

Implementing Snackwise® in a School Setting

Steps for Modifying Vending Choices

Step 1

Assess Current Vending Machine Content

- Survey what is currently available in your vending machines. Assess the nutritional value using the Snackwise® system and assign the corresponding color code to each snack. An assessment survey is included on Page 3.

Step 2

Complete a Nutrition Assessment of Vending Foods

- Use the assessment survey on page 3 to total the number of snacks for each color and calculate the percentage of green, yellow, and red choices that are in the machine.

Step 3

Determine Mix of Products to Offer

- Adjust the snack selections in the vending machine to fit the Snackwise® guidelines for each color: Green: 30%, Yellow: 55%, Red: 15%. Work with the vendor or food supplier to identify snacks that meet Snackwise® guidelines. Example Snackwise® plannograms are included to help guide you with snack selections.

Step 4

Label Your Vending Machines

- Many subscribers print out customized "vending lists" and post them wherever snack foods are sold. That includes vending machines, kiosks, mini-stores and cafeteria a la carte lines. As a subscriber, you can create and save as many vending lists as you like, plus you can edit the items in the list whenever your selection changes.

Step 5

Communicate Your Vending Changes

- Communicate to the community, parents, faculty and students what changes have been made and how Snackwise® works. Promote the selection of Green and Yellow choices for a healthy lifestyle.

Get the word out! Use the Snackwise® news release and parent letter to promote the Snackwise® Nutrition Rating System.

Implementation Suggestions

- > Display Snackwise® posters on the a la carte line and at vending machines.
- > Offer samples of new smarter snack choices for customers to taste test.
- > Place vending machines with smarter snack choices in high traffic areas that are easily accessible to customers.
- > Increase the number of smarter snack choices in vending machines.



Get LESS of these

Get MORE of these

Munchies Ultimate Cheddar Mix

Nutrition Facts			
Serving Size: 1 package			
Servings Per Container: 1			
Amount Per Serving			
Calories	230	Calories from Fat	70
% Daily Value			
Total Fat	8g		13%
Saturated Fat	1.5		7%
Trans Fat	0g		
Cholesterol	less than 5mg		1%
Sodium	410mg		17%
Total Carbohydrate	34g		11%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	5 g		
Vitamin A	8%	Vitamin C	10%
Calcium	4%	Iron	35%

Frequently Asked Questions

What nutrition parameters are used to evaluate a snack food?

Snackwise® evaluates a snack foods for eleven nutrition parameters; calories, total fat, saturated & trans fat, sodium, sugar, protein, fiber, calcium, iron, vitamin A and vitamin C.

Will Snackwise® help my school establish nutrition guidelines for ALL snack foods available at school?

Yes. Snackwise® evaluates packaged snack foods found in vending, a la carte line, and school stores. Snack foods are rated according to whether the nutritional parameter contributes positively or negatively to a snack food's nutrient balance as either green-best choice, yellow-choose occasionally, or red-choose rarely. Snackwise® is not designed to evaluate beverage offerings.

How are fruits and vegetables rated?

Fruits and vegetables are always **green...best choice** and do not need to be evaluated through the Snackwise® Nutrition Rating System. Fruits and vegetables are major dietary sources of many nutrients such as vitamin A, C, folate, calcium, and fiber and are packed with phytochemicals, natural substances that fight disease and promote good health. The Dietary Guidelines for Americans recommends nine servings of fruits and vegetables per day for 2,000 calories, with higher or lower amounts depending on calorie level. Fruits and vegetables are an *excellent snack choice* and should be promoted through all venues at school.

What about Foods of Minimal Nutritional Value (FMNV)?

USDA defines FMNV as artificially sweetened foods, a food which provides less than five percent of the Reference Daily Intake (RDI) for each of the eight specified nutrients per serving – protein, vitamin A, vitamin C, niacin, riboflavin, thiamine, calcium and iron.

Foods of Minimal Nutritional Value Include:

Soda water (carbonated beverages), water ices (popsicles), chewing gum, and candies of the following types: hard candy, including breath mints and cough drops, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.

*****Regardless of the Snackwise® nutrition rating, FMNV cannot be sold in the food service area or any area in which meals are either served or eaten during lunch.**

Snackwise Sample Vending Plannogram: 40 Slots
12 Green (30%) 22 Yellow (55%) 6 Red (15%)

Quaker® Snack Mix, Kid's Mix (.875 oz)		Chex Morning Mix®, Fruit & Nut (1.15 oz)		Baked Cheetos® with Calcium, Falmin Hot (.8750 oz)		Stacy's® Texarkana Hot (1 oz)		NutriGrain® Yogurt Cereal Bar, Strawberry (1.3 oz)	
GREEN		GREEN		GREEN		GREEN		GREEN	
Baked Lay's®, Sour Cream & Onion (1.125 oz)		Snyder's of Hanover® Honey Wheat Sticks (2.25 oz)		Baked Cheetos®, Flamin' Hot (.875 oz)		Kudos® M&M's Bar (.830 oz)		Planters® Dry Roasted Peanuts, Lightly Salted (1.75 oz)	
YELLOW		YELLOW		YELLOW		YELLOW		YELLOW	
Famous Amos® Chocolate Chip Cookies (3 oz)		Generation Max™ Snickers Cereal Clusters (1.1oz)		Stacy's® Pesto & Sundried Tomato (1.5 oz)		Oreo® 100 Calorie Packs (.81 oz)		Rice Krispies® Treat (1.3 oz)	
RED		GREEN		GREEN		YELLOW		YELLOW	
Cinnamon Toast Crunch® Milk 'n Cereal Bar (1.6 oz)	Hershey's® 1 g Sugar, w/ Almonds (1.1 oz)	Skittles®, Sour (1.8 oz)	NutriGrain® Cereal Bar, Strawberry (1.3 oz)	Florida's Natural® Au'some Fruit Nuggets (1.5 oz)	Austin® Zoo® Animal Crackers (2.12 oz)	SnackWell® Devil's Food Cookies (1.1 oz)	Scooby Doo® Fruit Snacks (.9 oz)	Cocoa Puffs® Milk 'n Cereal Bar (1.4 oz)	Gobstoppers (1.770 oz)
GREEN	YELLOW	YELLOW	GREEN	GREEN	YELLOW	YELLOW	YELLOW	GREEN	YELLOW
Kudos® Snickers® (.89 oz)	Butterfinger (Nestlé®) (1.76 oz)	Nature Valley® Granola Bars, Maple Brown Sugar (1.5 oz)	Reeses's® Peanut Butter® Cups (1.5 oz)	Kellogg's® Cinnamonia French Toast Snacks (1.76 oz)	Kit Kat, Hershey's™ (1.5 oz)	Teddy Grahams®, Chocolate (1.25oz)	Kudos® M&M® Bar (0.83 oz)	Welch's® Fruit Snacks, Strawberry (2.25 oz)	M&M® Peanut (1.74 oz)
YELLOW	RED	YELLOW	RED	YELLOW	RED	GREEN	YELLOW	YELLOW	RED
Baked Lay's®, Original (1.125 oz)		Baked Lay's®, KC Master BBQ (1.125 oz)		Doritos®, Reduced Fat, Cooler Ranch (1 oz)		Cheetos® Fantastix, Chili Cheese (1 oz)		Doritos®, Nacho Cheesier (1 oz)	
YELLOW		YELLOW		YELLOW		YELLOW		RED	

Snackwise Sample Vending Plannogram: 15 Slots
5 Green (30%) 8 Yellow (55%) 2 Red (15%)

Baked Cheetos® w/ Calcium, Crunchy (.875 oz)	Generation Max™ Snickers Cereal Clusters (1.1oz)	Stacy's® Texarkana Hot (1.5 oz)	Austin® Zoo® Animal Crackers (2.12 oz)	Quaker Chewy® Granola Bars, Reduced Sugar, Peanut Butter Chocolate Chip (.840 oz)
GREEN	GREEN	GREEN	YELLOW	GREEN
Baked Lay's®, Original (1.125 oz)	Baked Doritos®, Cooler Ranch (1.375 oz)	Reduced Fat Crunchy Cheetos® (.875 oz)	Generation Max™ Combos Ranch Pretzels (1.060 oz)	Teddy Grahams®, Chocolate (1.25oz)
YELLOW	YELLOW	YELLOW	YELLOW	GREEN
Baked Cheetos® (1.5 oz)	Baked Lay's®, Sour Cream and Onion (1.125 oz)	Doritos®, WOW, Nacho Cheese (1.33 oz)	Stacy's® Simply Naked (1oz)	Doritos®, Nacho Cheesier (1 oz)
RED	YELLOW	YELLOW	YELLOW	RED

Snackwise Sample Vending Plannogram: 12 Slots

4 Green (30%) 6 Yellow (55%) 2 Red (15%)

Rice Krispie® Treat (1.3 oz)	NutriGrain® Yogurt Cereal Bar, Strawberry (1.3 oz)	Fruit Crisp Bites, Apple Crisp (2 oz)	Austin® Zoo® Animal Crackers (2.12 oz)
YELLOW	GREEN	GREEN	YELLOW
Kashi® TLC™ Bar, Peanut Butter (1.2 oz)	Skittles®, Sour (1.8 oz)	Welch's® Fruit Snacks, Strawberry (2.25 oz)	Oreo® 100 Calorie Packs (.81 oz)
GREEN	YELLOW	YELLOW	YELLOW
M&M® Peanut (1.74 oz)	Snyder's of Hanover®, Honey Wheat Sticks (2.25 oz)	Snickers® (2.07 oz)	Nabisco® Teddy Graham® Cinnamon (.75 oz)
RED	YELLOW	RED	GREEN