SUBJECT: Our vending machines have new options!

On your next break, take a stroll by the vending machine and check-out the new choices inside! Our agency adopted Healthy Nutrition Guidelines and now our vending machines have more healthy choices.

We’re now offering items with:

* Less than 250 calories
* Less than 10g of fat
* Less than 30g of sugar
* Less than 360mg sodium

At least half of the items in our vending machines meet these nutrition guidelines. Some exceptions apply.

Healthy snacking just got easier. For more information on the Healthy Nutrition Guidelines project and Choose Well – Live Well campaign, see [www.doh.wa.gov/choosewell-livewell](http://www.doh.wa.gov/choosewell-livewell).

[Wellness Coordinator name]



***Your health. Your food. Your choice.***