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# Healthier Choices in Vending Machines in BC Public Buildings

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Healthy Families BC 

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### NATURAL HEALTH PRODUCTS



*The Government of British Columbia is committed to helping British Columbians make healthy choices where they live, learn, work and play.*

# Healthier Choices in Vending Machines in BC Public Buildings Policy

## 1. OBJECTIVES

- » Promote an environment in Public Buildings that encourages healthier eating by increasing the range of healthier food and beverage choices available in vending machines
- » Assist vending operators in identifying healthier food and beverage choices
- » Support growth of markets in the area of healthier food and beverages
- » Provide a best practice model in implementing healthier choices in vending machines for those not captured by the Policy

## 2. GENERAL

In November 2006, the *Healthier Choices in Vending Machines in BC Public Buildings Policy* (Policy) was introduced to replace junk food with healthy food and beverages in vending machines. The Policy supports government's priority to help British Columbians make healthy choices where they live, learn, work and play.

### DEFINITIONS

- » "**Policy**" refers to this policy titled *Healthier Choices in Vending Machines in BC Public Buildings Policy*.
- » "**Nutrient Criteria**" refers to the *Nutrient Criteria for Healthier Choices in Vending Machines in BC Public Buildings Policy (Appendix III)*. The Nutrient Criteria define the minimum nutritional standard for prepackaged food and beverages and unprocessed vegetables and fruit allowed in vending machines in Public Buildings.
- » "**Provincial Public Bodies**" means Her Majesty the Queen in Right of British Columbia and ministries, health authorities, public post-secondary institutions, and Crown corporations.
- » "**Public Buildings**" means buildings owned or leased or occupied by Provincial Public Bodies. The Clarification Grid (*Appendix I*), clarifies which building circumstances are considered in or out of scope.
- » "**Primary Tenant**" means a Provincial Public Body occupying the most space in a building where there are multiple Provincial Public Bodies in the same building.
- » "**Vendor**" means the supplier of vending services.

### 3. POLICY

- » Vending machines in Public Buildings will contain at least 50% Sell Most and up to 50% Sell Sometimes food and beverage choices within a vending machine or bank of vending machines in any given location according to the Nutrient Criteria.
- » Vending machines in Public Buildings will contain no food or beverage choices from the Do Not Sell” category according to the Nutrient Criteria.
- » The interpretation of this Policy is the responsibility of the Ministry of Health.

#### **EXEMPTIONS**

The Policy does not apply to:

- » Buildings owned by Provincial Public Bodies that are leased to a third party providing non-government services.
- » Residential facilities, including post-secondary, long-term care and correctional facilities, except in common areas used by the public or staff which are included in the Policy.

All owners or tenants of buildings open to the public are strongly encouraged to comply with this Policy.

### 4. IMPLEMENTATION GUIDELINES

Policy implementation is based on the existing decentralized procurement model in which each Provincial Public Body manages its own vending arrangements.

Where there are multiple Provincial Public Bodies in the same building and it is unclear who has responsibility, the Primary Tenant is responsible for ensuring that the Policy implementation occurs in shared common spaces.

For further information on implementation, see the General Guidelines for Contractual Obligations (*Appendix II*).

#### **ROLES AND RESPONSIBILITIES**

- » *All Ministries* are responsible for implementing this Policy in their respective organizations.
- » *Ministry of Health* is responsible for the Nutrient Criteria referenced in this Policy and for overseeing implementation of this Policy in health authorities. The Ministry of Health is responsible for providing the monitoring and reporting framework used with health authorities as an example for other Public Bodies implementing the Policy.

- » *Health Authorities* are responsible for implementing, monitoring and reporting compliance with this Policy.
- » *Crown corporations* are responsible for implementing this Policy in their respective organizations.

## **5. FURTHER INFORMATION**

For further information on this Policy:

- » Find the Policy on the Ministry of Health website ([www.health.gov.bc.ca/healthyeating/vending.html](http://www.health.gov.bc.ca/healthyeating/vending.html));
- » Email the Ministry of Health ([healthier.choices@gov.bc.ca](mailto:healthier.choices@gov.bc.ca));
- » Visit HealthLink BC online ([www.healthlinkbc.ca/healthyeating](http://www.healthlinkbc.ca/healthyeating)); or
- » Connect with a Registered Dietitian at HealthLink BC by dialing 8-1-1, or sending an email ([foodpolicy@gov.bc.ca](mailto:foodpolicy@gov.bc.ca)).



*The Healthier Choices  
in Vending Machines  
in BC Public Buildings  
Policy contributes  
to healthy eating  
environments in B.C.  
Public Buildings.*



# Appendix 1: Clarification Grid

The following grid is provided to clarify which Provincial Public Bodies are in and out of the Policy scope and who is responsible for contract negotiations to implement the Policy.

<b>BUILDING CIRCUMSTANCE</b>	<b>POLICY SCOPE</b>	<b>RESPONSIBLE FOR POLICY IMPLEMENTATION</b>
Building is owned by a Provincial Public Body and occupied by a Provincial Public Body.	In scope	Each Provincial Public Body is responsible for vending machines in their area. The Primary Tenant is responsible for machines in shared common areas.
Building is owned by a Provincial Public Body but leased in part to a private business or entity.	In scope	Each Provincial Public Body is responsible for vending machines in their area. The Primary Tenant is responsible for machines in shared common areas and for communicating the Policy to private lessees.
Building 100% leased by a Provincial Public Body on behalf of one or more Provincial Public Bodies.	In scope	Each Provincial Public Body is responsible for vending machines in their area. Responsibility for shared common areas is with the Primary Tenant.
The building is partially leased by a Provincial Public Body from a private owner on behalf of one or more Provincial Public Bodies.	In scope: All machines located in areas leased by Provincial Public Bodies and/or contracts are managed by a Provincial Public Body.	Each Provincial Public Body is responsible for implementation of the Policy for all vending machines in the leased spaces under their responsibility. For machines in shared common areas within Provincial Public Bodies leased space and where it is unclear who has the responsibility, the Primary Tenant is responsible.
Common areas in long-term care residential facilities, post-secondary residential facilities, and correctional facilities.	In scope	
Real estate investment buildings (owned by a Provincial Public Body) and leased to a private sector tenant providing non-government services.	Out of scope	
Residential areas in Public Buildings, including long-term care facilities, post-secondary residential facilities, and the residential portion of correctional facilities.	Out of scope	



*By adopting the Healthier Choices in Vending Machines in BC Public Buildings Policy, your organization is supporting the public to choose healthier food and beverage options.*

# Appendix 2:

## General Guidelines for Contractual Obligations

Recognizing that each Provincial Public Body, including but not limited to health authorities, public post-secondary institutions, and Crown corporations, may have different contractual relations with those providing vending services, the following is provided to assist you in addressing your Provincial Public Body's particular situation.

### **1. VENDING MACHINES UNDER EXISTING CONTRACT**

Provincial Public Bodies should work within the terms of the existing contract to modify the items sold in vending machines to comply with the Policy, including the most current Nutrient Criteria.

If the existing terms of the contract do not allow changes to the vending machine items, then Provincial Public Bodies may continue with the terms of the existing contract until the expiration date at which time new products should comply with the Policy, including the most current Nutrient Criteria. Provincial Public Bodies should develop a procurement strategy to ensure the next contract reflects the requirements of the Policy, including the most current Nutrient Criteria. The earliest possible compliance is strongly encouraged.

### **2. CONTRACT RENEWAL**

For contracts which contain optional renewal terms, Provincial Public Bodies should ensure the renewal terms allow for items to reflect the Policy, including the most current Nutrient Criteria.

For contracts with no renewal terms, Provincial Public Bodies should ensure their procurement documents reflect the requirements of the Policy, including the most current Nutrient Criteria.

### **3. NO FORMAL CONTRACT EXISTS**

For Provincial Public Bodies which have informal arrangements for the supply of vending machine items, a procurement strategy should be developed to ensure that contracts are formalized and in line with the Policy, including the most current Nutrient Criteria.

### **4. VENDOR PROCUREMENT PROCESS**

Provincial Public Bodies currently in the process of looking for a Vendor should ensure that their procurement documents include the Policy, including the most current Nutrient Criteria.



*The Policy supports healthy eating at work and in the community by increasing access to healthy food and beverages choices in vending machines.*

# Appendix 3: Nutrient Criteria for Healthier Choices in Vending Machines in BC Public Buildings Policy

## OVERVIEW

The Government of British Columbia is committed to helping British Columbians make healthy choices where they live, learn, work and play. The *Healthier Choices in Vending Machines in BC Public Buildings Policy* (Policy) contributes to healthy eating environments in B.C. Public Buildings.

The minimum nutrition standard for prepackaged food and beverages for the Policy is defined by the Nutrient Criteria outlined in this document. The Nutrient Criteria are aligned with the *Guidelines for Food and Beverage Sales in British Columbia Schools (2013 Edition)* with adaptations for a broad age range. The Nutrient Criteria are used to score food and beverages as Sell Most, Sell Sometimes or Do Not Sell items.

## WHY DO WE NEED A POLICY?

The Policy supports healthy eating at work and in the community by increasing access to healthy food and beverages choices in vending machines. Increasing the availability of healthier prepackaged food and beverages is one way to help create healthier food environments. Food environments that provide access to healthy food and beverages reinforce healthy choices and help to shape health behaviours.<sup>1</sup>

By adopting the Policy, your organization is supporting the public to choose healthier food and beverage options. This can help individuals attain and maintain their optimal health and wellbeing.

Many of us rely on prepackaged food and beverages for snacks or meals at least once in a while. Unfortunately, prepackaged food and beverages is often higher in calories and of poorer nutritional quality compared to less processed options. Over time, excessive calorie intake and poor nutrition can contribute to obesity and many chronic diseases and cancers. Today, over half of Canadian adults<sup>2</sup> and nearly one-third of Canadian children<sup>3</sup> are above a healthy weight. Healthy food environments support all British Columbians in optimal health.



- <sup>1</sup> Heart and Stroke Foundation of Canada. (2010). *A Heart and Stroke Foundation built environment toolkit for change*. With assistance of the Canadian Institute of Planners and the Canadian Urban Institute.
- <sup>2</sup> Statistics Canada (2012). Health indicator profile, annual estimates, by age group and sex, Canada, provinces, territories, health regions (2012 boundaries) and peer groups. Table 105-0501. <http://www5.statcan.gc.ca/cansim/a47>
- <sup>3</sup> Statistics Canada. (2012). *Overweight and obesity in children and adolescents: Results from the 2009 to 2011 Canadian Health Measures Survey*. Retrieved November 20, 2012, from: [www.statcan.gc.ca/pub/82-003-x/2012003/article/11706-eng.pdf](http://www.statcan.gc.ca/pub/82-003-x/2012003/article/11706-eng.pdf)



**WHAT IS THE POLICY?**

Since 2006, the Healthier Choices in Vending Machines in BC Public Buildings Policy has guided all Provincial Public Bodies to ensure that all food and beverages vended in B.C. Public Buildings are Sell Most or Sell Sometimes products as defined by the Nutrient Criteria outlined in this document.

The Policy requires vending machines to contain:

- » At least 50% Sell Most food and beverage choices;
- » Up to 50% Sell Sometimes food and beverage choices; and
- » No Do Not Sell food or beverage choices .

See the Policy for a full description of the requirements.

**WHAT'S NEW IN 2014?**

The wording of the Policy has been updated and simplified. The intention and interpretation of the Policy have not changed.

The Nutrient Criteria have been updated to align with those of the *Guidelines for Food and Beverage Sales in BC Schools (2013 Edition)*. The 2014 Nutrient Criteria reflect new evidence in nutrition standards, product availability and feedback from consultations with stakeholders.

**ABOUT THE NUTRIENT CRITERIA**

The Nutrient Criteria define the Policy's minimum nutrient standard for prepackaged food or beverage products. Food and beverages with an **ingredient list** and **Nutrition Facts table** can be scored with the Nutrient Criteria. These products are scored as Sell Most, Sell Sometimes or Do Not Sell.

The scoring categories refer to items sold, but can also be applied to foods that are offered in a community setting or workplace.

SELL MOST	SELL SOMETIMES	DO NOT SELL
Food and beverages in this category are healthier options. They tend to be higher in essential nutrients and lower in sodium, sugar and fat.	Food and beverages in this category provide essential nutrients but have higher amounts of sodium, sugar or fat than those in the Sell Most category.	Food and beverages in this category contain higher amounts of fat, sodium or sugar, and may be less nutritious.

**SCORING PREPACKAGED FOOD AND BEVERAGES USING THE NUTRIENT CRITERIA**

The following are helpful steps in scoring your prepackaged food and beverage products.

### 1. *Inventory your products.*

Make a list of the prepackaged products currently found in each of the vending machines in your community setting or workplace. Prepackaged food and beverage products found in other settings such as concession stands, stores or food service establishments can also be scored using this Nutrient Criteria.

The Scorecard feature of the Brand Name Food List is a useful tool for inventorying your products. It also provides the score for your products. You can also use an audit form such as the Food and Beverage Stock List ([www.bced.gov.bc.ca/health/stocklist\\_tool.pdf](http://www.bced.gov.bc.ca/health/stocklist_tool.pdf)).

### 2. *Score each product.*

There are two ways to score your prepackaged food and beverage products:

- a) Use the Brand Name Food List to select pre-scored products for the Sell Most and Sell Sometimes categories. If your product has not yet been scored request a Registered Dietitian to score your product and add it to the list by using the online 'submit an item' feature on the Brand Name Food List website ([www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)).

Connect with a Registered Dietitian at HealthLink BC by dialing 8-1-1, or sending an email ([foodpolicy@gov.bc.ca](mailto:foodpolicy@gov.bc.ca)).

- b) Score the product yourself using the Nutrient Criteria (see *How do I score a product using the Nutrient Criteria?* below).

### 3. *Strategize how to improve your product offerings.*

If a product scores as Do Not Sell, consider what Sell Sometimes or Sell Most products could be offered in its place. If more than half of your products are Sell Sometimes, consider what Sell Most products could be sold instead. At least 50% of the products at each location need to score as Sell Most. You can explore products on the Brand Name Food List to get an idea of the types of products that are Sell Most.

#### *What is the Brand Name Food List?*

The *Brand Name Food List* (<https://bnfl.healthlinkbc.ca>) is an online tool where prepackaged and franchised food and beverages available in B.C. are scored using the Nutrient Criteria. The products listed are based on user submissions. Anyone can submit products to add to the Brand Name Food List.

#### *How do I score a product using the Nutrient Criteria?*

You can choose to score your own prepackaged food and beverage products using the Nutrient Criteria. You will need the **Nutrition Facts table** (or specifications sheet) and an **ingredient list** to score your products using the Nutrient Criteria.





The exception to this is unprocessed vegetables and fruit, which may not have Nutrition Facts tables or ingredients lists. These are scored under the Vegetables and Fruit food category and automatically score as Sell Most.

- » Use the **A-Z Food and Beverage List** to determine which category to score your product in. Skip to the category and then read the description, and look at the example food or beverages in that group. If it doesn't fit, try another category or connect with a Registered Dietitian at HealthLink BC by dialing 8-1-1, or sending an email ([foodpolicy@gov.bc.ca](mailto:foodpolicy@gov.bc.ca)). Some foods may fit into more than one category. Choose the category where your food scores the best.
- » Once you have selected the appropriate category, compare the information in the Nutrition Facts table and ingredient list on the product package with the Nutrient Criteria. The standards are per portion size sold, unless otherwise indicated. Your food or beverage will score as Sell Most, Sell Sometimes or Do Not Sell.

#### *A-Z Food and Beverage List*

<b>FOOD OR BEVERAGE</b>	<b>FOOD CATEGORY</b>	<b>PAGE #</b>
Almond Beverage, fortified	Milk and Alternative-Based Beverages	22
Almonds, roasted, seasoned	Meat and Alternatives	20
Applesauce	Vegetables and Fruit	16
Bagels	Grain Products	17
Banana Bread	Grain Products	17
Beef Jerky	Meat and Alternatives	20
Brownies	Grain Products	17
Burrito	Mixed Entrees	24
Cakes	Grain Products	17
Candy	Confectionery	29
Cereal Bars (e.g. Rice Krispie Squares)	Snack Bars and Trail Mixes	27
Cereal, cold, prepackaged	Prepackaged Hot and Cold Breakfast Cereals	18
Cereal, hot, instant, prepackaged	Prepackaged Hot and Cold Breakfast Cereals	18
Cheese	Milk and Alternative-based Food	19
Chicken Noodle Soup	Soups	26
Chocolate Bars	Confectionery	29
Chocolate Milk	Milk and Alternative-Based Beverages	22
Cinnamon Buns	Grain Products	17



<b>FOOD OR BEVERAGE</b>	<b>FOOD CATEGORY</b>	<b>PAGE #</b>
Coconut Water or Juice	Vegetable and Fruit Juices	21
Coffee	Other Beverages	23
Cookies	Grain Products	17
Corn Chips	Grain Products	17
Crackers	Grain Products	17
Cream Cheese	Condiments, Dressings, Dips and Spreads	28
Croissants	Grain Products	17
Custard	Milk and Alternative-Based Food	19
Danishes	Grain Products	17
Doughnuts	Grain Products	17
Dried Fruit	Vegetables and Fruit	16
Electrolyte Replacement Drinks	Other Beverages	23
Energy Bars	Snack Bars and Trail Mixes	27
Energy Drinks	Other Beverages	23
English Muffins	Grain Products	17
Frozen Fruit Bars	Vegetables and Fruit	16
Frozen Soy-based Desserts	Milk and Alternative-based Food	19
Frozen Yogurt	Milk and Alternative-Based Food	19
Fruit (canned; dried; fresh; frozen)	Vegetables and Fruit	16
Fruit Bars	Snack Bars and Trail Mixes	27
Fruit and Nut Bars	Snack Bars and Trail Mixes	27
Fruit Chips	Vegetables and Fruit	16
Fruit Cups	Vegetables and Fruit	16
Fruit Flavoured Beverages	Other Beverages	23
Fruit Gummies	Vegetables and Fruit	16
Fruit Juice (100% fruit)	Vegetable and Fruit Juices	21
Fruit Smoothies with milk or yogurt	Milk and Alternative Beverages	22
Granola	Prepackaged Hot and Cold Breakfast Cereals	18
Granola Bars	Snack Bars and Trail Mixes	27
Gum	Confectionery	29
Hot Chocolate made with milk, milk ingredients or plant-based beverages.	Milk and Alternative Beverages	22
Hummus	Condiments, Dressings, Dips and Spreads	28
Ice Cream	Milk and Alternative-Based Food	19
Iced Tea	Other Beverages	23

<b>FOOD OR BEVERAGE</b>	<b>FOOD CATEGORY</b>	<b>PAGE #</b>
Instant Cream of Rice	Prepackaged Hot and Cold Breakfast Cereals	18
Instant Cream of Wheat	Prepackaged Hot and Cold Breakfast Cereals	18
Instant Oatmeal	Prepackaged Hot and Cold Breakfast Cereals	18
Jello	Confectionery	29
Juice, 100% fruit, vegetable or blend	Vegetable and Fruit Juice	21
Juice, fruit-flavoured, punch, drink	Other Beverages	23
Ketchup, served on the side	Condiments, Dressings, Dips and Spreads	28
Lemonade	Other Beverages	23
Meal Replacement Bars	Snack Bars and Trail Mixes	27
Milk, plain and flavoured	Milk and Alternative Beverages	22
Milkshakes	Milk and Alternative Beverages	22
Muffins	Grain Products	17
Noodles, in a cup with broth	Soups	26
Noodles, seasoned	Grain Products	17
Noodle Soup	Soups	26
Nuts (plain, seasoned, sugared)	Meat and Alternatives	20
Oatmeal, prepackaged, ready-to-eat	Prepackaged Hot and Cold Breakfast Cereals	18
Pastries	Grain Products	17
Peanuts (plain; roasted; seasoned)	Meat and Alternatives	20
Pepperoni Stick	Meat and Alternatives	20
Pies and Tarts	Grain Products	17
Pita Chips	Grain Products	17
Pop	Other Beverages	23
Popcorn (plain, flavoured or seasoned)	Grain Products	17
Popsicle, fruit based	Vegetables and Fruit	16
Popsicles, fruit juice based	Vegetable and Fruit Juices	21
Popsicle, non-fruit based	Confectionery	29
Potato chips	Vegetables and Fruit	16
Pretzels	Grain Products	17
Pudding	Milk and Alternative-Based Food	19

<b>FOOD OR BEVERAGE</b>	<b>FOOD CATEGORY</b>	<b>PAGE #</b>
Rice Beverage, fortified	Milk and Alternative Beverages	22
Rice Cakes	Grain Products	17
Sandwiches	Mixed Entrees	24
Scones	Grain Products	17
Seeds (plain, seasoned, sugared)	Meat and Alternatives	20
Smoothies (with milk ingredients)	Milk and Alternative Beverages	22
Smoothies (with fruit and vegetable ingredients)	Vegetable and Fruit Juices	21
Soft Drinks	Other Beverages	23
Soup, hearty, meal-sized	Mixed Entrees	24
Soup, vegetable-based soups served as a side dish (e.g. cream of asparagus; cream of carrot; lentil; etc)	Soups	26
Soy Beverage, fortified	Milk and Alternative Beverages	22
Soy Sauce, served on the side	Condiments, Dressings, Dips and Spreads	28
Sports Bars	Snack Bars and Trail Mixes	27
Sports Drinks	Other Beverages	23
Stew, small portion	Side Dish	25
Tea	Other Beverages	23
Tempeh	Meat and Alternatives	20
Toaster Pastries	Grain Products	17
Tofu (plain; seasoned; dessert-style)	Meat and Alternatives	20
Tomato Juice	Vegetable and Fruit Juices	21
Tomato Sauce, canned or jarred	Vegetables and Fruit	16
Tortilla Chips	Grain Products	17
Trail Mix	Snack Bars and Trail Mixes	27
Vegetable Chips	Vegetables and Fruit	16
Vegetable Juice Cocktail	Vegetable and Fruit Juices	21
Vegetable Salads	Vegetables and Fruit	16
Vegetable Soup	Soups	26
Vitamin Enhanced Water	Other Beverages	23
Water (plain; flavoured; still; sparkling)	Other Beverages	23
Yogurt (plain; flavoured; frozen)	Milk and Alternative-Based Food	19
Yogurt Drinks	Milk and Alternative Beverages	22



### Vegetables and Fruit

Examples of Food Scored in this Category: unprocessed vegetables and fruit (for example, carrots, apples, bananas, oranges), applesauce, dried seaweed, dried fruit, frozen fruit bars, fruit cups, fruit gummies, fruit or vegetable chips and vegetable-only salad with dressing.

## NUTRIENT CRITERIA

### VEGETABLES AND FRUIT

Food in this category has a fruit or vegetable as the first ingredient (not including water).

- » Juice and concentrated fruit juice are scored in the 'Vegetable and Fruit Juice' beverage category.
- » All fresh and unprocessed vegetables and fruits score as Sell Most

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	<b>5 g</b> or less		More than <b>5 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>140 mg</b> or less	<b>300 mg</b> or less	More than <b>300 mg</b>
Sugars	20 g or less	30 g or less	More than <b>30 g</b>
Sugar Ingredients	<b>First</b> ingredient <b>may not</b> be a sugar		<b>First</b> ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label

## GRAIN PRODUCTS

Food in this category has a grain listed as the first or second ingredient (not including water). Some examples of grain ingredients include flour, oats, barley, rice, and bran.

- » Granola bars and cereal bars are scored in the 'Snack Bars and Trail Mixes' category.
- » Breakfast cereals are scored in the 'Prepackaged Hot and Cold Breakfast Cereals' category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	<b>First ingredient must be a whole grain</b> (not including water, fruit or vegetable)	No whole grain criteria	
Fat	<b>5 g</b> or less	<b>7 g</b> or less	More than <b>7 g</b>
Saturated Fat	<b>3 g</b> or less		More than <b>3 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>350 mg</b> or less	<b>450 mg</b> or less	More than <b>450 mg</b>
Sugars	<b>6 g</b> or less *If fruit is the first or second ingredient, may have up to <b>14 g</b> sugar	<b>16 g</b> or less *If fruit is the first or second ingredient, may have up to <b>20 g</b> sugar	More than <b>16 g</b> *If fruit is the first or second ingredient, product has more than <b>20 g</b> sugar
Sugar Ingredients	<b>First ingredient may not</b> be a sugar		<b>First ingredient is</b> a sugar
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a specific quantity of botanical ingredients listed on the label



### Grain Products

*Examples of Food Scored in this Category: bagels, bread, buns, cake, loaves, muffins, cookies, doughnuts, toaster pastries, crackers, pretzels, rice cakes, tortilla chips, seasoned or sauced noodles.*



*Prepackaged Hot and Cold Breakfast Cereals*

*Examples of Food Scored in this Category: ready-to-eat cold cereals, instant cream of rice, instant cream of wheat, instant oatmeal.*

**PREPACKAGED HOT AND COLD BREAKFAST CEREALS**

Food in this category includes prepackaged cold breakfast cereals or prepackaged hot cereal mixes.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	<b>First ingredient</b> must be a <b>whole grain</b> (not including water or fruit)	No whole grain criteria	
Fat	<b>5 g</b> or less	<b>7 g</b> or less	More than <b>7 g</b>
Saturated Fat	<b>3 g</b> or less		More than <b>3 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>200 mg</b> or less	<b>300 mg</b> or less	More than <b>300 mg</b>
Sugars	<b>6 g</b> or less *If fruit is the first or second ingredient, may have up to <b>14 g</b> sugar	<b>16 g</b> or less *If fruit is the first or second ingredient, may have up to <b>20 g</b> sugar	More than <b>16 g</b> *If fruit is the first or second ingredient, product has more than <b>20 g</b> sugar
Sugar Ingredients	<b>First ingredient may not</b> be a sugar		<b>First ingredient</b> is a sugar
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label

**MILK AND ALTERNATIVE-BASED FOOD**

Food in this category has milk or milk ingredients as the first ingredient. Some examples of milk ingredients include cream, evaporated milk, milk, modified milk ingredients, milk solids, skim milk powder and whey. Fortified plant based yogurts and cheeses are also scored in this group.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	<b>15 g</b> or less		More than <b>15 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>350 mg</b> or less	<b>450 mg</b> or less	More than <b>450 mg</b>
Sugars	<b>13 g</b> or less	<b>20 g</b> or less	More than <b>20 g</b>
Calcium	<b>10% DV</b> or more	<b>5% DV</b> or more	Less than <b>5% DV</b>
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



*Milk and Alternative-Based Foods*  
*Examples of Food Scored in this Category: cheese, custard, frozen soy-based desserts, frozen yogurt, gelato, ice cream, pudding, and yogurt.*



*Meat and Alternatives*  
 Examples of Food Scored in this Category: plain or seasoned nuts, plain or seasoned seeds, meat or fish jerky, seasoned tofu and pepperoni sticks.

**MEAT AND ALTERNATIVES**

Food in this group has a meat or alternative as the first or second ingredient.

- » All protein bars and trail mixes (i.e. mixes of two or more of: fruit, nut/seed, or grains) are scored in the 'Snack Bars and Trail Mixes' category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Calories	<b>250</b> calories or less	<b>350</b> calories or less	More than <b>350</b> calories
Fat	<b>12 g</b> or less (Peanut, nut and seed products are exempt from fat criteria)	<b>16 g</b> or less (Peanut, nut and seed products are exempt from fat criteria)	More than <b>16 g</b>
Saturated Fat	<b>5 g</b> or less	<b>7 g</b> or less	More than <b>7 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>250 mg</b> or less (Peanut, nut and seed products must have <b>200 mg</b> or less)	<b>450 mg</b> or less (Peanut, nut and seed products must have <b>300 mg</b> or less)	More than <b>450 mg</b> (Peanut, nut and seed products with more than <b>300 mg</b> )
Sugars	<b>4 g</b> or less	<b>8 g</b> or less	More than <b>8 g</b>
Protein	<b>7 g</b> or more (Peanut, nut and seed products are exempt from protein criteria)	<b>5 g</b> or more (Peanut, nut and seed products are exempt from protein criteria)	Less than <b>5 g</b> (Peanut, nut and seed products are exempt from protein criteria)
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



**VEGETABLE AND FRUIT JUICES**

Beverages in this category have a vegetable or fruit juice, or a vegetable or fruit puree as the first ingredient (not including water).

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	No juices fit in this category	<b>360 ml</b> or less	More than <b>360 ml</b>
Fat		<b>5 g</b> or less	More than <b>5 g</b>
Trans Fat		<b>5%</b> or less of total fat	More than <b>5%</b> of total fat
Added Sugars		<b>No Added Sugars</b> ("concentrated fruit juice" is considered an added sugar if it is not preceded by water in the ingredient list)	<b>Added Sugars</b> ("concentrated fruit juice" is considered an added sugar if it is not preceded by water in the ingredient list)
Sodium		<b>200 mg</b> or less per 250 ml	More than <b>200 mg</b> per 250 ml
Sugar Substitutes		May contain Sugar Substitutes	
Caffeine		No limit	
Additional Ingredients		<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label	Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



*Vegetable and Fruit Juices*  
 Examples of Beverages Scored in this Category: frozen fruit juice bars, fruit cocktails, fruit juice, fruit juice smoothies, fruit and vegetable juice blends, tomato juice, and vegetable juice.



*Milk and Alternative Beverages*  
 Examples of Food Scored in this Category: almond beverage, plain and flavoured milk, rice beverage, soy beverage and yogurt drinks.

**MILK AND ALTERNATIVE BEVERAGES**

Beverages in this category have milk or milk ingredients listed as the first ingredient. Fortified plant-based beverages are also scored in this group.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	<b>500 ml</b> or less		More than <b>500 ml</b>
Fat	<b>5 g</b> or less per 250 ml	<b>10 g</b> or less per 250 ml	More than <b>10 g</b> per 250 ml
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>150 mg</b> or less per 250 ml	<b>250 mg</b> or less per 250 ml	More than <b>250 mg</b> per 250 ml
Sugars	<b>13 g</b> or less per 250 ml	<b>20 g</b> or less per 250 ml	More than <b>20 g</b> per 250 ml
Protein	<b>6 g</b> or more per 250 ml	No criteria	
Calcium	<b>30% DV</b> or more per 250 ml	<b>20% DV</b> or more per 250 ml	Less than <b>20% DV</b> per 250 ml
Vitamin D	<b>44% DV</b> or more per 250 ml	No criteria	
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label

## OTHER BEVERAGES

Beverages in this category are non-juice, non-milk based drinks.

- » Fortified plant-based beverages are scored in the 'Milk and Alternative Beverages' category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	No beverage other than plain water (still or carbonated) fits in this category.	<b>600 ml</b> or less	More than <b>600 ml</b>
Fat		<b>3 g</b> or less	More than <b>3 g</b>
Trans Fat		<b>5%</b> or less of total fat	More than <b>5%</b> of total fat
Sodium		<b>200 mg</b> or less per 250 ml	More than <b>200 mg</b> per 250 ml
Sugars		<b>8 g</b> or less	More than <b>8 g</b>
Sugar Substitutes		May contain Sugar Substitutes	
Caffeine		No limit	
Additional Ingredients		<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label	Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



### Other Beverages

*Examples of Food Scored in this Category: bottled water, flavoured water, fruit-flavoured drinks, coffee, tea, iced tea, soft drinks, sparkling water, sport/ electrolyte drinks, vitamin-enhanced water and water based hot-chocolate.*



### Mixed Entrees

Examples of Food Scored in this Category: breakfast bagels, burritos, chili, curries, lasagna, meal-style salads, sandwiches, stews, sushi, and wraps.

### MIXED ENTREES

Food in this category contains ingredients from two or more food groups and does not fit into the single food categories. These foods are served as the main part of a meal. Hearty soups such as minestrone and fish chowders served as a meal are scored in this category. Food in this category is not common in vending machines in British Columbia.

- » Smaller portions of these foods that are not served as a meal can be scored in the 'Side Dishes' category.

#### Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated.

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If <b>first ingredient</b> is a grain, the grain must be a <b>whole grain</b>	No whole grain criteria	
Fat	<b>17 g</b> or less		More than <b>17 g</b>
Saturated Fat	<b>5 g</b> or less	<b>8 g</b> or less	More than <b>8 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>700 mg</b> or less	<b>900 mg</b> or less	More than <b>900 mg</b>
Sugars	<b>24 g</b> or less		More than <b>24 g</b>
Protein	10 g or more		Less than <b>10 g</b>
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label

**SIDE DISHES**

Food in this category contains ingredients from more than one food group and does not fit into the single food categories. These foods are sold in smaller portions and are not served as the main part of a meal.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If <b>first ingredient</b> is a grain, the grain must be a <b>whole grain</b>	No whole grain criteria	
Calories	<b>300</b> calories or less		More than <b>300</b> calories
Fat	<b>8 g</b> or less		More than <b>8 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>350 mg</b> or less	<b>450 mg</b> or less	More than <b>450 mg</b>
Sugars	<b>12 g</b> or less		More than <b>12 g</b>
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



*Side Dishes*

*Examples of Food Scored in this Category: bean salads, Greek salad, green salad with seeds or cheese, half-portion of a sandwich or wrap, noodle sides, quinoa salad, samosas and small portions of stews or chili.*



**Soups**

Examples of Food Scored in this Category: chicken noodle soup, cream of vegetable soup, tomato soup, vegetable soup, wonton soup.

**SOUPS**

Food in this category includes dry, canned and fresh soups.

- » Hearty meal-style soups sold as the main part of a meal are scored in the 'Mixed Entrees' category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	<b>4 g</b> or less	<b>7 g</b> or less	More than <b>7 g</b>
Saturated Fat	<b>2 g</b> or less	<b>3 g</b> or less	More than <b>3 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>400 mg</b> or less	<b>500 mg</b> or less	More than <b>500 mg</b>
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label

## SNACK BARS AND TRAIL MIXES

Food in this category includes bar-type snacks and trail mixes.

- » Trail mixes scored here include mixes of more than one of: fruit, nut/seed, or grains.
- » Nut and/or seed-only mixes (plain, sugared or seasoned) are scored in the 'Meat and Alternatives' category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If <b>first ingredient</b> is a grain, the grain must be a <b>whole grain</b>	No whole grain criteria	
Calories	<b>300</b> calories or less		More than <b>300</b> calories
Fat	<b>5 g</b> or less (If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	<b>7 g</b> or less (If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	More than <b>7 g</b>
Saturated Fat	<b>3 g</b> or less		More than <b>3 g</b>
Trans Fat	<b>5%</b> or less of total fat		More than <b>5%</b> of total fat
Sodium	<b>200 mg</b> or less	<b>300 mg</b> or less	More than <b>300 mg</b>
Sugars	<b>6 g</b> or less (If fruit is the first or second ingredient, may have up to <b>20 g</b> sugar)	<b>16 g</b> or less (If fruit is the first or second ingredient, may have up to <b>30 g</b> sugar)	More than <b>16 g</b> (If fruit is the first or second ingredient, product has more than <b>30 g</b> sugar)
Sugar Ingredients	<b>First</b> ingredient <b>may not</b> be a sugar		<b>First</b> ingredient is a sugar
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



### Snack Bars and Trail Mixes

*Examples of Food Scored in this Category: trail mix, cereal bars, fruit bars and leathers, fruit and nut bars, granola bars, meal replacement bars, protein bars, sports bars.*





*Condiments, Dressings, Dips and Spreads*

*Examples of Food Scored in this Category: hummus, cream cheese, barbeque sauce, butter, honey, ketchup, margarine, mayonnaise, salad dressings, salsa, sour cream, soy sauce.*

**CONDIMENTS, DRESSINGS, DIPS AND SPREADS**

Food in this category includes condiments, dressings, dips and spreads that are served on the side with meals.

- » When used as an ingredient in a food or beverage, score as a whole dish in the appropriate food or beverage category.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	<b>10 g</b> or less		More than <b>10 g</b>
Trans Fat	<b>5%</b> or less of total fat (soft spreadable margarine and oil must have 2% or less of total fat)		More than <b>5%</b> of total fat (soft spreadable margarine and oil must have 2% or less of total fat)
Sodium	<b>200 mg</b> or less		More than <b>200 mg</b>
Sugars	<b>8 g</b> or less		More than <b>8 g</b>
Sugar Substitutes	<b>NO</b> Sugar Substitutes	May contain Sugar Substitutes	
Caffeine	No limit		
Additional Ingredients	<b>NO</b> cautionary statements and <b>NO</b> specific quantity of botanical ingredients listed on the label		Food label has a <b>cautionary statement</b> or a <b>specific quantity</b> of botanical ingredients listed on the label



**CONFECTIONERY**

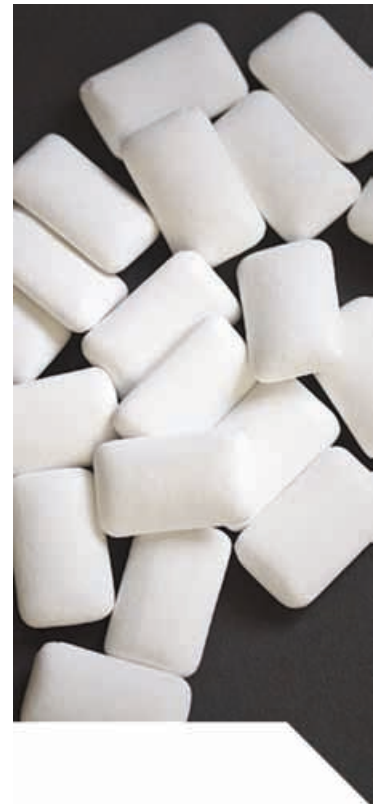
Food in this category does not contain a major ingredient from any of the four food groups in Canada’s Food Guide.

» Only sugar-free gum can be sold.

*Does the prepackaged product meet the Nutrient Criteria?*

*All amounts are per portion size sold, unless indicated.*

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Serving Size	No products fit in this category	No product other than sugar free gum fits in this category	<b>All other products fit in this category</b>
Fat			
Trans Fat			
Sodium			
Sugar Substitutes			
Caffeine			
Additional Ingredients			



*Confectionery*

*Examples of Food Scored in this Category: candies, chewing gum, chocolate bars, gummies, gelatin desserts (e.g. jello), licorice, popsicles and freezies if not prepared with fruit or fruit juice.*



### Natural Health Products

Examples of Food Scored in this Category: caffeinated energy drinks, some vitamin and mineral enhanced beverages.

## NATURAL HEALTH PRODUCTS

**Natural Health Products (NHPs) are not permitted for sale in B.C. Public Buildings.**

Natural health products (NHPs) are not regulated as food under Canada's Food and Drug Regulations. They are similar to medications in that they are intended to be consumed for specific conditions and in limited doses. Examples of NHPs are:

- » Some vitamin and mineral enhanced beverages; and
- » Some protein powders.

Currently many of the food and beverage products previously regulated as Natural Health Products are being transitioned into the *Food and Drug Regulations*. As part of this transition, Health Canada is collecting market and consumer use data on these products, which will inform future amendments to the *Food and Drug Regulations*. These amendments will set minimum and maximum amounts for added vitamins, minerals and other active ingredients and establish labelling requirements for these types of products.

As a precautionary step, **products that include any of the following pieces of information on the label are not permitted for sale in vending machines in public buildings in British Columbia.**

1. Cautionary or warning statements (e.g. "Do not consume more than 'X' servings daily", "Use 'X' servings maximum daily", "Not recommended for children").
2. A declared amount of a botanical or herbal ingredient (e.g. 'X' mg Energy Blend, ginseng, ginkgo biloba, milk thistle, guarana seed extract, grape skin extract, or Coenzyme Q10).

Three ways to identify a Natural Health Product.

1. Look for a NPN/DIN-HM or EN number on the package.
2. Look for the words Recommended Dose, Medicinal Ingredients and Non-medicinal Ingredients on the package.
3. Search for the product in the Licensed Natural Health Products Database.



FOR MORE INFORMATION, PLEASE VISIT:  
[WWW.HEALTH.GOV.BC.CA/HEALTHYEATING/VENDING.HTML](http://WWW.HEALTH.GOV.BC.CA/HEALTHYEATING/VENDING.HTML)  
[WWW.HEALTHLINKBC.CA/FOODGUIDELINES](http://WWW.HEALTHLINKBC.CA/FOODGUIDELINES)

