



TASTY NUTRITIOUS CHOICES

now in our vending machines

50% of the snack and beverages now meet the healthiest and healthier categories of the King County Healthy Vending Guidelines:

| | HEALTHIEST | HEALTHIER | LIMITED |
|--------------------------|---|--|--|
| Content | Nutrient-rich primarily whole foods with little added fat, sugar, or sodium | Processed or refined foods with some added fat, sugar, or sodium | Processed or refined foods with little nutrients, high in added fat, sugar, and sodium |
| Snack Examples | Fresh or dried fruit and vegetables, unsalted nuts | Baked chips, 50% or more whole grain bars and crackers, trail mix | Regular potato chips, candy bars, and fruit gummy snacks |
| Beverage Examples | Plain water, fat-free or 1% unflavored milk, unsweetened tea and essence flavored water | 100% juice, fat-free or 1% flavored milk, beverages ≤ 10 calories such as diet sodas and flavored water | Sugary beverages, teas, and energy drinks |

Find the labels to find the healthful snacks.

For more information, go to: <http://copcwa.org/healthy-vending/>