



Power Vending is a program designed to support more nutritious food and beverage options in vending machines. The program's quick guide and supportive online tools make it easy for any site to increase healthier vending machine options. Here are some of the Power Vending highlights:

- No cost way to improve healthier vending options.
- All vending companies have healthier options. All you have to do is call the company and ask for them.
  - If it is easier we can call your vending company for you.
- Percentage of healthier options is based on an easy star level system.
  - One star designates 30% of the food in your vending machines to healthy options.
  - Two stars designate 60% of the food in your vending machines to healthy options.
  - Three stars designate 100% of the food in your vending machines to healthy options.
- To qualify as Power Star healthier option, food serving sizes must meet the following criteria:
  - Fat – 4 grams or less
  - Carbohydrates – 30 grams or less
  - Calories- 200 or less
  - 5% or more of at least one of vitamins A, C, E, iron, calcium, protein or fiber.
- Once healthy options have been placed in the vending machine you can place a power star sticker next to those options and post an information sheet so that employees may have a better understanding of the Power Vending program and how it works.

When you look into vending machines and see the Power Star symbol you can be sure your food or beverage choice is more nutritious and powerful. Each item labeled meets our nutrition guidelines, so the foods you choose have more of what you need and less of what you don't.

For more information or to register please visit <http://ecchcopowervending.org/>