



Seattle Parks & Recreation

healthy people healthy environment strong communities

Seattle Parks Healthy Vending Guidelines

Seattle Parks and Recreation seeks unique and interesting business partnerships that promote and enhance parks through the commitment to “healthy people, healthy environment, strong communities”. Improving access to healthy foods and beverages is one way you can support SPR’s mission. Using the nutrition standards below can positively impact eating habits of our community.

Healthiest	Healthier	Excluded
Animal crackers, graham crackers	Granola bars, whole-grain fruit bars	Cookies (including low fat)
		Candy, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds – plain or with spices	Nuts with light sugar covering; honey roasted	Candy- or yogurt-coated nuts
*Trail mix – plain	Popcorn/nut mix	Trail mix with chocolate, yogurt or candy
Fresh fruit , canned or individually packed fruit – light syrup or natural juices only		Canned or aseptic-packed fruit in heavy syrup
Dried fruit – raisins, dried cranberries	100% dried fruit snacks and fruit leathers	Candy- or sugar-coated dried fruit Fruit-flavored snacks
	Pretzels – any flavor	Candy- or yogurt-coated pretzels
Fat-free popcorn	Light popcorn	Popcorn – Butter, butter lovers, movie style
Beef jerky - 95% fat free		Sausages, pork rinds
Yogurt, preferably non-fat, low-fat or light		
	Sugar-free gelatin and fat-free pudding	

*Trail mixes can vary and should be reviewed prior to selecting for vending product

Beverages (See portion sizes and rationale):

Healthiest	Healthier	Excluded
Milk, non-fat or low-fat (1%)	'Flavored" milk, non-fat or 1%	
Juice – fruit or vegetable that contains 100% juice		
Water, pure	**Flavored or vitamin-enhanced fitness water, sparkling water	Herb-infused waters and caffeinated waters
	Low-cal iced tea and diet sodas	Regular sodas and sports drinks

*Portion Size - Portion size is not defined for any items, but smaller portion sizes are preferred.

Healthiest vs Healthier	
<p>Healthiest-must meet both criteria:</p> <ul style="list-style-type: none"> • 3 grams of Total Fat or fewer per serving (Nuts and seeds exempt from restrictions.) • 30 grams of Carbohydrates or fewer per serving (All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count). 	<p>Healthier – must meet both criteria:</p> <ul style="list-style-type: none"> • 5 grams of Total Fat or fewer per serving (Nuts and seeds exempt from restrictions.) • 30 grams of Carbohydrates or fewer per serving (All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count).

Rationale – Snacks

- **Fat:** It was determined not to differentiate saturated fat from unsaturated fat. When total fat is considered, saturated fat tends to be low.
- **Nuts and seeds:** Nuts and seeds are exempt from the fat guidelines, because they are high in monounsaturated fat, which can help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol. Nuts and Seeds have been shown in many studies to reduce the risk of having a heart attack.
- **Carbohydrates:** The level of carbohydrates was set at 30 grams per serving to include more food items. All candies are considered unhealthy, regardless of carbohydrate content.
- **Fruit:** Fresh fruit is best, but fruit in any form (canned, fresh, and dried) was not restricted by carbohydrate standards because it provides vitamins, minerals, antioxidants and dietary fiber that are beneficial to an overall balanced diet.
- **Portion size:** Portion size is not defined, because there is variability among products. However, the preference is for smaller-portioned products.

Rationale – Beverages

- Milk in any form provides vitamins and minerals, but the low-fat and non-fat versions are preferred. Flavored milks are permitted.
- Water: Pure water is preferred, but water that is flavored maybe more attractive to someone who doesn't drink plain water. The vitamin-enhanced waters may benefit people with such nutritional needs, although pure water is the healthiest choice.
- Juice: Fruit and vegetable juices should contain 100 percent juice.
- Carbonation and caffeine: Carbonation in moderation does not have a significant effect on nutrition. Avoid caffeine. Some low non-caffeine drinks may be considered. Carbonated low-calorie beverages may be another option for people who don't like milk or plain water.
- Low-calorie: Beverages containing 50 calories or fewer per 12 oz serving were deemed healthier options.

