
I. BACKGROUND

In 2014, the University of California launched the Global Food Initiative (GFI). GFI leverages expertise across UC locations to improve food-related issues by developing sustainable and impactful solutions at UC, throughout California, the United States, and the world. The UC Healthy Vending Working Group was established as a GFI project to identify best practices for healthy vending programs, develop guidelines for eventual systemwide policy adoption and establish a plan for implementation across all UC locations. These systemwide guidelines and associated procedures are intended to provide **minimum** requirements for healthier food and beverage choices in all vending machines located on all UC locations. Each UC location is encouraged to go above and beyond these requirements. Several UC campuses have already begun to implement healthy changes to dining and food services.

The standards in these guidelines were established by the Vending Working Group to:

1. Ensure that food and beverages are available that help our UC community meet the current Dietary Guidelines for Americans.
2. Expand access to healthier food choices.
3. Support the health and well-being of all members within the UC system and serve as a model for other colleges, universities, and institutions across the country and beyond.

II. DEFINITIONS

Added sweeteners: additives that enhance the sweetness of a food or beverage, including added sugar or sugar substitutes. This does not include naturally occurring sugar in fruit, fruit juice and dairy foods.

Caloric sweeteners: substances that provide calories to the diet, such as sucrose (table sugar), lactose, fructose, glucose, honey, molasses, agave, maple syrup, corn syrup, high fructose corn syrup (HFCS), evaporated cane juice, and fruit juice concentrates.

Entrée: the primary food in a meal which contains two or more of the following groups: meat or meat alternatives, grains or bread, vegetables, or fruit. Examples include sandwiches, burritos, pasta, and pizza.

Food: all snacks, entrées, and meals sold in vending machines.

Meal: a complete offering intended for breakfast, lunch, or dinner that includes an entrée with additional components packaged together. A packaged meal typically consists of the main entree, and one or two sides, such as a vegetable or fruit and a snack or dessert.

Non caloric sweeteners: additives that do not provide more than five calories per 12 fluid ounces or other labelled serving. Examples are stevia, aspartame, sucralose, neotame, acesulfame potassium (Ace-K), saccharin, and advantame.

UC locations: any location owned or leased by UC

Vending machine: a machine that dispenses food or beverage items when coins or some other form of payment is inserted.

III. SUMMARY

These guidelines apply to each beverage and food vending machine at UC locations operated by the University and/or external vendors under agreements with the University. Each UC location shall develop specific procedures to implement these guidelines within the given implementation timeline. It is recommended that UC locations work with their suppliers to ensure that vending machines on university owned or leased property are stocked with beverages and food that meet the standards below. Seventy percent of beverages in each machine and 50% of food in each machine should meet the standards once implementation is complete. In addition, locations should have a system in place to ensure that the guidelines are being followed. This could include spot checks of vending machines or formal scheduled audits. It is recommended that healthy items are placed at eye level and have signage to promote them, such as a special sticker. For UC locations with existing contracts that are not yet up for renewal, these locations should work with current suppliers to meet these guidelines as much as possible. When the opportunity for contract renewal arises, they can then ensure that the guidelines are included in the next vending contract. More information on best practices for marketing and tracking the success of your healthy vending program is included in the UC Healthy Vending Best Practices Toolkit.

General standards

1. Healthier food items (snacks, entrées, and the entrée in a packaged meal) must have a fruit, vegetable, low-fat dairy, protein (including nuts and seeds), or whole grain as its first ingredient.
2. Caloric beverages which do not follow the healthier beverage criteria below (Section 3.1) must not exceed 20 fluid ounces in size.
3. Beverages with added caffeine (i.e., not naturally occurring caffeine) must not contain more than 71 milligrams per 12 fluid ounce serving.
4. Each snack vending machine must have at least one snack containing no more than 100 calories.

Nutrition standards

1. Healthier Beverages must meet these nutrition standards:

- a. Water: unflavored, with no added sweeteners (caloric or non-caloric); includes still, carbonated, and mineral waters
 - b. Low-calorie beverages: beverages that contain no more than 40 calories per 12 fluid ounces.
 - c. Juice: 100% fruit or vegetable juice or juice blends, with no added sweeteners (caloric or non-caloric), carbonated or still; vegetable juices with no more than 230 milligrams of sodium
 - d. Juice beverages: 100% fruit or vegetable juice or juice blends diluted with water, with no added sweeteners (caloric or non-caloric), carbonated or still
 - e. Milk: non-fat or low-fat (1%), unflavored, unsweetened
 - f. Plant-derived or non-dairy milk (i.e. soy, rice, almond): unsweetened, Vitamin D and calcium fortified
 - g. Supplemental nutrition beverage: e.g., protein drink or nutrition shake; no added caloric sweeteners
 - h. Tea/Coffee: unsweetened, no added caffeine (only includes naturally occurring caffeine)
2. Healthier Snacks must meet these nutrition standards per package:
- a. No more than 250 calories
 - b. No more than 35% of calories from fat and no more than 10 grams of fat
 - c. No more than 10% calories from saturated fat and no more than 3 grams of saturated fat
 - d. No trans fat
 - e. No more than 360 milligrams of sodium
 - f. No more than 35% of total weight from sugar, and not more than 20 grams of total sugar
 - g. The following are exempt from all requirements except the calorie and sodium requirements, as long as they do not contain added sweeteners or fat: Nuts, nut butters (such as peanut butter), seeds, legumes (beans), eggs, cheese, fruits/vegetables, and combinations of these items (e.g., a fruit and nut mix)
3. Healthier Entrées must meet these nutrition standards per package:
- a. No more than 400 calories
 - b. No more than 35% of calories from fat and no more than 16 grams of fat
 - c. No more than 10% calories from saturated fat and no more than 5 grams of saturated fat
 - d. No trans fat
 - e. No more than 600 milligrams of sodium
 - f. No more than 15 grams of total sugar

- g. The following are exempt from all requirements: Fresh or non-processed entrees, including entrees that are cooked or prepared on campus or in a commissary kitchen.
- 4. Healthier Meals must meet these nutrition standards per package:
 - a. No more than 700 calories
 - b. No more than 35% of calories from fat and no more than 28 grams of fat
 - c. No more than 10% calories from saturated fat and no more than 8 grams of saturated fat
 - d. No trans fat
 - e. No more than 1000 mg of sodium
 - f. No more than 35 grams of sugar
 - g. The following are exempt from all requirements: Fresh or non-processed meals, including meals that are cooked or prepared on campus or in a commissary kitchen.