

Administrative Offices

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MCDPH Steps to a Healthier Food and Beverage Environment

Around the Office:

- ✓ Make water readily available for employees and guests
- ✓ Limit the availability of high calorie beverages (drinks with more than 50 calories per 12-ounce servings such as non-diet soda, sports and energy drinks, vitamin waters and sweetened iced tea) in kitchens, break rooms and other places where complimentary beverages are available.
- ✓ Educate staff about the health consequences of sugar sweetened beverages by posting nutrition education material in break rooms.

At Meetings:

- ✓ Provide only low calorie beverages (drinks with no more than 50 calories per 12-ounce servings such as water, seltzer, diet sodas, coffee and unsweetened tea) at all work functions, including meetings, conferences and parties.
- ✓ Provide drinking water at all meetings, conferences and parties.
- ✓ Encourage fresh fruit and/or vegetables be provided at all functions where food is served, including meetings, conferences and parties.
- ✓ Provide MCDPH Departments with a copy of MCDPH nutrition standards to promote healthful eating among employees and visitors

In Vending Machines:

Food Standards

At least 50% of foods served in vending machines will meet the following nutrition standards for snacks:

- ✓ Have no more than 35 percent of its calories from total fat (excluding nuts and seeds, snack mixes with nuts and seeds *must* meet the 35 percent standard) ¹
- ✓ Have no more than 10 percent of its calories from saturated fat ¹
- ✓ No added trans fat (hydrogenated oils, partially hydrogenated oils) ¹
- ✓ Have no more than 35 percent sugar and caloric sweeteners by weight (excluding fruits and vegetables without added sweeteners or fats) ²
- ✓ Have no more than 480 milligrams of sodium per serving (no more than 30 grams or 2 tablespoons)³
- ✓ At least one item meets all criteria above and is a “good source” of dietary fiber (10% or more daily value) per serving ⁴

*Food items are to be sold in single serving packages.

*Food items meeting the nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining items within the vending machine that do not meet these nutrition standards.

*Food items meeting the nutrition standards must be placed within the top third of the vending machine for visibility at eye level.

Beverage Standards ⁵

At least 50% of beverage offerings in vending machines may include the following:

- ✓ Water (no products with caffeine or caffeine derivatives) ²
- ✓ 100% fruit or vegetable juice with no added sweeteners
- ✓ Nonfat or 1% low-fat milk including cow, rice, almond, and soy
- ✓ Flavored nonfat or 1% low-fat milk with no more than 15 grams added sugar per 8 ounces (total sugar content not to exceed 27 grams; lactose content in 8 ounces = 12 grams)
- ✓ Sports drinks or calorie-reduced artificially sweetened beverages with no more than 50 calories per 12 ounces
- ✓ Non-caloric beverages (excluding energy drinks)
- ✓ Beverages with no more than 250 calories per container meeting the above standards

*Beverages meeting the nutrition standards must be sold at a price that is equivalent to or lower than the price of the remaining beverages within the vending machine that do not meet these nutrition standards.

*Beverages meeting the nutrition standards must be placed within the top third of the vending machine for visibility at eye level.

*Adapted from NYC Health Department Simple Steps Your Workplace Can Take for a Healthier Food and Beverage Environment