

Food Vending Machines

Implementation Guide



Using the Implementation Guide

This guide is to help City agencies and nongovernment employers implement the Standards for Food Vending Machines by providing definitions of terms, an example vending machine, example items that can be stocked, implementation tips and a sample planogram. The Standards for Food Vending Machines fall under the New York City (NYC) Food Standards, which aim to provide healthier food options, with the goal of improving the health of all New Yorkers. All refrigerated, nonrefrigerated and frozen food vending machines on City property are required to follow the Standards for Food Vending Machines.

To read the Standards for Food Vending Machines, visit nyc.gov/health and search for **NYC Food Standards**.

Definitions and Examples of Terms

The following table provides definitions and examples of terms (such as types of food and ingredients) found in the Standards for Food Vending Machines.

Term	Definition	Examples
Added sugar	Any nutritive sweetener added to food during processing; food packaged as a sweetener; or sugar from syrup, honey, concentrated fruit or vegetable juice. Added sugar includes sugars used in recipes, cooking and baking but not naturally occurring sugars found in milk, fruits and vegetables. ¹	Table, brown, invert, raw and turbinado sugar; honey; corn sweetener; corn and malt syrup; high-fructose corn syrup; dextrose; fructose; glucose; lactose; maltose; sucrose; evaporated cane juice; fruit juice concentrates; molasses; and trehalose
Artificial colors	Any dye, pigment or substance (excluding natural coloring from fruits and vegetables) that adds color to food. ² Artificial colors are named on ingredient lists.	Food, Drugs and Cosmetics (FD&C) Blue Nos. 1 and 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Citrus Red No. 2, and Orange B
Artificial flavors	Any substance that adds flavor to food but does not come from a spice; a fruit or fruit juice; a vegetable or vegetable juice; edible yeast; an herb, bark, bud, root, leaf or similar plant material; meat; fish; poultry; eggs; or a dairy or fermentation product (such as cheese or milk). ³ Artificial flavors are named on ingredient lists as “artificial” or “artificially flavored.”	Artificial vanilla, strawberry and grape

¹Adapted from the U.S. Food and Drug Administration (FDA). Available at [fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label](https://www.fda.gov/food/new-nutrition-facts-label/added-sugars-new-nutrition-facts-label).

²Adapted from the FDA. Available at [fda.gov/food/food-ingredients-packaging/overview-food-ingredients-additives-colors](https://www.fda.gov/food/food-ingredients-packaging/overview-food-ingredients-additives-colors).

³Adapted from the FDA. Available at [ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-B/section-101.22](https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-101/subpart-B/section-101.22).

Term	Definition	Examples
Grain- and potato-based foods	Any item with a grain (such as corn, wheat, rice or oats), a potato, or flour as the first ingredient on its ingredient list.	Potato, corn and pita chips; pretzels; popcorn; crackers; cookies; muffins; breads; pastries; granola and cereal bars; and cereal
Locally and regionally sourced	Locally sourced items include any food that has been grown, agriculturally produced and harvested in New York State (NYS). Regionally sourced items include any food that has been grown or produced in Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, Ohio, Pennsylvania, Rhode Island, Vermont, Virginia or West Virginia.	Baked apple chips made in NYS, and whole-grain pretzels made and packaged in NYC
Low- and no-calorie sweeteners	Any no- or low-calorie alternatives to added sugar. These sweeteners contain fewer calories per gram than nutritive sweeteners because they are not completely absorbed by the digestive system. ⁴	Acesulfame potassium, aspartame, saccharin, sucralose, stevia leaf extract, sorbitol, mannitol, maltitol, isomalt, xylitol, erythritol and monkfruit extract
Perfluoroalkyl and polyfluoroalkyl substances (PFAS)	Synthetic chemicals used in food packaging to provide stain resistance, water and oil repellency, and other properties. PFAS may last a long time in the environment and be harmful to humans and animals. ⁵	Paper- and plant fiber-based food packaging that have been intentionally treated with PFAS and directly touch food
Processed meat	Meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavor or improve preservation. ⁶	Beef, turkey and chicken jerky; lunch meats (such as turkey and ham); and bacon
Whole and minimally processed foods	Whole foods are unprocessed and contain edible parts of plants or animals. Minimally processed foods are unprocessed or whole foods altered by industrial processes (such as the removal of inedible parts) to extend shelf life but that do not add any new substance (such as fats, sugars or salt). ⁷	Fresh, dried, dehydrated and baked fruits and vegetables; nuts and seeds; nut and seed butters; and baked and roasted beans and legumes

⁴Adapted from the U.S. Department of Agriculture and FDA. Available at www.nal.usda.gov/legacy/fnic/nutritive-and-nonnutritive-sweetener-resources and permanent.access.gpo.gov/lps1609/www.fda.gov/fdac/features/2006/406_sweeteners.html.

⁵Adapted from the NYS Department of Environmental Conservation. Available at dec.ny.gov/chemical/124367.html.

⁶Adapted from the World Health Organization. Available at who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat.

⁷Adapted from NOVA, a food classification system.

Example Food Vending Machine

The following is an example of a machine that meets the Standards for Food Vending Machines. You can use it to help stock your own machine.

Snacks

NYS dried apple slices \$1.75 60 calories	Raisins \$1.25 85 calories	Roasted edamame \$1.75 200 calories	NYC lightly salted peanuts \$1.50 170 calories
Cherry cashew bar \$2.00 200 calories	Pistachios \$1.75 240 calories	Chickpeas with sea salt \$2.00 140 calories	Trail mix \$1.75 195 calories
Chocolate chunk grain bar \$2.00 150 calories	Protein bar \$2.50 150 calories	Cinnamon oat bar \$2.00 150 calories	NYC popcorn \$2.00 110 calories
Baked potato chips \$2.00 140 calories	Almonds and dried apricots \$2.00 110 calories	NYC roasted cashews \$2.00 140 calories	Cereal snack mix \$2.00 130 calories

Callout Requirements:

- Use promotional space to advertise a healthy item that meets the Standards for Food Vending Machines.
- Require greater than or equal to (\geq) 50% of the slots be stocked with whole or minimally processed foods. Recommend whole or minimally processed snacks be priced the same or less than other items and stocked in the top two rows.
- Recommend stocking locally sourced items.
- Require less than ($<$) 50% of the slots be stocked with grain- or potato-based items.
- Require calorie information per package be posted for each item.

Examples of Snacks and Meals

The following are general examples of snacks and meals that can be stocked if they meet the Standards for Food Vending Machines and nutrition criteria per package. Check the Nutrition Facts label on every item to make sure it meets the requirements for calories, saturated fat, trans fat, sodium, added sugar and fiber. See Pages 6 and 7 to learn how to read Nutrition Facts labels to check if items meet the nutrition criteria.

Examples of snacks that must be stocked in $\geq 50\%$ of the slots in a machine and are recommended for the top two rows:

- | Raw or roasted almonds, peanuts, cashews and walnuts
- | Raw or roasted sunflower kernels and seeds
- | Nut and seed mixes that contain dried fruit and no added sugar
- | Baked or dried apples, dried apricots, and raisins
- | Unsweetened applesauce pouches
- | Roasted chickpeas or edamame
- | Dehydrated vegetables

Examples of snacks that can only be stocked in $< 50\%$ of the slots in a machine:

- | Whole-grain pretzels and crackers
- | Baked corn or potato chips
- | Air-popped and low-sodium popcorn
- | Grain-based granola bars with no added sugar

Examples of snacks and meals that can be stocked in a refrigerated machine:

- | Plain yogurt with whole-grain granola and no added sugar
- | Smoothies with no added sugar
- | Fresh fruits and vegetables
- | Hummus cups with whole-grain crackers or vegetables
- | Whole-grain bowls (such as quinoa or farro) with roasted vegetables
- | Green leafy salads with grilled chicken, beans, or nuts and seeds
- | Tuna salad kits with whole-grain crackers

Checking Nutrition Facts Labels

The following examples show how to read Nutrition Facts labels to check if items meet the Standards for Food Vending Machines.

Example 1: Pretzels

Nutrition Facts	
1 serving per container	
Serving Size 7 pretzels (28g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber <1g	3%
Total Sugars 1g	
Includes 1g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 2mg	10%
Potassium 50mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Always check the servings per container. Items must meet the nutrient criteria for the entire package. If an item has more than one serving per container, multiply all nutrient content by the number of servings to figure out the nutrient content per package.

Snacks must contain ≤ 200 milligrams (mg) of sodium. This item contains 360 mg of sodium.

Grain-based items must contain ≥ 2 grams (g) of fiber. This item is grain-based but contains < 1 g of fiber.

Flour is listed as the first ingredient, so this is a grain-based item.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), salt, malt, vegetable oil (contains one or more of the following: canola, corn or soybean oil), leavening (contains one or more of the following: yeast, sodium bicarbonate or ammonium bicarbonate).

Item Assessment: The item does not meet the Standards for Food Vending Machines as it contains > 200 mg of sodium and < 2 g of fiber. **It cannot be stocked.**

Example 2: Trail Mix

Nutrition Facts	
1 serving per container	
Serving Size	1.5 oz (43g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	6%
Potassium 510mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

This item does not contain only nuts, nut butter or seeds, so it must contain ≤ 200 calories.

Snacks must contain < 5 g of added sugar. This item contains no added sugar.

Almonds are the first ingredient in the list and are considered whole or minimally processed.

Ingredients: Almonds, raisins, peanuts, sunflower kernels.

Item Assessment: The item meets the Standards for Food Vending Machines and can be considered whole or minimally processed. **It counts toward meeting $\geq 50\%$ of slots being stocked with snacks that list whole or minimally processed fruit, vegetables, beans, lentils, peas, nuts or seeds as the first ingredient.**

Implementation Tips

This section follows along with the Standards for Food Vending Machines and provides tips to make implementation easier and more efficient.

General

- | Make sure the Standards for Food Vending Machines are attached to all new food vending machine contracts.
- | All items stocked in a machine must meet nutrition criteria. Even items with nutrition criteria slightly over the limit cannot be stocked.
- | Nutrient content can vary by flavor, brand and package size. Check the Nutrition Facts label on every variety of item before stocking.
- | Request a list of items that meet the Standards for Food Vending Machines from your vendor or create a list to share with them. Update the list or meet with your vendor regularly to discuss new and discontinued items.

Snacks

- | Snacks exempt from specific nutrient criteria must meet all other criteria. For example, a bag of pumpkin seeds is exempt from the saturated fat limit and may contain more calories than other items. However, it must not exceed the limits for sodium, trans fat and added sugar.
- | Snacks labeled “jumbo,” “value size,” “sharing” or “king size” likely contain larger portions that do not meet the calorie limits.
- | Some snacks contain low- or no-calorie sweeteners as a substitute for added sugar. Snacks labeled “diet,” “lite,” “sugar-free” or “no sugar” usually (but not always) contain low- or no-calorie sweeteners. Check the ingredient list on every snack item before stocking.
- | Breakfast breads and pastries count as snack items.
- | Refrigerated items generally considered snacks (for example, pretzels with hummus and crackers with cheese) do not count as meal items and must meet the snack standards.

Meals

- | The standards in Section 2 of the Standards for Food Vending Machines apply to meal and entree items (for example, sandwiches and burritos).
- | Meal items may be refrigerated (such as salads) or shelf-stable (such as tuna with crackers).

Promotion

- | Only items that meet the Standards for Food Vending Machines may be advertised on machines. Your vendor may also use generic advertisements without branding.
- | Remind your vendor to list calorie information near or on each item’s slot, or place a sign near the machine that displays nutrition information for each item. Encourage vendors to display all nutrition information for each item, if possible.

- | Ask your vendor to place the Food Vending Machine Decal (available at on.nyc.gov/food-vending-decal) on your machine to promote healthier snack options.
- | Promote healthier snack and meal choices by conducting on-site taste tests and surveys to learn about staff and clients' snack and meal preferences.
- | Explain changes made to machines on your property in a letter to staff and clients. Share the link to the Standards for Food Vending Machines (available at on.nyc.gov/food-vending-machines) in your organization's newsletter.

Sustainability

- | Ask your vendor to help identify items that are locally or regionally sourced. Prioritize these items when stocking machines.
- | Many food manufacturers use 100% recyclable, compostable, biodegradable or reusable packaging for their items. Ask your vendor to identify and stock items that use this packaging (such as recyclable or reusable plastic containers, or glass jars for meal items).

Reporting

- | Use your inventory list to support compliance by identifying the percentage of products that are grain- or potato-based versus whole or minimally processed.

Create a Planogram

You can create your own planogram and share it with your vendor to make sure your machine is stocked correctly. To create a planogram, draw the number of slots your machine has and use this guide and the Standards for Food Vending Machines to fill in the slots with appropriate food items.

Example of a 35-slot food vending machine:

Green pea snack crisps		Fruit bar		Freeze-dried strawberries		Baked edamame		Nut bar	
Dried apricots		Raw almonds		Baked apple chips		Tropical fruit trail mix		Baked chickpeas	
Roasted almonds	Berry cereal bar	Peanut butter granola bar	Raisins	Tortilla chips	Lightly salted peanuts	Cheese crackers	Fruit leather	Pumpkin seeds	Baked chips
Fruit bar	Fig bar	Mixed nuts	Apple cereal bar	Popcorn	Trail mix	Peanut granola bar	Chocolate chip granola bar	Raw cashews	Fruit and nut granola bar
Mango chia bar		Sunflower kernels		Seaweed snacks		Peach cup in 100% juice		Lightly seasoned cashews	

Key:

- Whole or minimally processed foods
- Grain- or potato-based foods

For more information, contact nycfoodstandards@health.nyc.gov, visit nyc.gov/health and search for **NYC Food Standards**, or call **311**.