



# Healthy Vending Snacks & Drinks

By offering healthy foods and beverages in vending locations, schools encourage healthy eating habits among students.

Foods of good nutritional content (with little added sugar and/or fat), including fruits, vegetables, low-fat dairy foods, and low-fat/whole grain products, should be available wherever and whenever food is sold or otherwise offered at school during the normal school day.

When foods of minimal nutritional value are offered, students quickly form poor eating habits.

## For more information

Child & Adult  
Nutrition Services  
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Pierre, SD 57501  
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[doe.sd.gov/cans](http://doe.sd.gov/cans)



The following is a list of options for healthy vending choices. It is not a complete list; many additional options exist.

- Granola bars\*
  - Fresh fruit
  - Fresh vegetables
  - String cheese\*
  - Skim or 1% milk
  - Water
  - Fruit leather
  - Pretzels\*
  - Tree nuts, peanuts, seeds (plain, roasted, spiced)
  - Trail mix (with fruit, seeds, cereal, etc.)
  - Fruit & vegetable juice (100% juice)
  - Frozen natural fruit juice bars
  - Whole grain bagels & bread
  - Peanut butter & crackers
  - Graham crackers\*
  - Whole grain crackers
- Fruit bars\*
  - Dried fruit
  - Yogurt\*
  - Rice cakes\*
  - Soy products
  - Fruit cups with fruit juice
  - Animal Crackers\*
  - Ready-to-eat cereal\*

\* whole grain, low-fat, low sugar



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