

**MILLE LACS BAND OF OJIBWE
HEALTH AND HUMAN SERVICES POLICY & PROCEDURE**

Department: Administration-Human Resource Management

Policy Number: HHS-ADM-HRM 3152

Policy Title: Healthy and Indigenous Vending

Attachments:

Revision History: new policy

Revised by/Date: Jackie Braun 8/30/2021

Approved by:



Date: 8.30.2021

Jan Manary, Executive Director of Health Services

Approved by:



Date:

8.31.2021

POLICY STATEMENT: The Mille Lacs Band Health and Human Services Division is committed to supporting the health of its staff and members of the public who utilize our services. In our role as a public health agency, we are committed to reducing risk factors that cause health problems. Part of the solution to preventing and reducing rates of chronic disease is providing an environment that supports healthy habits. The Mille Lacs Band Health and Human Services Division recognize that implementing systems changes to increase the visibility of and access to healthier and Indigenous food and beverage choices, including tribal policies that promote healthy and Indigenous, food and drink choices for community vending machines is important for modeling and supporting a healthy Mille Lacs community.

In keeping with the Mille Lacs Band of Ojibwe's intent to provide a healthful work environment, providing healthy and Indigenous vending options to be dispensed within any space or facility located in all Mille Lacs Band Health and Human Services buildings will be enforced.

Foods and beverages sold within any contracted vending machines space or facility within the Mille Lacs Band Health and Human Services buildings will adhere to the Healthy and Indigenous Vending Policy's nutrition standards according to this timeframe:

- * 50% of all foods and beverages in Mille Lacs Band Health and Human Services owned, leased, or operated vending machines will meet the nutrition standards within one year of this policy being adopted.

PURPOSE: This policy will help create an environment that protects the health of our patients, staff and visitors and reduces their risk for health problems.

PROCEDURE:

Nutrition Standards:

Foods dispensed in vending machines must meet the following nutritional standards:

- * Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- * Have as the first ingredient a fruit, vegetable, dairy product, or protein food; or
- * Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and

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* The food must meet the nutrient standards for calories, sodium, sugar, and fats per serving:

- 200 calories or less
- 200 mg of sodium or less
- 35% of calories or less from total fat
- Less than 10% of calories from saturated fat
- 0 g trans fat
- Less than 35% sugar by weight

Exemptions:

* Exempt from all nutrient standards:

- Fresh and frozen fruits and vegetables, with no added ingredients
- Canned fruits packed in 100% juice or light syrup with no added ingredients except water
- Canned vegetables (no salt added/low sodium) with no added fats

* Exempt from the total fat and saturated fat standards, but must meet all other nutrient standards

- Reduced fat cheese (including part-skim mozzarella)
- Nuts, seeds, or nut/seed butters
- Apples with reduced-fat cheese
- Celery with peanut butter (and unsweetened raisins)
- Whole eggs with no added fat

* Exempt from the total fat standard, but must meet all other nutrient standards

- Seafood with no added fat (e.g., canned tuna packed in water)

* Exempt from the sugar standards, but must meet all other nutrient standards

- Dried fruit with no added sugars
- Dried cranberries, tart cherries, or blueberries, sweetened only for processing and/or palatability with no added fats

* Exempt from the total fat, saturated fat, and sugar standards, but must meet all other nutrient standards

- Trail mix of only dried fruits and nuts and/or seeds with no added sugars or fats

Beverages dispensed in vending machines must meet the following beverage standards:

* Water, plain with or without carbonation; no limit

* Unflavored or flavored low-fat and fat-free milk; no more than 12 fl oz

* 100% fruit or vegetable juice with or without carbonation; no more than 12 fl oz

* 100% fruit or vegetable juice diluted with water, with or without carbonation and no added sweeteners; no more than 12 fl oz

* Low and no-calorie beverages, with or without caffeine and/or carbonation, calorie-free, flavored water

- Low-calorie maximums
 - Up to 40 calories; no more than 8 fl oz
 - Up to 60 calories; no more than 12 fl oz
- No calorie maximum
 - Up to 10 calories; no more than 20 fl oz

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Pricing/Placement Standards:

The Mille Lacs Band Health and Human Services Healthy Vending Committee & Registered Dietitian will be responsible for ensuring the following standards are enforced:

- * Beverage and food items that meet the nutrition standards must be sold at a price equal to or less than similar items that do not meet the standards.
- * Educational resources will be placed at all Mille Lacs Band Health and Human Services vending locations.
- * Advertising on vending machines shall include advertising only of foods and beverages that meet the nutrition standards.
- * Vendors will be asked to provide annual feedback on pricing and sales of all items and an analysis of the most and least popular items.

Internal and/or External References	https://fns-prod.azureedge.net/sites/default/files/resource-files/USDASmartSnacks_508_62019.pdf
Compliance - Posting Date	6/31/2021 (H)
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