UNIVERSITY OF CALIFORNIA
HEALTHY VENDING POLICY & TOOLKIT

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THIS PRESENTATION WILL COVER:

1. Background & goals of the University of California Global Food Initiative (GFI) Healthy Vending Policy Workgroup
2. Overview of the UC Healthy Vending standards and toolkit content
3. Policy development process – milestones and current status
4. Lessons learned and next steps
BACKGROUND & GOALS
The initiative aims to:

- Identify best practices and share widely within UC, California, the nation and the world;

- Use the power of UC research and extension to help individuals and communities access safe, affordable and nutritious food while sustaining our natural resources; and

- Deploy UC’s research to shape, impact and drive policy discussions around food issues at the local, state, national and international levels.
WHY WORK ON HEALTHY VENDING

- Sets minimum standards for all UC locations to improve nutrition in vending
- Vending is sometimes all that is available or is the most convenient option
- Many prefer healthier options, when they are given a choice
- Encourages and supports a healthy lifestyle
WHY CREATE A SYSTEM-WIDE POLICY

- Many UC locations have voluntarily participated in various healthy vending programs/initiatives, however this results in uneven implementation, both within and between campuses.

- Systemwide policy ensures equal footing/baseline for all campuses—welcome to go above and beyond.

- Important to have tools to monitor and review progress – audits and vendor contracts/sales reports.

- Institutionalizes healthy vending practices, makes sure that healthy changes are sustained.
GOALS OF THE GFI VENDING SUBCOMMITTEE

1. Support the goals of the GFI and UC’s leadership in improving food systems.

2. Develop system-wide standards for vending machines to ensure the availability of healthy options at all UC locations.

3. Create a toolkit of best practices to be available to UC campuses and vendors under contract to assist with policy implementation.
UC HEALTHY VENDING
STANDARDS & BEST
PRACTICES TOOLKIT
Section 1. Implementation Timeline

*Benchmark 1*: one year after the effective date of this policy, at least 50 percent of the beverages and 35% of the foods in vending machines must meet healthy standards.

*Benchmark 2*: three years after the effective date of this policy, at least 70 percent of the beverages and 50% of the foods in vending machines must meet the nutrition standards.

Section 2. General standards

Healthier food items must have a fruit, vegetable, low-fat dairy, protein, or whole grain as its first ingredient.

Caloric beverages which do not meet the healthier beverage criteria must not exceed 20 fluid ounces in size.

Beverages with added caffeine (i.e., not naturally occurring caffeine) must not contain more than 71 milligrams per 12 fluid ounce serving.

Each snack vending machine must have at least one snack containing no more than 100 calories.
VENDING STANDARDS, BEVERAGES:

Healthier Beverages must meet these nutrition standards:

• Water: unflavored, with no added sweeteners (caloric or non-caloric); includes still, carbonated, and mineral waters
• Low-calorie beverages: beverages that contain no more than 40 calories per 12 fluid ounces.
• 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
• Juice beverages: 100% fruit or vegetable juice or juice blends diluted with water, with no added sweeteners (caloric or non caloric), carbonated or still
• Milk: non-fat or low-fat (1%), unflavored, unsweetened
• Plant-derived or non-dairy milk (i.e. soy, rice, almond): unsweetened, Vitamin D and calcium fortified
• Supplemental nutrition beverage: e.g., protein drink or nutrition shake; no added caloric sweeteners
• Tea/Coffee: unsweetened, no added caffeine (only includes naturally occurring caffeine)
VENDING STANDARDS, SNACKS:

Healthier Snacks must meet these nutrition standards per package:

• No more than 250 calories
• No more than 35% of calories from fat and no more than 10 grams of fat
• No more than 10% calories from saturated fat and no more than 3 grams of saturated fat
• No trans fat
• No more than 360 milligrams of sodium
• No more than 35% of total weight from sugar, and not more than 20 grams of total sugar
• 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)
VENDING STANDARDS, MARKETING:

“Marketing of specific food and beverage products through vending machines must highlight the healthier choices that meet the nutrition standards in this policy. Labeling vending machines with brands and corporate logos under exclusive agreements/contracts with the University is allowed.”
BEST PRACTICES & IMPLEMENTATION TOOLKIT

Sections
1. Introduction & Background
2. UC Healthy Vending Policy Nutrition Standards
3. Implementation Requirements and Schedule
4. Recommended Vending Machine Products
5. Forming Partnerships
6. Meeting with Your Vendors
7. Marketing and Promotion
8. Anticipating Barriers
9. Monitor, Evaluate, Review

Appendices
A. Case Studies on Financial Implications of Healthy Vending
B. Universities & Colleges with Healthy Vending Policies/Guidelines
C. Products that Meet UC Healthy Vending Policy Nutrition Standards
D. Sample RFP Questions
E. Contract Best Practices
F. Additional Resources for Toolkits
G. Sample Snack Vending Machine Planograms
H. Healthy Vending Promotion Examples
I. UC Berkeley Student Audit Materials
J. Sample Sales Tracking Form
# HEALTHY VENDING TOOLKIT

The green bar is location of Choice Plus Clip and Choice Plus Snack.

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
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<tbody>
<tr>
<td>Doritos</td>
<td>$1.50</td>
</tr>
<tr>
<td>Cheetos</td>
<td>$1.50</td>
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<tr>
<td>Fritos</td>
<td>$1.50</td>
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<tr>
<td>Lays SCO</td>
<td>$1.50</td>
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<tr>
<td>Cheetos Flaming Hot</td>
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<tr>
<td>Baked Ruffles BBQ</td>
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</tr>
<tr>
<td>Special K BBQ</td>
<td>$1.50</td>
</tr>
<tr>
<td>Smartfood Popcorn</td>
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<tr>
<td>PopComers Jalp</td>
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</tr>
<tr>
<td>Lays Kettle Jalp Chs 40%</td>
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<tr>
<td>Mr Nature Unsalted Trail Mix</td>
<td>$1.50</td>
</tr>
<tr>
<td>Zoo Animal Crackers</td>
<td>$1.65</td>
</tr>
<tr>
<td>Baked Flaming Hot Cheetos</td>
<td>$1.65</td>
</tr>
<tr>
<td>Cheezits RF 1.5 oz</td>
<td>$1.50</td>
</tr>
<tr>
<td>Baked Lays Regular</td>
<td>$1.50</td>
</tr>
<tr>
<td>Grandma's Brownie Cookie</td>
<td>$1.50</td>
</tr>
<tr>
<td>Knott's Strawberry</td>
<td>$1.50</td>
</tr>
<tr>
<td>Jack Links Jerky</td>
<td>$2.25</td>
</tr>
<tr>
<td>Lay's Original</td>
<td>$1.50</td>
</tr>
<tr>
<td>Snyders FF Mini Pretzel</td>
<td>$1.50</td>
</tr>
<tr>
<td>Black &amp; Blue Peanuts</td>
<td>$1.65</td>
</tr>
<tr>
<td>Reese PBC 2PK</td>
<td>$1.65</td>
</tr>
<tr>
<td>Twix</td>
<td>$1.65</td>
</tr>
<tr>
<td>NV Chips &amp; Nuts</td>
<td>$1.65</td>
</tr>
<tr>
<td>Pretzels Pk1.5</td>
<td>$1.50</td>
</tr>
<tr>
<td>Mrs. Fields Cookies</td>
<td>$1.65</td>
</tr>
<tr>
<td>PopTart Strawberry</td>
<td>$1.65</td>
</tr>
<tr>
<td>Redvines</td>
<td>$1.65</td>
</tr>
<tr>
<td>WG Rice Krispie</td>
<td>$1.65</td>
</tr>
</tbody>
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**PRODUCT**  **PLACEMENT**  **PRICE**  **PROMOTION**
### APPENDIX C. PRODUCTS THAT MEET UC HEALTHY VENDING STANDARDS

<table>
<thead>
<tr>
<th>Pepsi</th>
<th>Coke</th>
<th>Canned Garden</th>
<th>United Natural Foods</th>
<th>First Class Vending</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquafina water</td>
<td>Coke Zero, Diet Coke</td>
<td>Baked Cheetos - flamin’ hot</td>
<td>Lilly’s classic hummus and crackers</td>
<td>General Mills cereal bars (Cocoa Puffs, Trix, etc.)</td>
</tr>
<tr>
<td>Diet Pepsi</td>
<td>Dasani sparkling</td>
<td>Clif Z bar* – chocolate brownie</td>
<td>Mamma Chia Squeeze Vitality Snack* – Blackberry Bliss</td>
<td>Kellogg’s whole grain Pop Tart singles</td>
</tr>
<tr>
<td>G2 (Gatorade)</td>
<td>Dasani water</td>
<td>Kind healthy grains bar – peanut butter dark chocolate</td>
<td>Peeled Snacks* - Peas Please garden herb</td>
<td>Kellogg’s rice krispies treats – whole grain</td>
</tr>
<tr>
<td>Muscle Milk – 100 calorie</td>
<td>Fairlife Non-Fat Milk</td>
<td>Lara bars</td>
<td>Suja* pressed probiotic water – pineapple lemon cayenne</td>
<td>Nature Valley Granola Bar - oats and honey</td>
</tr>
<tr>
<td>Naked Juice – Coconut Water Organic*</td>
<td>Honest Fizz*</td>
<td>Peeled Snacks* – Much Ado About Mango</td>
<td>Wilcox Farms* - Peeled Hard Boiled Egg</td>
<td>Popcorners – salt of the earth</td>
</tr>
<tr>
<td>Pure Leaf iced tea - diet or unsweetened</td>
<td>Honest Tea* - Just Black Tea, Honey Green Tea, Unsweet Lemon</td>
<td>Pirates Booty – aged white cheddar</td>
<td></td>
<td>Welch’s Fruit Snacks</td>
</tr>
<tr>
<td>Schweppes sparkling waters</td>
<td>Odwalla 100% juices</td>
<td>Planters Peanuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sobe Life Water, Tropicana 100% juices</td>
<td>Powerade Zero</td>
<td>Reduced-Fat Doritos – nacho cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smart Water</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Vitamin Water Zero</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Zico natural</td>
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</tbody>
</table>

*Also meet UC Sustainability Guidelines (these products are all organic)
POLICY DEVELOPMENT: PROCESS, CURRENT STATUS, NEXT STEPS
WORKING ACROSS UC

Reached out to all UC locations to determine:

1. Who manages vending
2. Current participation in healthy vending initiatives
3. Best contacts for vending and health/wellness
4. Level of interest in participating on this committee

<table>
<thead>
<tr>
<th>Campus/Location</th>
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</thead>
<tbody>
<tr>
<td>UCLA</td>
</tr>
<tr>
<td>UC Berkeley</td>
</tr>
<tr>
<td>UC Davis</td>
</tr>
<tr>
<td>UC Irvine</td>
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<tr>
<td>UC Merced</td>
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<td>UC Santa Cruz</td>
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<tr>
<td>LBNL</td>
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<tr>
<td>UCOP</td>
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</table>
OUR PROCESS

Work Group

• UC Nutrition Policy Institute (UC ANR)
• UC Nutritionists, Dining & Vending Operators

Advisory Team

• UC Nutritionists, Dining & Vending Operators
• UC Sustainability & Wellness Coordinators
• UCOP/Legal/Purchasing
• UC Global Food Initiative Team
• Vendor Partners
• ASU/Student Groups

Stakeholders

• Other UC Departments: HR, Recreation, Health
GFI VENDING SUBCOMMITTEE MILESTONES

- Draft Policy
  - Winter 2016

- Stakeholder Review
  - Winter/Spring 2016

- Finalized DRAFT Policy
  - Summer 2016

- Finalized DRAFT Toolkit
  - Spring 2017
CURRENT STATUS & NEXT STEPS
- Policy ownership and adoption at UCOP
- Release toolkit when policy is adopted
- Collect baseline data before benchmark 1 goes into effect
- Collect follow-up data after each benchmark implemented to examine effect of policy
- Regular review of policy of ensure success – compliance!
LESSONS LEARNED

1. Remember your stakeholders
2. Embrace the process
3. Share best practices
4. Start with the end in mind
5. Set milestones and measure progress
ACKNOWLEDGEMENTS

UC Global Food Initiative Staff

UC President Janet Napolitano

UC Vending/Dining Operators, Nutritionists, Associated Students, Sustainability and Purchasing Officers, Wellness Coordinators, GFI Fellows, and Vending Partners

GFI Healthy Vending Team:
• Patricia Crawford, UC Agriculture and Natural Resources
• Dan Henroid, UC San Francisco
• Dolores Hernandez, UC Los Angeles
• Lisa Joy, UC San Diego
• Trish Ratto, UC Berkeley