

## Nutrition & Physical Activity Policy Implementation Resource

# Healthy Vending Machine Options

### SNACKS\*

#### Fruit and Vegetable Snacks

Apple Sauce Cups  
Apples  
Canned Fruit Cups  
Carrots with Low Fat Dip  
Celery with Peanut Butter  
Dried Fruits  
Fruit Leathers (100% Fruit)  
Grapes  
Snow Peas with Low Fat Dip

#### Dairy Snacks

Cheese (Soft or Low-Fat) and Crackers  
Cottage Cheese (Nonfat or Low-Fat)  
Pudding  
String Cheese  
Yogurt (Nonfat or Low Fat)

### BEVERAGES

Juices (100% Fruit or Vegetable)  
Milk (Nonfat, 1%, or 2%; Plain or Flavored)  
Water (Plain or Carbonated)  
Rice, Soy, or Nut Milk

### ENTREES\*

Bagels with Nonfat or Low Fat Cream Cheese  
Sandwiches and Wraps  
Cereals  
Oatmeal Cups  
Salads  
Soups

#### Savory Snacks

Baked Chips  
Popped Chips  
Beef Jerky  
Crackers  
Nuts  
Pita Chips  
Popcorn  
Pretzels  
Rice Cakes  
Trail Mix

#### Sweet Snacks

Animal Crackers  
Cereal Bars  
Energy Bars  
Fig Newtons  
Fruit Bars  
Granola Bars  
Gummy Snacks (100% Fruit)  
Yogurt Raisins



*\*While local vending machine companies carry all listed items in versions that fulfill the healthy food requirements, not all versions of these products fulfill the requirements.*