

# Palm Beach County Health Department Vending Protocols for a Healthier Community



## Nutrition Evaluation Committee:

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## In Collaboration with:

Community Health Division  
Volunteer Services  
Community Health Planning and Partnerships  
Health Promotion and Education  
WIC Program

## **Vending for a Healthier Community**

The committee evaluated vending products and has recommended protocols that ensure that a variety of vending options are available but limit excess calories, sugar, fat and avoid any possible adverse health reactions.

The primary care nutritionists evaluated the nutrient content of a wide array of snacks and beverages. They evaluated the items carried at each PBCHD site and other typical vending items.

In the process of establishing our standards, nutrition protocols from leading authorities were reviewed. These nutrition standards were taken into consideration and helped shape our criteria. The committee reviewed findings from:

- USDA Food Guide Pyramid
- Alliance for a Healthier Generation
- National Academies Nutrition Standards for Foods in School
- School Wellness Policies
- American Heart Association
- Company product label initiatives

The overarching standard we used to measure each product was the Food Guide Pyramid recommendation on discretionary calories. Each person has an allowance for some discretionary calories. Within a healthy diet, there are 100 – 300 calories that can be utilized for “extras.” This was one of the major guidelines used to assess products.

A standardized vending policy will ensure that a variety of foods and beverages are available within the established nutrition parameters.

**Vending Target  
100 – 300 Discretionary**

## **Palm Beach County Health Department**

### **Recommended snack protocols:**

**Trail mix, fruit, nuts, seeds, and granola bars**  
2 oz. or less per package, 1 gram or less trans fat

#### **Candy**

2 oz. or less per package, 1 gram or less trans fat

**Cookies, baked goods, and crackers with filling**  
2 oz. or less per package, 1 gram or less trans fat

**Chips, crackers, pretzels, and popcorn**  
1.5 oz. or less per package, 1 gram or less trans fat

#### **Microwave popcorn**

Light only, 1 gram or less trans fat

### **Recommended beverage protocols:**

#### **Soda**

Up to 12 oz., regular or diet; no glass bottles

#### **Tea**

Up to 12 oz., regular or diet; no glass bottles

#### **Coffee Beverages**

Up to 12 oz., limit caffeine to 60 mg. /12 oz. (5 mg. caffeine / oz.); no glass bottles

#### **Fruit or Vegetable Juice**

50% - 100% pure juice, plain or fortified; smaller containers preferred;  
no glass bottles

#### **Water**

Plain water any size; no glass bottles

#### **Flavored water**

Up to 20 oz., sugar free or mid-calorie (66 cal. / 8 oz. or less); no glass bottles

#### **Milk**

1% low fat or nonfat; stock small, 8 – 14 oz. containers if possible; no glass bottles

#### **Flavored milk**

1% low fat or nonfat; stock small, 8 – 14 oz. containers if possible; no glass bottles

#### **Enhanced/Enriched water, Sports/Energy drinks, Hybrid drinks, and Punch**

Not acceptable