

**RIVERSTONE HEALTH
BILLINGS, MT**

DIVISION: ALL	ORIGINATION DATE: FEBRUARY 28, 2013
PROGRAM: ALL	LATEST REVISION:
SERVICE: ALL	<input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PROCEDURE <input type="checkbox"/> GUIDELINE <input type="checkbox"/> STANDING ORDER
TITLE: VENDING MACHINE NUTRITIONAL STANDARDS	
APPROVAL: JOHN FELTON, MPH, MBA, FACHE PRESIDENT & CEO/HEALTH OFFICER	

Purpose

RiverStone Health is dedicated to providing a work environment that supports employee and workplace health. There is a general consensus among healthcare professionals and scientists that certain dietary factors are associated with the prevention of chronic diseases such as heart disease and cancer. Nutrition standards for foods and beverages found in vending machines can positively impact the eating habits of people working for and visiting RiverStone Health, as well as help shape social norms. In light of this consensus, RiverStone Health believes that through food service offered on the premises, it is important to provide employees and visitors with healthy food choices that support their efforts to prevent disease and attain optimum health.

Policy

Effective **February 28, 2013**, it is the policy of RiverStone Health that on-site vending machines will have healthful alternatives using the following criteria:

- Less than or equal to 200 calories per serving (except for nuts and seeds without added fats, oils, or caloric sweeteners).
- No trans fat (0 grams per serving).
- Less than or equal to 230 milligrams sodium per serving.
- Less than or equal to 35% of calories from fat per serving (e.g. no more than 7 grams of fat for a 200 calorie snack).
- Less than or equal to 10% of calories from saturated fat per serving.
- Less than or equal to 35% of total sugars per serving and less than or equal to 10 grams of total sugars per serving.
- 100% fruit juice (no added sugar), water (including flavored water), no calorie and caffeine-free beverages.

**Note— products containing nuts and seeds will be exempt from fat and saturated fat guidelines because the majority of fats they contain are considered “healthier” fats. Snack mixes and other foods of which nuts are a part must meet the above carbohydrate guidelines.*

**Sugarless chewing gum can be sold without having to meet the above nutrition standards.*

Implementation

A phased in approach will be used to increase availability of healthy vending:

- 40% of all items in food vending machines will be healthful by June 1st, 2013
- 60% of all items in food vending machines will be healthful by December 1st, 2013
- 80% of all items in food vending machines will be healthful by June 1st, 2014
- 75% of all beverages in vending machines will meet necessary criteria by June 1st, 2013

The ROCT Employee Health and Wellness subcommittee is responsible communicating and enforcing the nutrition standards with vending machine companies.