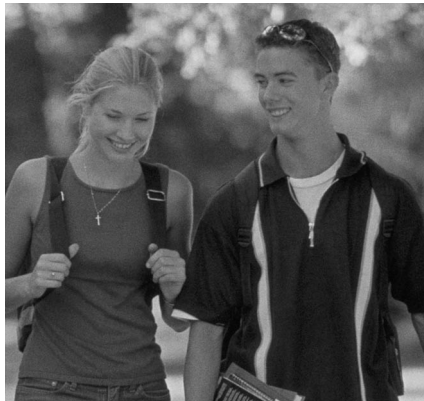
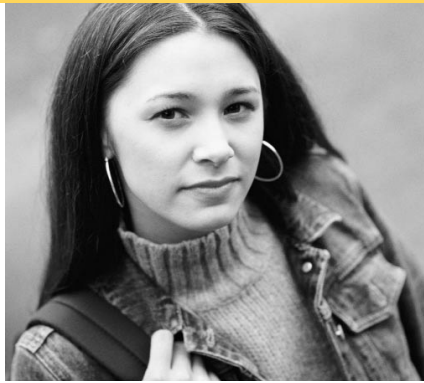


# Nutritious School



# Vending



Step-By-Step Guide  
to Implementing  
Colorado Senate  
Bill 04-103





# A Step-By-Step Guide to Implementing Colorado Senate Bill 04-103





**We thank the following organizations and individuals for their extensive efforts in creating, editing, and reviewing this document.**

The vending guide was a project of the Colorado Action for Healthy Kids(COAFHK) and the Colorado Physical Activity and Nutrition Program(COPAN) School Site Task Force.\* Work was completed by the COAFHK/COPAN Vending subcommittee, the Committee for Progress in School Nutrition and the Colorado Dietetic Association. The vending subcommittee was chaired by representatives from the Colorado School Food Service Association, the primary group that worked with legislators on SB04-103.

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We appreciate the time of these individual school site personnel who reviewed the final version of the guide.

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*Michael Clough, former Superintendent, Stratton School District, CDE Regional Service Team Manager*

*Paula Cockwell, Colorado School Food Service Association, Public Policy and Legislation Chair*

*Dawn Helman, Gunnison School District School Nurse*

*Lynn Huizing, Jefferson County PTA President, COPAN/COAFHK school site team member*

Colorado Department of Public Health and Environment's Colorado Physical Activity and Nutrition Program (COPAN) is dedicated to reducing the incidence of overweight and obesity in Coloradans. Action for Healthy Kids (AFHK)<sup>™</sup> is an integrated, national and state effort that is addressing the epidemic of overweight, undernourished and sedentary youth by focusing on changes in the school environment. In an effort to reduce duplication and to maximize resources, Colorado Action for Healthy Kids<sup>™</sup> (COAFHK) state team and the Colorado Physical Activity and Nutrition Program's School Site Task Force function as the same team to prevent obesity and related chronic diseases, and to promote healthy lifestyles for all Coloradans.





FORWARD

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We are writing to you as the prime sponsors of Senate Bill 04-103, which was recently signed into law by Governor Owens.

Senate Bill 103, in its final form, **encourages** all school boards in Colorado to take action in support of the health of the students you serve. Specifically, the bill addresses the issue of healthful food and beverage choices in vending machines. S.B. 103 **does not mandate changes**. However, the bill encourages each school district "to adopt a policy by resolution providing that, by the 2006-07 school year, at least fifty percent of all items offered" in the vending machines in each school shall meet the criteria for acceptable nutrition standards which are laid out in the bill. A copy of the signed bill is enclosed for your review.

We are all aware of the studies and statistics on obesity among children and teens. In most cases there are two causes for this epidemic: lack of regular physical activity and poor nutrition choices. This bill encourages school boards to evaluate the food and beverage choices available in the vending machines in each district. It acknowledges that vendor contracts may exist that limit the changes that are possible until such contracts come up for renewal.

Testimony in support of our bill came from dentists, dieticians, physicians, parents, physical education teachers, food service professionals and others. We learned that numerous healthy foods and beverages can be sold in vending machines, including dairy products, fruit juices, packaged fruits, nuts and many more choices. It is our belief that healthy kids learn better, and this is a major reason we sponsored S.B. 103.

We ask you and your colleagues to place this item on your next school board agenda. We believe that the parents and students of your district will appreciate your efforts. Thank you, and please let us know how this project progresses in your district.

Sincerely,

Senator Paula E. Sandoval

Representative Mark Cloer

Not paid for at taxpayer expense.



## To school personnel, students, parents and school board members of Colorado:

Schools interact with students, parents and their community on a daily basis. They provide the ideal setting to educate students and the community on establishing eating habits that contribute to maintaining a healthy weight.

Colorado SB04-103 provides the opportunity to work with food and beverage companies to modify the foods and beverage offerings in vending machines to ensure there are healthy options for students and school personnel.

The Colorado Departments of Education (CDE) and Public Health and Environment, in coordination with the Colorado Action for Healthy Kids Foundation hosted a Colorado Healthy Schools Summit in October 2003. Members of the Colorado Physical Activity and Nutrition Program/Colorado Action for Healthy Kids (COPAN/COAFHK) School Site task force planned the summit.

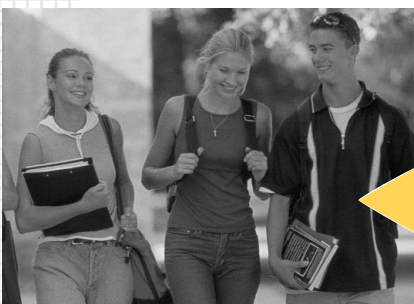
This Colorado Healthy Schools Summit generated interest and action by individual schools and school districts to make changes in the school nutrition environment. Legislatively, an effort led by the Colorado School Food Service Association in coordination with legislators and many individuals and organizations led to the passage of SB04-103, Concerning Policies to Increase the Inclusion of Nutritious Choices in School Vending Machines.

The COPAN/COAFHK school site vending sub-committee members and members of the Colorado Committee for Progress in School Nutrition worked with the CDE Nutrition Unit to draft the implementation guidance for SB04-103.

Implementing Colorado SB04-103 will be a step towards implementation of P.L. 108-165, section 204, of the Child Nutrition and WIC Reauthorization Act of 2004. Section 204 requires all school districts participating in school meal programs to establish a local "school wellness policy" that includes nutrition guidelines for all foods available on the school campus during the school day.

CDE, the COPAN/COAFHK school site vending sub-committee, as well as representatives from the Colorado Committee for Progress in School Nutrition are fully cognizant of the financial pressures that have led to decisions in some schools that create substantial barriers to healthy eating opportunities for students. However, we as child nutrition professionals and educators have come to realize that the consequences of obesity on children's health and self-esteem far outweigh any short-term financial gains.

*Dan McMillan  
Colorado Department of Education  
Director of Child Nutrition and Transportation*



**I encourage all school districts to consider implementation of the provisions of SB04-103 as one measure of ensuring a healthy school nutrition environment for the children of Colorado.**



# Implementation Guide Part I: Modifying Vending Choices-Steps and Tools

Excerpt from Senate Bill 04-103 which applies to vending food and beverage choices

## Section 1 (2)

On or before July 1, 2004, each school district board of education is encouraged to adopt a policy by resolution providing that, by the 2006-07 school year at least fifty percent of all items offered in each vending machine or adjoining set of vending machines located in each school of the school district shall meet the criteria set forth in subsection (3) of this section.

## Section 1 (3)

- (a) Foods and beverages sold through school vending machines that meet acceptable nutritional standards shall consist of the following:
- (i) Plain, unflavored, noncarbonated water;
  - (ii) Milk, as that term is defined in section 25-5.5-101, C.R.S., and shall include but not necessarily be limited to chocolate, milk, soy beverage, rice beverage, and other similar dairy or nondairy beverage;
  - (iii) One hundred percent fruit juices or fruit-based drinks composed of no less than fifty percent juice, without additional sweeteners;
  - (iv) An electrolyte replacement beverage that contains forty-two grams or fewer of additional sweetener per twenty-ounce serving;
  - (v) Nuts, seeds, dairy products, fresh fruits or vegetables, dried fruits or vegetables, and packaged fruits in their own juice; and
  - (vi) Any other food item containing:
    - (A) Not more than thirty-five percent of total calories from fat and not more than ten percent of those calories from saturated fat; and
    - (B) Not more than thirty-five percent of its total weight in sugar.
      - (b) For purposes of this section, "additional sweetener" means an additive that enhances the sweetness of a food or beverage, including but not limited to sugar. "Additional sweetener" does not include the natural sugar or sugars that are contained in any fruit juice that is a component of the food or beverage.

A full version of SB04-103 is available on line at [www.leg.state.co.us/](http://www.leg.state.co.us/)

## STEPS FOR MODIFYING VENDING CHOICES BASED ON SB04-103 EXCERPT

# 1

**Assess Current Vending Machine Food and Beverage Content:** Survey what is currently available in your vending machines. A vending survey form is included.

# 2

**Complete a Nutrition Assessment of Vending Foods:** Using the guide's nutrition calculations worksheet or the on-line spreadsheet, evaluate products that are currently available in vending machines and any new products that are available from the vendor.





3

**Determine Mix of Products to Offer in Vending Machines:** School personnel and students work with vendors to select a minimum of 50% of foods and beverage that meet SB04-103 criteria. Solicit input from vendors to ensure current vending machines can accommodate products.

4

**Communicate your vending changes:** Communicate to the community, parents, faculty and student body what changes have been made in school vending. Promote the selection of a variety of foods for a healthy lifestyle.

*"There is evidence that unhealthy food choices, such as soft drinks, may be a contributor to the obesity epidemic in children. Schools can take on a proactive role in forging healthy food behaviors through the options that are available in school vending machines."*

*Dr. Reginald Washington, MD, FAAP, FACC, FAHA  
Co-Chair, Task Force on Obesity for the American Academy of Pediatrics*

## Implementation Suggestions

- ▶ Ask the district and/or school accountability committee or the district health committee to coordinate implementation of SB04-103.
- ▶ Solicit and gather information from students, parents and school personnel responsible for vending.
- ▶ Provide samples of snacks and beverages that meet SB04-103 criteria and seek input from students. Use the results to help determine the vended mix of products.
- ▶ Place vending machines in best location possible.
- ▶ Promote new nutritious vending products.
- ▶ Work with the vendor to identify which foods meet criteria and which foods don't.

Nutritious Vending Suggestions	
<b>BEVERAGES</b>	
	Bottled water Sparkling water with natural flavors Electrolyte replacement beverage Reduced, low fat or fat free milk – white and flavored Reduced or low fat yogurt beverages Rice beverages Soy Beverages Orange, apple, grape, cranberry, grapefruit juices* Tomato or vegetable blend juices*
<b>SNACKS</b>	
<b>Grains and Cereals</b>	Graham crackers Animal crackers Vanilla wafers Flavored rice cakes Fig bars Reduced fat cheese crackers Baked chips – potato and corn varieties Pretzels Cereal bars* Granola bars* Trail Mix bars* Yogurt coated granola bars* Cereal boxes* Deli Sandwiches* Low fat muffins Bagels with low fat cream cheese
<b>Nuts and Seeds</b>	All varieties. Almonds, peanuts, or pumpkin seeds; trail mix*; or reduced fat peanut butter
<b>Fruits /Vegetables</b>	<b>Fruits</b> – fresh, canned, cut-up or dried; single containers such as sliced peaches or fruit salads; applesauce. <b>Vegetables</b> – all varieties. Baby carrots, broccoli florets, or others cut into small pieces served with low fat dressing; prepackaged lettuce salads.
<b>Dairy Foods</b>	<b>Cheese</b> – reduced fat varieties. American, Cheddar, Monterey Jack, or Mozzarella; string cheese products. <b>Yogurt</b> – reduced or low fat fruit varieties; yogurt tubes. <b>Pudding snacks</b> –pudding cups or tubes.

\*Certain brands or flavors may not fit criteria of Senate Bill 04-103. Check the nutrition label using the calculations worksheet.





<b>School:</b>		<b>Grades:</b>	
<b>District:</b>			
<b># of vending machines in school</b>		<b># of students in school</b>	
<b>Name of Data Collector</b>			

<b>Snacks</b>	<b># of Slots in Machine 1</b>	<b># of Slots in Machine 2</b>	<b># of Slots in Machine 3</b>
Chips* - regular			
Chips* - low-fat or pretzels			
Crackers			
Crackers with cheese or peanut butter			
<b>Fruit or vegetable</b>			
Granola/cereal bars			
Nuts/trail mix			
Candy			
Cookies/snack cakes/pastries			
Low-fat cookies and baked goods			
Other food:			
Other food:			
<b>Total # of slots in machine</b>			
<b>Beverages</b>	<b># of Slots in Machine 4</b>	<b># of Slots in Machine 5</b>	<b># of Slots in Machine 6</b>
Soda (regular)			
Soda (diet)			
Fruit drink (less than 50% real juice)			
Fruit drink (at least 50% real juice)			
Water			
Sports drinks			
Iced tea, lemonade, or other sweetened drink			
Whole or 2% milk (including flavored)			
Low-fat/1% milk or fat-free milk (including flavored)			
Other drink:			

Survey adapted from Center for Science in the Public Interest, May 2004 School Vending Survey — [www.cspinet.org](http://www.cspinet.org)





## Part II: Adopting a Board Approved School Nutrition Policy

Adopt a school district policy for all items offered in school vending machines.

### Excerpt from SB04-103 that applies to school nutrition policies

*"SB04-103 (2) "On or before July 1, 2004, each school district board of education is encouraged to adopt a policy by resolution providing that, by the 2006-07 school year, at least fifty percent of all items offered in each vending machine or adjoining set of vending machines located in each school of the school district shall meet the criteria set forth in subsection (3) of this section."*

### Child Nutrition and WIC Reauthorization Act of 2004 – P.L. 108-265 Sections 204 and 102 9 (C)

Creating a nutrition policy will be a step toward implementing Federal Public Law 108-265, which requires all schools who participate in a program authorized by the National School Lunch Act or Child Nutrition Act to establish a local school wellness policy by July 1, 2006 that includes nutrition guidelines for all foods available on the school campus during the school day. A school that participates in the school lunch program under this Act shall not directly or indirectly restrict the sale or marketing of fluid milk products by the school (or by a person approved by the school) at any time or any place-"(i) on the school premises; or "(ii) at any school-sponsored event."

### Sample Nutrition Policy Resources and Related Guidelines

1) ***Fit, Healthy and Ready to Learn Part I***

School nutrition policies are written as statements of best practice that all state, school districts, public schools, and private schools should endeavor to adopt. The policies can be adapted or revised to fit the needs of individual state, district and schools. Parentheses in the body of the policy indicate where the school or school district would insert their own information.

[www.nasbe.org/HealthySchools/healthy\\_eating.html](http://www.nasbe.org/HealthySchools/healthy_eating.html) or available in the USDA Changing the Scene kit. The kit is free. The order form is available at [www.fns.usda.gov/tn/Resources/changing.html](http://www.fns.usda.gov/tn/Resources/changing.html)

2) ***Eat Smart: North Carolina's Recommended Standards for All Foods Available in School***

The Eat Smart School Standards are sequential and flexible. The Eat Smart School Standards outline four achievement levels consistent with the language used in the school improvement process. Schools or school systems may choose their starting point and the achievement level they wish to pursue. The Eat Smart School Standards are grade specific, reflecting the increasing level of knowledge and decision making skills that students may have as they mature. [www.HealthyWeight.com](http://www.HealthyWeight.com)

3) ***Texas Public School Nutrition Policy***

Texas School Nutrition Policy is comprehensive and defined for elementary, middle and high. Policies are specific to activities within the school environment.

[www.agr.state.tx.us/foodnutrition/policy/food\\_nutrition\\_policy.pdf](http://www.agr.state.tx.us/foodnutrition/policy/food_nutrition_policy.pdf)

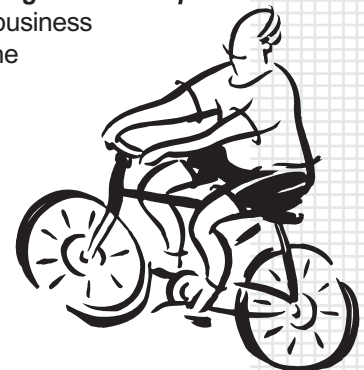
4) ***National Association of Secondary School Principals (NASSP) Guidelines for School Beverage Partnerships***

NASSP believes that principals must maintain diligent and careful relationships with all of its' business partners. The NASSP guidelines were developed to assist school leaders as they address the school-beverage issue, related health concerns, and engage their communities in informed discussions and initiate decisions.

[www.nassp.org/schoolimprove/school\\_beverage\\_partnerships.cfm](http://www.nassp.org/schoolimprove/school_beverage_partnerships.cfm)

5) ***Tools for Schools***

Part II: Model Materials and Policies, provides a list of resources that can be adapted and used as appropriate for your community. The Tools for Schools Kit can be downloaded on-line at no cost. [www.cspinet.org/schoolfood/](http://www.cspinet.org/schoolfood/)



## Colorado School District Approaches to Making Vending Changes

**Denver Public Schools (DPS)** began addressing the concern about snack vending machines and the impact it has on nutritional integrity, last year (before SB04-103 was passed into law). At the start of the 2003-2004 school year all snack vending machines had between 33% and 35%, with some as high as 50%, "healthier" products. All regular chips were replaced with the baked chips, and some high fat and high sugar products were eliminated. After a full year of changing to a healthier product mix, DPS has seen no significant change in sales or profits. Two important details to note: DPS operates their own vending program and share vending profits with schools and; all DPS high schools are open campuses.



**Contact:** Leo Lesh (303) 715-5609  
 Executive Director of Food and Nutrition Services  
 leo\_lesh@dpsk12.org

**Adams County School District 14** Nutrition Services (NS) Manager began laying the groundwork for vending machine content changes a few years ago by initiating conversations around the whole childhood health topic at every possible opportunity. These conversations included principals, assistant superintendents, superintendents, the vending company owner and many other stakeholders. Last November, the principal called nutrition services and an agreement was signed between the Adams County High School Principal and the NS Manager stating that at a minimum, 60% of what is in each vending machine would meet criteria similar to SB04-103. A second agreement was signed between the principal, NS Manager, the Chief Operating Officer and the vending company owner stating the parameters for the machine contents. Diagrams were created to specify the content of both beverages and snacks and the plan was implemented. The purpose is for a student to have a variety of options as he or she stands in front of each individual machine to make a selection. Some positive comments were made by students, and the real test will be after the students return to school in August.

**Contact:** Paula Cockwell (303) 853-7929  
 Nutrition Services Manager  
 pcockwell@acsd14.k12.co.us

**Boulder Valley School District** developed a general K-12 nutrition policy and guidelines for foods offered to middle school students. The Healthy Food Choices policy supports a school environment that encourages and models nutritious eating habits and physical activity. The policy encourages a coordination of efforts to provide a healthy school nutrition environment among school staff, students, parents, and community members. The Middle Level Healthy Food Guidelines defines nutrient criteria for foods and beverages sold outside of food service, student stores, fundraisers and any regularly offered food during a child's school day. Boulder Valley's nutrient guidelines also provide information on appropriate portion sizes. Boulder Valley's Middle Level Healthy Food Guidelines (Policy EFA-R), can be found at [www.bvsvd.k12.co.us/sb/policies/EFA-R.htm](http://www.bvsvd.k12.co.us/sb/policies/EFA-R.htm)

**Contact:** Nancy Paluh 303-447-1010  
 Nutrition Services Director  
 nancy.paluh@bvsvd.k12.co.us

**Poudre School District** Nutritious Choices in School Vending Machines (Policy EFEA & EFEA-R) aligns with SB04-103 standards for nutritious choices in school vending. In addition Poudre policy limits the district from entering into a new contract or renewing an expired contract that provides for the sale of non-healthy foods or beverages from vending machines unless: The school sites have already met and continue to meet the 50 percent threshold; and the new or renewed contract does not prohibit the sale of healthy food and healthy beverages.

Poudre School District's Nutritious Choices in School Vending Machines policy can be found at [www.psdschools.org/psdinfo/policies.aspx?toc=1&policysectionid=C](http://www.psdschools.org/psdinfo/policies.aspx?toc=1&policysectionid=C)

Click on Support Services and then on EFEA and EFEA-R.

**Contact:** Chris Rock 970.490.3560  
 Nutrition Services Director  
 mr@psdschools.org



National Success Stories on Schools and School Districts making changes for a healthy school nutrition environment can be found at:

- 1) *Action for Healthy Kids (AFHK)*  
[www.actionforhealthykids.org/](http://www.actionforhealthykids.org/)

**Tools for Action: The What's Working Database**

AFHK searchable database has more than 85 What's Working success stories and contains profiles of model programs and initiatives that support children's nutrition and physical activity in and around the education environment. The profiles have been screened by a committee of AFHK collaborating organizations, and were accepted based on the program's demonstrated success, impact and relevance to Action for Healthy Kids.

- 2) *Making It Happen*  
[www.fns.usda.gov/tn/Healthy/execsummary\\_makingithappen.html](http://www.fns.usda.gov/tn/Healthy/execsummary_makingithappen.html)

*Making It Happen* - School Nutrition Success Stories tells the stories of 32 schools and school districts from across the United States. K-12 schools, reflecting broad diversity in geographical location and demographics of the communities served implemented innovative approaches to improve the nutritional quality of foods and beverages sold outside of federal meal programs. *Making It Happen* is a joint project of Team Nutrition of the Food and Nutrition Service, United States Department of Agriculture (USDA) and the Division of Adolescent and School Health of the Centers for Disease Control and Prevention, Department of Health and Human Services (DHHS) and is supported by the United States Department of Education (ED).

A key insight from *Making It Happen* is that students will buy and consume healthful foods and beverages-and schools can make money from selling healthful options. Of the 17 schools and school districts that reported income data, 12 increased their revenue as a result of the changes and four reported no change.

## Communicate the Change

### Press Releases

Communicating the changes you made in vending machines to the community, parents, and students provides the opportunity to let others know what the school/school district is doing to address the issue of child overweight.

The sample press releases can be sent to local and school newspapers, and parent organizations to inform them of the nutritious vending changes. Use the press releases as templates to personalize the vending project or as a sample to create your own.

### Power Point Presentation

A power point presentation that communicates changes and action that has been taken can be used to share the changes with school and community groups.

The press releases and the power point presentations can be downloaded from:

- Colorado Department of Education [www.cde.state.co.us/index\\_nutrition.htm](http://www.cde.state.co.us/index_nutrition.htm)
- Action for Healthy Kids [www.actionforhealthykids.org](http://www.actionforhealthykids.org/); click on Colorado under What's Happening in Your State section.
- Colorado Physical Activity and Nutrition Program website [www.cdphe.state.co.us/pp/COPAN/SchoolSite.html](http://www.cdphe.state.co.us/pp/COPAN/SchoolSite.html)



## Appendix A — Rationale for Implementing SB04-103

Nationally, schools come in to contact with over 95 percent of all children ages 5-17 and meals and snacks served at school provide one-third to half of many students' daily nutritional needs.<sup>1,2</sup> Schools are seen as a "hands-on learning environment" for good nutrition and provide many opportunities to engage students in healthy eating.

The risk factors for obesity are complex and multifaceted. Vending machines are not solely to blame for obese and overweight children. However, vending machines are prevalent in schools and provide frequent access to foods of minimal nutritional value.

- 95% of senior high schools and 62% of middle/junior high schools have one or more vending machines.<sup>3</sup>
- Fats and sugars account for 40% of children's daily energy intake.<sup>4</sup>
- 51% of children eat less than one serving of fruit a day and 29% eat less than one serving a day of vegetables that is not fried.<sup>5</sup>
- 85% of adolescent females do not consume enough calcium.<sup>6</sup> During the last 25 years, consumption of milk, the largest source of calcium, has decreased 36% among adolescent females.<sup>7</sup> Additionally, from 1978 to 1998, average daily soft drink consumption among adolescent girls, increased from 6 oz to 11 oz, and from 7 oz to 19 oz among adolescent boys. <sup>8,9</sup> Inadequate intakes of calcium during adolescence jeopardize the accrual of maximal peak bone mass at a critical time in life, adolescence.<sup>10</sup>

Overweight is now the most common medical condition of childhood, with the prevalence having doubled over the past twenty years.<sup>4</sup> A small but increasing body of evidence shows that poor nutrition and obesity affect student behavior and even academics. A recent study found that severely overweight children miss four times as much school as normal weight kids and often suffer from depression, anxiety and isolation from their peers.<sup>11</sup>

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## Appendix B — Additional Resources

- 1) COPAN/COAFHK School Site Resource Kit — [www.cdphe.state.co.us/pp/COPAN/SchoolSiteResourceKit.pdf](http://www.cdphe.state.co.us/pp/COPAN/SchoolSiteResourceKit.pdf)  
The mission of the Colorado Physical Activity and Nutrition Program (COPAN) of the Colorado Department of Public Health and Environment is to:
  - Prevent obesity and related chronic diseases
  - Promote healthy lifestyles for all Coloradoans

AFHK is a national and state wide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.
- 2) USDA Team Nutrition Resources — [www.usda.fns.gov/tn](http://www.usda.fns.gov/tn)  
Team Nutrition's goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid.
- 3) Milk Vending Resource Kit — [www.wdairyCouncil.com](http://www.wdairyCouncil.com)







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