Gingersnaps- Reduced Fat

#### Kellogg's

- Scooby Doo! Graham Cracker Sticks (Cinnamon)

#### Honey Maid

- Graham Cracker Sticks

### Miscellaneous

#### Nature's Path

- Organic Toaster Pastries (Strawberry)

#### Sconza Candy Company

- Gummy Bears (Natural flavors, Vitamin C added)

#### Otis Spunkmeyer

- Essentials Muffins (Chocolate chip, Banana, Wild Blueberry, Apple Cinnamon)

#### Kars

- Almonds
- Pistachios
- Raisins
- Cashews
- Peanuts
- Sunflower seeds
- Trail Mix (All Energy, Nut-n-Yogurt, Original)

#### Robert's American Gourmet

- Pirate's Booty Popcorn

#### Jolly Time

- Healthy Pop Minis (Butter flavor, Kettle corn)

# How to determine if a product meets guidelines

**Directions:** Follow these steps to determine if a product is eligible for meeting the healthy guidelines. If a product fails to meet one guideline, the whole product fails to meet guidelines and is thus excluded. So if it is excluded based on one, do not continue to calculate other criteria.

## 1. Maximum of 36% total calories from fat

- $(\text{Calories from Fat} \div \text{Total Calories}) \times 100$
- In this example  $160 \div 180 = 0.89$   
 $0.89 \times 100 = 89\%$

Result: This product is ineligible due to 89% of total calories from fat. If this were a real product, we would stop here but since it's an example, we will continue calculations

Fat Example

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 1.5g	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## 2. 10% total calories from saturated fat

- $(\text{Grams of Saturated Fat} \times 9 \text{ calories/gram}) \div \text{Total Calories} \times 100$
- In this example  $(1.5 \times 9) \div 180 = 13.5 \div 180 = 0.075$   
 $0.075 \times 100 = 7.5\%$

Result: This product meets the criteria for saturated fat with only 7.5%

Saturated Fat Example

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 1.5g	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## 3. 35% sugar by weight

- $(\text{Grams of sugar} \div \text{Total weight in grams}) \times 100$
- In this example  $(1 \div 28) = 0.036$   
 $0.036 \times 100 = 3.6\%$

Result: This product meets the criteria for sugar with only 3.6%

Sugar Example

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 1.5g	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

## 4. Maximum of 360 mg of sodium

- Look at mg of sodium (in orange) and determine if it is less than 360
- In this example 0mg of sodium

Result: This product meets the criteria for sodium with  $0 \text{ mg} < 360$

Sodium Example

Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 1.5g	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

# Vistar product list

Here's a list of products from Vistar that meet guidelines and that could be used to replace current items. For example, you can replace regular chips with baked chips. This is not an exhaustive list but includes product information for many popular healthy products. They are sorted by item type for easy product location.

ITEM TYPE	VISTAR ITEM #	MFGR #	SUPPLIER	ITEM DESCRIPTION
Candy	198	PIM00198	Promotion in Motion	Welch Fruit Snacks Reduced Sugar 1.5 oz.
	10500	SCO10501	Sconza Candy	Gummy Bears 4 oz
	10440	SCO10440	Sconza Candy	"Gummy Bears, Natural Flavors 1 oz"
	10495	SCO10495	Sconza Candy	"Gummy Bears, Vitamin C Added"
Cereal	24780	KEL24780	Kellogg's/Keebler	Rice Krispies Bowl Pack Cereal .625 oz.
	1096	KEL01096	Kellogg's/Keebler	Corn Flakes Bowl Pack Cereal .75 oz.
	26398	QUA26398	Frito Lay	Quaker IQO EXPRESS GOLDEN BROWN SUGAR (1
	26585	QUA26585	Frito Lay	Quaker LIFE PORTION PAK
	9003	QUA09003	Frito Lay	Quaker LIFE PORTION PAK
Cookies/ Bakery Snacks	26587	QUA26587	Frito Lay	Quaker IQO EXPRESS CINNAMON ROLL (1.9 oz
	44117	QUA44117	Frito Lay	Quaker BREAKFAST COOKIE - OATMEAL RAISIN
	43948	QUA43948	Frito Lay	Quaker BREAKFAST COOKIE CHIP
	48060110	FLO48060110	Mrs Freshley's	Cupcake Iced Chocolate 1.3 oz
	48060120	FLO48060120	Mrs Freshley's	Blueberry Muffin 1.3 oz
	3720	OTI03720	Otis Spunkmeyer	Essentials Chocolate Chocolate Chip Muff
	3605	OTI03605	Otis Spunkmeyer	Essentials Banana Muffin 3.6 oz
	3600	OTI03600	Otis Spunkmeyer	Essentials Wild Blueberry Muffin 3.6 oz
	3745	OTI03745	Otis Spunkmeyer	Essentials Apple Cinnamon Muffin 1.8 oz
	3705	OTI03705	Otis Spunkmeyer	Essentials Banana Muffin 1.8 oz
	3700	OTI03700	Otis Spunkmeyer	Essentials Wild Blueberry Muffin 1.8 oz
	3720	OTI03720	Otis Spunkmeyer	Essentials Chocolate Chocolate Chip Muff
	31100	OTI31100	Otis Spunkmeyer	Low Fat Wild Blueberry Muffin 4 oz
	759	NFG00759	Kraft/Nabisco	100 Calorie Pack Chips Ahy Thin Crisp .8
	40	NFG00040	Kraft/Nabisco	100 Calorie Pack Oreo Thin Crisps .81 oz
	1596	KEL01596	Kellogg's/Keebler	Elfins Crackers 2.125 oz.
	938	NFG00938	Kraft/Nabisco	100 Calorie Pack Wheat Thins Mini .77 oz
Crackers			Kraft/Nabisco	100 Calorie Pack Cheese Nip Crisp .74 oz
	937	NFG00937	Kraft/Nabisco	100 Calorie Pack Honey Maid Cinn Crisp .
	1240	GEM1240	General Mills	"Nature Valley Oats & Honey Bar, 1.5 oz"
Food Bars	12226	KEE12226	Kellogg's/Keebler	NutriGrain Bar Blueberry 1.3 oz
	26547	KEL26547	Kellogg's/Keebler	NutriGrain Bar Strawberry 1.3 oz.
	35942	KEL35942	Kellogg's/Keebler	Nutrigrain Bar Raspberry 1.3 oz.
	196	KEL00196	Kellogg's/Keebler	NutriGrain Bar Apple 1.3 oz.
	36308	FRI36308	Frito Lay	Quaker CGB LF CHOC CHUNK - 90 CALORIE (.
	5508	QUA05508	Frito Lay	Quaker Reduced sugar CGB- Peanut Butter
	5509	QUA05509	Frito Lay	Quaker FRUIT CRISP BARS APPLE CRISP (1.3
	6630	QUA06630	Frito Lay	Quaker IQO EXPRESS BAKED APPLE (1.9 oz.)
	27325	QUA27325	Frito Lay	Quaker OATMEAL TO GO BROWN SUGAR CINNAMO
	43947	QUA43947	Frito Lay	Quaker OATMEAL TO GO APPLES AND CINNAMON
	5575	QUA05575	Frito Lay	Quaker CGB PEANUT BUTTER CHOC. CHIP (.84
	5576	QUA05576	Frito Lay	Quaker CGB NESTLES BUTTERFINGER (.84 oz.
	5566	QUA05566	Frito Lay	Quaker CRUNCHY GRANOLA BARS-OATS AND HON
	9002	QUA09002	Frito Lay	Quaker CRUNCHY GRANOLA BARS- TOFFEE NUT
	Fruit Snacks	35942	KEL35942	Kellogg's/Keebler
3053		DOL03053	Dole	Peaches in Strawberry Gel 4.3 oz.
72975		DOL72975	Dole	Peach Slices 8 oz. can
3048		DOL03048	Dole	Tropical Fruit Salad in Juice 4 oz.
39088		DOL39088	Dole	Tropical Fruit Salad 8 oz. can
79088011		DOL79088011	Dole	Tropical Fruit in Juice 7 oz.
30505		DOL30505	Dole	Pineapple Snack Wedges 8 oz. can
79166		DOL71966	Dole	Peach Slices in Light Syrup 7 oz.
3054		DOL03054	Dole	Mandarins in Orange Gel 4.3 oz.
74206011		DOL74206011	Dole	Mandarins in Light Syrup 7 oz.
3073		DOL03073	Dole	Diced Peaches in Light Syrup 4 oz.
8976		KAR8976	Kar Nut	Raisins 1 oz.

ITEM TYPE	VISTAR ITEM #	MFGR #	SUPPLIER	ITEM DESCRIPTION
Meat Snacks	WPD58060	WELWPD58060	Sara Lee	Beef Jerky Teriyaki 1 oz.
	39440	FRI39440	Frito Lay	Oberto Beef Jerky Natural Style Hickory
	31767	FRI31767	Frito Lay	Oberto Beef Jerky Natural Style Terriyak
	7054	JLB07054	Jack Link's	Peppered Beef Jerky 1 oz.
	7024	JLB07024	Jack Link's	Original Beef Jerky .8 oz.
	7040	JLB07040	Jack Link's	Teriyaki Beef Jerky .8 oz.
	14751	JIM14751	Sara Lee	Beef Jerky Teriyaki 1 oz.
	47388	JLB47388	Jack Link's	Chicken Fajita Tender Cuts 1 oz.
	47387	JLB47387	Jack Link's	KC Masterpiece Pork Tender Cuts 1 oz.
	2004	JLB02004	Jack Link's	Original Beef Steak 1 oz.
	1073	JLB01073	Jack Link's	Teriyaki Beef Steak 1 oz.
	7054	JLB07054	Jack Link's	Peppered Beef Jerky 1 oz.
	7024	JLB07024	Jack Link's	Original Beef Jerky .8 oz.
	7040	JLB07040	Jack Link's	Teriyaki Beef Jerky .8 oz.
	47383	JLB47383	Jack Link's	Teriyaki Beef Steak Nuggets 1 oz.
	47345	JLB47345	Jack Link's	Maple & Brown Sugar Tender Cuts 1 oz.
	Nut Snacks	8952	KAR08952	Kar Nut
8971		KAR8971	Kar Nut	"Almonds, Salted 1 oz"
8980		KAR980	Kar Nut	"Cashews, Salted 1 oz"
8977		KAR8977	Kar Nut	"Cashews, Salted 1.5 oz"
8954		KAR8954	Kar Nut	Nut-n-Yogurt Trail Mix 2 oz
8963		KAR8963	Kar Nut	Original Blend Trail Mix 1.5 oz
8950		KAR08950	Kar Nut	Original Blend Trail Mix 2 oz
8986		KAR986	Kar Nut	"Peanuts, Honey Roasted 1.75 oz"
8978		KAR8978	Kar Nut	"Peanuts, Salted 1 oz"
8994		KAR994	Kar Nut	"Peanuts, Salted 1.5 oz"
8988		KAR988	Kar Nut	"Peanuts, Salted 2 oz"
8943		KAR9431	Kar Nut	"Peanuts, Salted In-Shell 2.5 oz"
Salty Snacks		1425	GEM1425	General Mills
	12408	GEM12408	General Mills	Chex Mix Cheddar 1.75 oz.
	1240	GEM1240	General Mills	Chex Mix Traditional 1.75 oz.
	1473	GEM1473	General Mills	Chex Mix Brand Snack Traditional 2.5 oz
	15771	GEM15771	General Mills	Chex Mix Jalapeno Cheddar Natural&Artifi
	28634	GEM28634	General Mills	Chex Mix Bar Turtle 1.2 oz
	38223	FRI38223	Frito Lay	Baked Lay's Potato Chips Cheddar and Sou
	16600	GEM16600	General Mills	Gardetto's Chipotle Cheddar Snack Mix 1.
	19927	KEE19927	Keebler/Sunshine	Cheez-It Snack Reduced Fat 1.5 oz
	29663	FAR80745ARN	Frito Lay	Quaker Snack Mix Kids Mix (.875 oz.)
	43353	QUA43353	Snyder's of Hanover	Hards Pretzels 1.65 oz.
	2213	SNY02213	Snyder's of Hanover	Pretzel Sticks 1.5 oz.
	2219	SNY02219	Snyder's of Hanover	Olde Tyme Pretzel 1.58 oz.
	2218	SNY02218	Snyder's of Hanover	Nibblers Pretzel 2.25 oz.
	2210	SNY02518	Snyder's of Hanover	Honey Mustard & Onion Nibbler 1.5 oz.
	2737	SNY02737	Snyder's of Hanover	Fat Free Mini Pretzel 2.25 oz.
	2112	SNY02112	Snyder's of Hanover	Mini Pretzel 1.5 oz.
	2217	SNY02217	Welch's	Mixed Fruit Dried 1.5 oz.
	20002	FRI20002	Frito Lay	Baked Doritos Nacho Cheese (.75 oz.)
	38223	FRI38223	Frito Lay	Baked Lay's Potato Chips Cheddar and Sou
	32078	FRI32078	Frito Lay	Baked Lay's Potato Crisps BBQ (.875 oz.
	44395	FRI44395	Frito Lay	Baked Lay's Potato Crisps BBQ (1.125 oz
	44397	FRI44397	Frito Lay	Baked Lay's Potato Crisps Cheddar & Sour
	33625	FRI33625	Frito Lay	Baked Lay's Potato Crisps Regular (.875
	44396	FRI44396	Frito Lay	Baked Lay's Potato Crisps Regular (1.12
	33627	FRI33627	Frito Lay	Baked Lay's Potato Crisps Sour Cream & O
	44398	FRI44398	Frito Lay	Baked Lay's Potato Crisps Sour Cream & O
	44400	FRI44400	Frito Lay	Baked Ruffles Ridged Potato Crisps Chedd
	90781	JOL90781	Jolly Time	"Healthy Pop Butter Popcorn, 3 oz"

# Compliance Tracking Sheet



Date of check \_\_\_\_\_

Machine location \_\_\_\_\_

Person performing check \_\_\_\_\_

Number of columns \_\_\_\_\_ X # of rows \_\_\_\_\_ = # of items \_\_\_\_\_

Using the vending machine diagram below, please indicate whether the corresponding product complies with healthy snack guidelines by using the following codes: **H= Healthy product** or **N= Not healthy product**. If you have questions about whether the product is healthy or not, please write down the brand and type of product so that nutrition information can be collected.

Whenever possible, please take a picture of machine front and email to [health@minneapolismn.gov](mailto:health@minneapolismn.gov).