

Guide to Healthy School Stores and Vending Machines

Encourage your school stores to sell non-food items for additional revenue. Try selling school supplies and merchandise with your school logo to promote school pride.

Work with the Wisconsin Dairy Council to get a milk vending machine in your school. Wisconsin leads the nation with milk vending machines in over 2/3 of the state's high schools. Visit www.wisdairy.com for more info.

SCHOOL STORES & VENDING MACHINES SHOULD SUPPORT A HEALTHY SCHOOL ENVIRONMENT

School stores and vending machines should support a healthy school environment. Items available for student purchase should contribute valuable nutrients to their diets without excessive amounts of sugar, fat or sodium. The value of good nutrition and healthy choices are taught in the classroom. This lesson can be reinforced in school stores and vending machine choices.

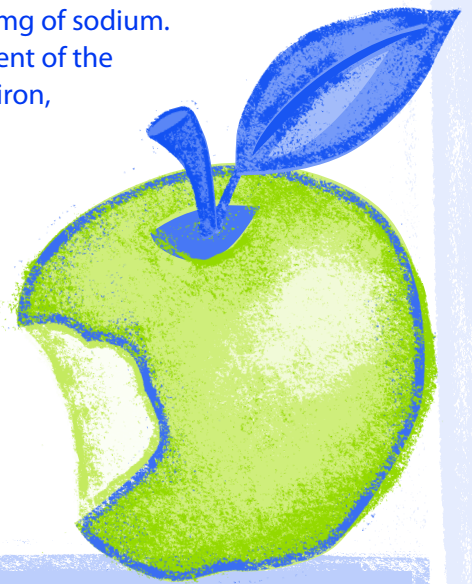
When setting up a school store or vending machine, it's especially important to read the nutrition labels of the items you're selling. Select single-serve packs with fewer than 10 percent of the daily value for fat, fewer than 200 calories, and fewer than 360 mg of sodium. The items should also contain at least 6 percent of the recommended daily value for fiber, calcium, iron, vitamin A or vitamin C.

Recommended Beverages

- Reduced-fat, low-fat or fat-free milk: white and flavored
- Bottled water and flavored water
- 100% fruit juice
- Low-fat yogurt beverages

Recommended Snacks

- Cereal & granola bars
- Fresh fruit & dried fruit snacks
- Single-serve fruit cups
- Graham & flavored crackers
- Baked chips
- Pre-packaged vegetables
- String cheese
- Yogurt and yogurt sticks
- Popcorn
- Low-fat pudding snacks
- Trail mixes
- Whole grain cereals & bagels
- Mixed nuts



The school foodservice department may be able to provide snacks and beverages. Ask the manager at your school what may be available.

For more information and to see guides on other topics, visit the Wisconsin section of the Action for Healthy Kids Website:

www.actionforhealthykids.org