



STATE OF OKLAHOMA  
EMPLOYEES BENEFITS COUNCIL

To: Department of Rehabilitative Services – Business Enterprise Program  
Daniel Irwin, Tim Boehrer, Chris Wynn, James Jenks

From: Employees Benefits Council/State Wellness Program  
Nancy A. Haller and the Healthy Vision Committee

Date: April 8, 2009

Re: Requirements and Recommendations for Vending Machines in the  
State of Oklahoma

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The State Wellness Program/Healthy Vision Committee (HVC) met with the Department of Rehabilitation Services/Business Enterprise Program division on March 3, 2009 to discuss options, requirements and recommendations for vending machines in state government. It was decided that the HVC requirements/recommendations would be reviewed by DRS/BEP staff for possible approval based on the availability of vending machine items. Once approved the HVC would design nutritional informational placards and stickers for all vending machines.

Our requirements and recommendations are as follows:

**FOOD ITEM REQUIREMENTS: 30% of vending machines items would fit these requirements**

- Maximum of 250 calories
- No artificial trans fat
- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated fat
- No more than 480 mg of sodium

**BEVERAGE RECOMMENDATIONS\*:**

- Water
- Tea, unsweetened
- Low-fat or skim cow's, rice, or soy milk
- 100% fruit and/or vegetable juice (maximum serving size of 12 ounces for juice)
- Flavored water (no more than 15 calories per 8 ounces/50 total calories per item unless flavored with fruit juice)

**\*Beverages may not contain added herbal supplements.**