

## Creating a Culture of Health

SFDPH's mission is to protect and promote the health of all San Franciscans. As such, DPH adopted a healthy vending policy to help shift the culture toward health and make the healthy choice the easy choice. By supporting access to healthy food options, DPH is hoping to reduce Type 2 diabetes, heart disease, cancer, and hypertension: some of the chronic diseases linked to sugary drinks. The [Healthy Vending Machine](#) policy, outlines that vending machines within DPH facilities and buildings contain only foods that meet nutrition guidelines, clearly post calorie labeling, and do not include drinks with added sugar. DPH will be promoting these changes over the next year to support the health of our staff and clients.

## HEALTHY VENDING REQUIREMENTS

As of December 1, 2016, **prepackaged foods** in vending machines on City property shall meet the following nutritional standards:

- No more than 200 **calories** per serving
- No more than 35% of calories from **fat**
- No more 1g of **saturated** fat per serving
- No **trans-fat** or **partially hydrogenated oil** on ingredients list
- No more than 35% of total weight from total **sugars**
- No more than 240mg of **sodium** per serving
- No **candy** (except for sugar free mints & gum)
- No **chips** (except for baked or pretzels)

**Foods exempt** from nutritional standards:

- **Fruit & vegetables** with no added sugars, salt, or fat
- **Nut & seeds** (including peanut butter & other nut butters), but a serving cannot exceed 1.5oz.
- **Plant based spreads** (i.e. hummus, guacamole)
- Low-fat, fat-free, & reduced fat **cheeses** (light cream cheese included)

### **Beverage standards:**

No drinks with added sugars shall be available in vending machines on DPH property. Sugary drinks are any Nonalcoholic Beverage sold for human consumption that has one or more added Caloric Sweeteners and contains more than 25 calories per 12 ounces of beverage.

Sugary drink definition does **NOT** include any of the following:

- **Milk, milk alternatives**, e.g. non-dairy creamers, plant-based ingredients
- **100% Fruit or Vegetable Juice**, or combined 100% Fruit & Vegetable Juice;
- **"Infant formula,"** or product whose purpose is **infant rehydration**;
- **Medical Food** (CA HC *Section 109971*);
- Any product designed as **supplemental, meal replacement, or sole-source** nutrition;
- Any product sold in liquid form designed for use as an **oral nutritional therapy** for person who may have a limited ability to absorb or metabolize dietary nutrients from traditional food or beverages;
- Any product sold in liquid form designed for use **for weight reduction**.



For questions, contact DPH SSB & Healthy Vending policy implementation staff: Christina Goette at [christina.goette@sfdph.org](mailto:christina.goette@sfdph.org) or 628-206-7630.