

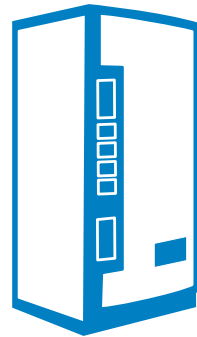
Healthy Choices for Vending Machines

Making the case for healthy choices in vending machines

Students like the opportunity to buy foods at school, and vending machines give students easy access to foods and beverages as an addition to their lunch. However, too often the choices available in school have little or no nutritional value, such as potato chips, candy, soft drinks and chocolate bars. Selling foods and beverages with Minimum Nutritional Value in school vending machines does not support the healthy eating lessons students learn in the classroom. This sends a contradictory message to students that the school does not practise what it teaches, and it does not offer an opportunity for students to apply what they have learned.

Creating healthy vending machines may involve more than replacing foods that do not meet the nutrition standards set out in Policy/Program Memorandum (PPM) No.135¹ issued by the Ontario Ministry of Education. It may involve looking at refrigerated snack vending machines so that the school can offer more options such as sandwiches, yogurt, salads and fresh fruit. In some cases, it may be necessary for a school to remove the vending machines and consider other ways to provide healthy foods that will make money for the school.

¹ Ontario Ministry of Education. Policy/Program Memorandum (PPM) No.135. 2004. Healthy Foods and Beverages in Elementary School Vending Machines. www.edu.gov.on.ca/extra/eng/ppm/135.html.



**Nutrition Tools
for Schools**

What is a healthy vending machine?

In October 2004, the Ontario Ministry of Education issued Policy/Program Memorandum (PPM) No.135¹, which regulates foods and beverages sold in elementary school vending machines. A healthy vending machine sells only foods and beverages that are in compliance with PPM No.135.

Benefits of healthy vending machines

Healthy vending machines:

- Encourage and support healthy eating habits
- Reinforces the classroom healthy eating education
- Increase the variety of food and beverages available
- Make money for the school
- Link to the 'whole school approach' to creating a Healthy School Nutrition Environment
- Show parents and the local community that the school takes the health of its students seriously

What are healthy choices for vending machines?

As outlined in the Ontario Ministry of Education's Policy/Program Memorandum (PPM) No.135 regarding healthy foods and beverages in elementary school vending machines, healthy choices may include:

Food and beverage group	Criteria for selection	Recommended foods, beverages and serving sizes	Comments
Grain Products <i>Choose whole grain and enriched products more often</i>	<ul style="list-style-type: none"> • Low in saturated fat • Source of fibre • Source of B vitamins and iron • Fat limit of 5 g 	<ul style="list-style-type: none"> • Grain-based bars: 30 to 40 g • Muffins: 55 g • Snack breads: 55 g • Cookies: 30 g • Crackers: 20 g 	<ul style="list-style-type: none"> • Foods high in saturated and trans fat increase the risk of coronary artery disease
Vegetables and Fruit <i>Choose dark green and orange vegetables and fruit more often</i>	<ul style="list-style-type: none"> • Good source of vitamin C and/or vitamin A and/or folacin and/or fibre 	<ul style="list-style-type: none"> • Fresh, whole fruit: 1 piece • Canned fruit or 100% fruit sauces: 125 mL • Fresh vegetables: 125 g (with a low-fat dip) • 100% dried fruit: 40 g • 100% fruit juice • Vegetable juice • 125 to 250 mL for all 	<ul style="list-style-type: none"> • Vegetables and fruit provide needed nutrients • If dried fruit is eaten as a snack, brushing of teeth should be encouraged. It is recommended that dried fruit be eaten as part of a meal • Beverage serving size should be limited to 250 mL, which is equal to 2 servings of vegetables or fruit; or 125 mL, which is equal to 1 serving
Milk and Milk Products <i>Choose lower-fat milk products more often</i>	<ul style="list-style-type: none"> • Lower-fat or non-fat (<i>yogurt and milk: 2% MF or less; cheese: 20% MF or less</i>) • Foods: source or good source of calcium • Beverages: good or excellent source of calcium and excellent source of vitamin D 	<ul style="list-style-type: none"> • Yogurt: 175 mL • Cheese: 30 to 50 g • Milk puddings: 125 mL • Milk or flavoured milk • Yogurt-based drinks • Fortified soy beverages • 250 mL for all 	<ul style="list-style-type: none"> • Beverage serving sizes should be equal to 250 mL, consistent with <i>Canada's Food Guide</i> • There is an increased need for calcium prior to puberty: 3 to 4 servings per day
Meat and Alternatives <i>Choose leaner meats, poultry, and fish, as well as dried peas, beans and lentils more often</i>	<ul style="list-style-type: none"> • Sodium: 480 mg or less • Source of B vitamins • Source of iron 	<ul style="list-style-type: none"> • Ready-to-eat legumes (plain, uncoated): 30 g 	<ul style="list-style-type: none"> • It is strongly recommended that foods containing peanuts or other nuts not be made available in schools, since some students may have life-threatening allergies to nuts
Other Foods	<ul style="list-style-type: none"> • Low in fat and saturated fat • Sodium: 480 mg or less • Source of at least one vitamin or mineral 	<ul style="list-style-type: none"> • Pretzels: 50 g • Plain popcorn: 50 g • Baked chips: 50 g • Water 	<ul style="list-style-type: none"> • Plain water is a healthy beverage choice, and is the preferred fluid for proper hydration

For more information visit www.edu.gov.on.ca/extra/eng/ppm/135.html

Does your school have a Healthy School Nutrition Environment?

A Healthy School Nutrition Environment exists when a school promotes healthy eating through words *and* actions. Students get the same message about food, nutrition and healthy eating wherever food is served – in the classroom, in the school and at home. The following nine Essential Elements¹ are recommended for a school to have a healthy nutrition environment.

Whole School Approach	Essential Elements
In the School	<p>Does your school offer healthy, reasonably priced and culturally-appropriate food choices? For example does your school have:</p> <ul style="list-style-type: none"> • healthy fundraising? • a school milk program? • a healthy tuck shop? • healthy 'special food' days? • non-food rewards in the classroom? • healthy classroom celebrations? • healthy refreshments at school meetings and events?
	Do parents, teachers and volunteers role model healthy eating and body image behaviours at school?
	Does your school have a Student Nutrition Program (eg, breakfast, snack and lunch)?
	Does your school practice safe food practices and have an allergy-safe environment?
	Are nutrition breaks at school appropriately scheduled?
	Does your school have a food and nutrition policy?
	In the Classroom
Do teachers have up-to-date nutrition resources to support the healthy eating expectations in the curriculum?	
In Homes and In the Community	Does your school provide student, parent and community education about healthy eating?

¹ Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup. 2004 *Call to Action: Creating a Healthy School Nutrition Environment*.

Need more information?

Public health offers *Nutrition Tools for Schools* - a toolkit for elementary schools. Whether you're a teacher, parent, school administrator or volunteer, this toolkit will lead you through a step-by-step process to creating a healthy nutrition environment in your school. *Nutrition Tools for Schools* contains a variety of resources and tools to implement the nine Essential Elements listed above. For more information about this toolkit, please contact your public health unit/department.

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