

Beverages and Snacks Meeting CCHS Vending Machine Standards

These products meet the County criteria of:

- Not more than 35% calories from fat (excluding nuts and seeds) and
- Not more than 10% of calories from saturated fat
- No trans fats (hydrogenated and partially hydrogenated oils). However, *trans* fat does not have to be listed if the **total** fat in a food is less than 0.5 gram (or 1/2 gram) per serving and no claims are made about fat, fatty acids or cholesterol content. If it is not listed, a footnote will be added stating that the food is "not a significant source of *trans* fat.
- No more than 35% total weight from sugar and caloric sweeteners (excluding fruits and vegetables that have not been processed with added sweeteners)

Please remember that this is not an exhaustive list, and inclusion on this list does not serve as an endorsement by CCHS. Refer to “Guidelines on Implementing the Nutrition Standards portion of Contra Costa County’s Vending Machine Policy” for further information.

Bars

Nature Valley Peanut Butter Granola Bar
Nature Valley Oat & Honey Bar
Quaker Fruit and Oatmeal Bar
Quaker Oatmeal Breakfast Bar
Clif /Luna Bars
Kellogg’s Nutri Grain Bars
Dr. Steins Energy Bars (perishable bread item)

Fruit/Fruit Related

Del Monte fruit, lite syrup
Sensible Foods Cracklin’ Fruit
Stretch Island Fruit leather
Individually packaged dried fruit
Welch’s Fruit Snacks

Chips/Snack Mixes/Popcorn

Chex Mix (traditional)
Sun Chips (all except French Onion)
Synder’s Old Tyme Pretzels
Synder’s Pretzel Sticks
Synder’s Mini Pretzels
Cracker Jack
Frito Fay Baked Chips
Robert’s American Booty Products
Stacy’s Pita and Soy Chips
Nabisco 100 Calorie Snacks
Jolly Time, Orville Redenbahcer’s or Newman’s
Own 94% Fat Free popcorn
Quaker Quakes Rice Snacks
Corn Nuts

Nuts/Seeds/Nut Products

Blue Diamond Almonds
Kar’s Roasted Peanuts
Kar’s Salted Cashews
Kar’ Peanuts
Kar’s All Energy or Original Trail Mix
David’s Pumpkin Seeds
David’s Sunflower Seeds
Mr. Nature Unsalted Trail Mix
Sunkist Cashews
Planter’s Peanuts

Protein

Pemmican Tender Beef Jerky
Pacific Gold Jerky
Oberto’s Beef Jerky

Beverages

Any 100% juice, (e.g. Ocean Spray Pink Grapefruit, Apple & Eve, V-8, etc.)
Dole Light Berry Juice Beverage
Horizon Reduced Fat Milk Boxes

Refrigerated Products

Lean Pockets (many)
Lean Cuisine (many)
Kraft Lunchables (turkey/cheese; ham & swiss)
Light Non-fat and Low Fat Yogurts