

### Items to Avoid

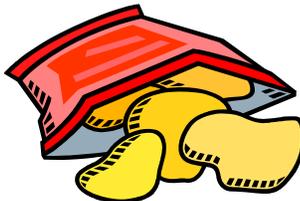
- Candy and candy bars
- Fruit juice flavored drinks
- Fruit cups with heavy syrup
- Soda pop



### Items to Carefully Evaluate Before Selling

Carefully check Nutrition Facts labels of the following items to determine if they comply with the Kansas School Wellness Policy Model Guidelines. Go to the Child Nutrition & Wellness website ([www.kn-eat.org](http://www.kn-eat.org)) for further information and tools to assist you.

- Cakes
- Chips
- Chocolate-covered pretzels
- Cookies
- Danish-type pastries and doughnuts
- Fruit leathers
- Ice cream
- Pies
- Pudding
- Snack mixes



### Summing It Up

This pamphlet provides suggestions for selecting vended items that are nutritious and appeal to students.

To encourage students to eat nutritious school breakfasts and lunches, KSDE recommends that vended items are not sold from one hour before until one hour after the breakfast and lunch serving periods.



This brochure was adapted from guidance developed by the South Dakota Department of Education as part of a project funded by the U.S. Department of Agriculture. USDA is an equal opportunity provider and employer.

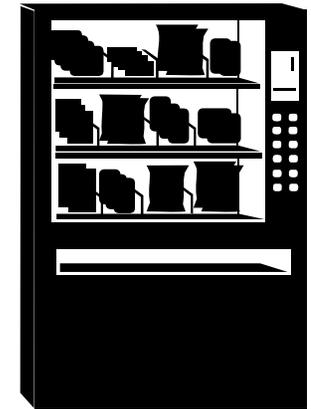
### CREATING HEALTHIER KANSAS SCHOOLS

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## CREATING HEALTHIER KANSAS SCHOOLS

# Healthful Food & Beverage Vending



### Child Nutrition & Wellness



# HEALTHFUL FOOD & BEVERAGE VENDING

## Why Control Vended Foods and Beverages?

Students' lifelong eating habits are strongly influenced by the types of foods and beverages available to them. When foods of minimal nutritional value are offered in vending machines, students are encouraged to form poor eating habits.

Foods with good nutritional value include fruits, vegetables, low-fat dairy foods, low-fat grain products, nuts and seeds. These types of foods should be available wherever and whenever food is sold or offered during the normal school day. By offering healthful foods and beverages in vending machines, schools encourage students to develop healthful eating habits.



## Healthful Vended Foods & Beverages

Following is a list of options for healthful vending machine foods and beverages. It is by no means a complete list.



Over the last few years, many new and innovative vended products have been developed. Among these are individual servings of ready-to-eat fruits and vegetables.

## Best Choices

- Beef jerky
- Dried fruit (raisins, cranberries, apricots, etc.)
- Dry roasted peanuts, tree nuts and soy nuts
- Fresh fruit (orange slices, apple slices, bananas, grapes, etc.)
- Fresh vegetables (carrot sticks, celery sticks, veggie combos, etc.)
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Fruit juice (100% juice)
- Granola bars
- Nuts and seeds (plain or with spices)
- Rice cakes



- Salads with low-fat or fat-free dressings
- Skim (nonfat) or 1% milk
- Soy milk and other soy products
- String cheese, cheese sticks or cubes
- Trail mix (plain)
- Vegetable juice (100% juice)
- Water (plain)
- Whole-grain fruit bars
- Yogurt (low-fat, no sugar added)

## Good Choices

- Animal crackers
- Corn nuts
- Deli sandwiches (whole grain bread)
- Graham crackers
- Ice milk
- Individually packaged fruit (in natural or light juices only)
- Nuts (light sugar covering or honey-roasted)
- Pita bread
- Popcorn (low-fat without trans fats)
- Peanut butter and crackers
- Pretzels
- Pudding (low-fat)
- Ready-to-eat cereal (low sugar, whole grain)
- Soup or stew (low sodium)
- Veggie burgers
- Whole grain bagels
- Whole grain breads

