

Higher Nutritional Value Choices
For
Vending Machines,
Celebrations
& Snacks

Revised: July 25, 2018

Higher Nutritional Value Choices for Vending Machines, Celebrations & Snacks

This document is a revision to the “ASD Vending Machines August 2017” document. It has been modified to be consistent with the Policy 711 revisions released in 2018. It is based on the Higher Nutritional Value Items specified in Appendix B: A La Carte Items and Lower Nutritional Value Items defined in Appendix A: Food and Beverage Requirements.

This document does not apply to foods and beverages that students bring from home.

This document applies to all products served, sold or otherwise offered separately from a complete lunch meal. Examples include foods and beverages available in vending machines, at celebrations and for snacks. It **does not** reflect the same criteria used for complete lunch meals. Some items that are not suitable to be offered separately from a meal may meet the criteria for being included as part of a complete lunch meal (refer to the Policy 711 document and Appendix A).

Specific product names are only available for items for which labels were submitted for evaluation in the past. If you are aware of products that are not on this list and are unable to use the tool to determine whether they fit, please contact your District.

Allergy Alert: Nut allergies must be taken into consideration as some of these items contain nuts or are products that have come into contact with nuts.

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Beverages

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Water
- Milk
- Fortified soy beverage (unsweetened)

Specific Examples:

- Aquafina bottled pure water
- Milk to Go, 1% white

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Beverages with added sugar
- Beverages with non-sugar sweeteners
- Beverages containing caffeine
- Flavoured Milk (chocolate)
- Flavoured fortified soy or other plant-based beverage
- Fruit juice
- Vitamin water
- Sports drinks
- Energy drinks
- Energy shots
- Soft drinks (carbonated soda)

Specific Examples:

- Aquafina flavoured water
- Brisk Iced Tea
- Five Alive
- Fruitopia
- Gatorade
- Propel
- Tropicana Twister
- V8 Splash
- V8 Splash Tropical Blend
- Vitamin Water
- Dole strawberry kiwi 100% juice
- Heinz 25% less sodium tomato juice
- Heinz regular tomato juice
- Minute Maid berry blend 100% juice tetra boxes
- V8 Fusion
- V8 low sodium vegetable juice
- V8 V-Plus high fibre low sodium vegetable juice

Candy, Bars, Chips and Other Processed Snacks

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- 100% Fruit leather bars
- 100% dried fruit
- Air popped popcorn
- Freshly made whole grain granola bars
- Granola bars that fit the criteria in the table below*
- Muffins that fit the criteria in the table below*

Specific Examples:

- Amaizin Raisins
- Craisins, 100 calorie bags
- Sun-Rype Fruit to Go
- Sun-Rype Fruit to Go Squiggles
- Sun-Rype Fruit & Vegetable bars
- Sun-Rype Fun Bites

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Candy
- Chips
- High sugar syrups and toppings
- Dessert topping
- Deep fried products of any kind
- Chocolate bars (bars or candy)
- Coated granola bars
- Confectionary
- Grain Products that do not fit the criteria in the table below*

Specific Examples:

- Berries candies
- Blasters
- Gob Stopper
- Lifesavers Gummies
- Jolly Ranchers
- Nibs
- Trident Splash
- Dare "Real Fruit" chews
- Flat Earth Vegetable Crisps
- Fruit Gushers
- Fruit Roll Ups
- Sharkies Organic Energy Fruit Chews
- Sunkist Fruit First Chews
- Welch's Fruit Snacks Baked Doritos
- Baked Lays Original
- Baked Tostitos Tortilla Chips
- Christie Crunchers
- Uncle George's Baked Pita Chips
- Snapea Crisps

Candy, Bars, Chips and Other Processed Snacks Continued

Higher Nutritional Value

See above and table below

Lower Nutritional Value

Specific Examples

- Continued:
- 100 calorie Doritos
 - 100 calorie Sunchips
 - Baked Cheetos
 - Baked Ruffles, cheddar & sour cream
 - Bites & Bits
 - Christie's less sodium Bits and Bites
 - Crispers
 - Crispy Minis
 - Flat Earth Vegetable Crisps
 - Harvest Cheddar Sunchips
 - Humpty Dumpty Cheesies
 - Multigrain Sunchips
 - Reese's Pieces
 - Runtz
 - Skittles
 - Munchies snack mix
 - Reduced fat Munchies
 - Ritz Chips
 - Rold Gold Pretzels
 - Skinny Sticks vegetable chips Sunchips
 - Tostitos (regular and multigrain)
 - Tostitos Spicy Quesadilla chips
 - Aero Crisp
 - Aeromilk
 - Berries Candies
 - Blasters
 - Coffee Crisp
 - Crispy Crunch
 - Kit Kat
 - M & M's
 - Reese's Peanut Butter Cups
 - Smarties
 - Snickers

*Check nutrient criteria to determine if the following products can be sold in vending machines	
<ul style="list-style-type: none"> • 2 cups (500 mL) popped corn • 35 g muffin • 30-38 g granola bar • 2 medium rice cakes • 30 g crackers 	First ingredient must be a whole grain
	Saturated fat ≤ 2 g
	Sodium ≤ 250 mg
	Sugar ≤ 9 g

Vegetables & Fruit

Also see Beverages section

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Fresh vegetables
- Cut-up raw vegetables
- Garden salad
- Fresh fruit: whole or pre-cut
- Canned fruit (packed in juice or light syrup)
- Apple sauce with no added sugar
- Other 100% fruit with no added sugar

Specific Examples:

- Amaizin Raisins
- Craisins, 100 calorie bags
- Sun-Rype Fruit to Go
- Sun-Rype Fruit to Go Squiggles
- Sun-Rype Fruit & Vegetable bars
- Sun-Rype Fun Bites

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Chips
- Sweetened gelatin/jellied desserts
- Fruit cups in gelatin
- Fruit canned in heavy syrup
- Prepared pie fillings
- Processed fruit snacks (fruit leather with added sugar; gummies; etc.)
- Non-sugar sweeteners added

Specific Examples:

- Berries Candies
- Dare "Real Fruit" chews
- Flat Earth Vegetable Crisps
- Fruit Gushers
- Fruit Roll Ups
- Sharkies Organic Energy Fruit Chews
- Sunkist Fruit First Chews
- Welch's Fruit Snacks

Grain Products

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Freshly made whole grain muffins and loaf breads
- Freshly made granola and granola bars
- Whole grain bread
- Whole grain pita/mini pitas
- Whole grain tortilla
- Whole grain bannock
- Whole grain naan
- Whole grain English muffins
- Whole grain buns
- Other products fitting the criteria in the table below*

Specific Examples:

Product labels required for evaluation (see table below)

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Pastries, croissants, pies
- Instant noodles/pasta
- Pre-seasoned rice
- Canned pastas
- Canned rice
- Doughnuts
- Coated granola bars
- Grains with non-sugar sweeteners added
- Pre-packaged, processed grain products that do not fit the criteria in the table below*

Specific Examples:

- Goldfish Baked Snack Crackers
- Original Ritz Crackers
- Pringles Baked Wheat Stix
- Ritz Bits Sandwich S'mores
- Ritz crackers
- Sour Cream & Chives crackers

*Check nutrient criteria to determine if the following products can be sold in vending machines

<ul style="list-style-type: none"> • 2 cups (500 mL) popped corn • 35 g muffin • 30-38 g granola bar • 2 medium rice cakes • 30 g crackers 	First ingredient must be a whole grain
	Saturated fat ≤ 2 g
	Sodium ≤ 250 mg
	Sugar ≤ 9 g

Milk & Alternatives

Also see Beverages section

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Hard cheeses
- Plain yogurt
- Freshly made yogurt parfait
- Yogurt dips for fruit that fit the criteria in the table below*

Specific Examples:

Product labels required for evaluation (see table below)

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Ice cream
- Frozen yogurt
- Pudding
- Processed cheese slices and spreads
- Milk products with non-sugar sweeteners added
- Flavoured yogurts that do not fit the criteria in the table below*

Specific Examples:

- Cheese Whiz (regular and light)
- Philadelphia regular cream cheese
- Philadelphia light cream cheese

*Check nutrient criteria to determine if the following products can be sold in vending machines

- ¾ cup (175 mg) flavoured yogurt

Saturated fat ≤ 3 g

Sodium ≤ 180 mg

Sugar ≤ 20 g

Meat & Alternatives

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Hummus
- Egg
- If allowed: Nuts and seeds (no sugar or salt added)

Specific Examples:

Product labels required for evaluation

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Any items not on the Higher Nutritional Value list
- Entrées that are not sold in combination with a complete meal (e.g. sandwiches, burgers, wraps, etc.)
- Nuts and seeds with added sugar or salt

Specific Examples:

Product labels required for evaluation