## Better and Worst Snacks Foods and Drinks for School Vending Machines

Every slot in school vending machines should be devoted to healthy foods like water, fatfree milk, fruits, vegetables and whole grains. But instead they are filled with soda, candy bars, cookies, chips and other low-nutrition foods. Here are some practical alternatives that are better than what is currently in school vending machines.

## **Worst Vending Options**

- \* Chips Ahoy!, Oreo and other fatty cookies
- \* Chocolate whole or 2% milk
- \* Coca-Cola, Pepsi and other soda
- \* Fruitopia, FruitWorks, and other "fruit" drinks
- \* Hostess HOHOs and other snack cakes
- \* Keebler Club & Cheddar Sandwich Crackers
- \* Kit Kat Big Kat, Snickers and other candy bars
- \* Starburst Fruit Chews and other sugary candies

## **Better Vending Options**

- \* Applesauce cups (unsweetened)
- \* Bottled water
- \* Chex Mix, Traditional
- \* Dole or Del Monte fruit cups
- \* Low-fat or fat-free milk
- \* Nature Valley Crunchy Granola Bars, Oats 'N Honey
- \* Orange juice (100%)
- \* Raisins and unsweetened dried fruit