



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

Healthy Vending Snacks & Drinks

By offering healthy foods and beverages in vending locations, schools encourage healthy eating habits among students. Foods of good nutritional content (with little added sugar and/or fat), including fruits, vegetables, low-fat dairy foods, and low-fat/whole grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day. When foods of minimal nutritional value are offered, students quickly form poor eating habits.

For more information

Child and Adult Nutrition Services
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/oess/cans/



Healthy vending choices

- Granola bars*
- Fruit bars*
- Tree nuts, peanuts, seeds (plain, dry roasted or with spices)
- Trail mix (with fruit, seeds, cereal, etc.)
- Fresh fruit (orange slices, apple slices, bananas, etc.)
- Dried fruit (raisins, cranberries, apricots, etc.)
- Fresh vegetables (carrot sticks, celery sticks, etc.)
- Yogurt*
- String cheese*
- Rice cakes*
- Frozen natural fruit juice bars
- Fruit & vegetable juice (100% juice)
- Peanut butter & crackers
- Skim or 1% milk
- Soy milk and other soy products
- Water
- Fruit cups with fruit juice
- Whole grain crackers
- Whole grain bagels & bread
- Individually packaged fruit
- Fruit leather
- Animal Crackers*
- Pretzels*
- Ready-to-eat cereal*
- Graham crackers*

* whole grain, low-fat, low sugar

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