

# My Menu

## Vending Machine & Concession - Snack Food and Drink List






*Healthy Foods for my Recreation Setting* is a series of tools to support recreation settings in providing nutritious food and drinks. *The Vending Machine & Concession - Snack Food and Drink List* is a practical resource that accompanies those tools to simplify choosing healthier foods and drinks to offer.






*The Snack Food and Drink List* contains commonly offered vending machine and concession snack foods and drinks and tips on what to look for in a product (i.e. fibre, sugar, fat, etc.).

Where possible, specific examples are given in each category to help you find foods that fit. This is not an exhaustive list and products do change over time.





**Offer a variety of food and drinks from the Offer Most Often or Offer Sometimes Lists in green. Work to limit or not offer items from the Offer Least Often list in orange.** If providing items from the Offer Least Often list offer small portion sizes. If you would like to learn more about how foods are placed in each list, please see [Healthy Foods for my Recreation Settings - Nutrition Standards for Saskatchewan](#)




**Technical Note:** Foods that fall into different food categories (fruits and vegetables, grains, protein foods, mixed dishes, etc.) have different nutrition standards associated with them. Therefore, when you are looking at the nutrition tips section, sodium, fat or sugar guidelines will not be similar between different categories in the list.





FOOD ITEMS	NUTRITION TIPS	OFFER MOST OFTEN	OFFER SOMETIMES	OFFER LEAST OFTEN
Applesauce and other fruit flavoured sauces	<ul style="list-style-type: none"> <li>Offer unsweetened varieties.</li> <li>Check for added sugar on the label (i.e. honey, agave, concentrated fruit puree).</li> </ul>	 Motts™ Fruitsations Unsweetened Applesauce	 GoGo™ Squeeze, other Motts™ Fruitsations Fruit Sauce varieties, most fruit sauces and pouches	
Baked Goods (Prepackaged or Made In-House)	<ul style="list-style-type: none"> <li>Provide whole grain, high fibre (2g or more) products.</li> <li>Provide products with whole grains as the first ingredient.</li> <li>Provide low-sugar (&lt;12g) and low-fat (&lt;7g) products.</li> </ul>	 Some baking made in-house using whole grains and lower in fat & sugar	 School Safe™ (brand) Muffin Snack Bars, baking made in-house that is lower in fat & sugar	Cookies, brownies, donuts, puffed wheat squares, Rice Krispies snacks
Beef Jerky	<ul style="list-style-type: none"> <li>Provide products with lower sodium (&lt;450mg) and at least 5g of protein.</li> </ul>		 Old Dutch™ Beef Jerky, Jack Link's™ Beef Jerky	Hot Rods™, Jack Link's™ Pepperoni Sticks






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Candy	<ul style="list-style-type: none"> <li>Limit candy availability, including artificially sweetened candy.</li> <li>Place candy in less prominent locations, especially for children.</li> <li>If offering, serve smaller portions.</li> <li><i>**Gum can be offered; however it is not considered a food item.</i></li> </ul>			All Varieties, Smart Sweets™, Fruit Snacks such as Welch's™ Fruit Snacks, SunRype™ FunBites, SunRype™ Fruit Source, SunRype™ Fruit to Go, Motts™ Fruitsations
Cereal (dry)	<ul style="list-style-type: none"> <li>Provide whole grain cereals.</li> <li>Provide high fibre options (2g or more) that are lower in sugar, fat and salt.</li> </ul>	 All Bran™ Buds, original Special K™	 Corn Flakes™, Mini Wheats™, Rice Krispies™	Frosted Corn Flakes™, Froot Loops™, Cinnamon Toast Crunch™
Cheese & Cottage Cheese	<ul style="list-style-type: none"> <li>Provide lower-fat (&lt;10g) and lower-sodium cheese (&lt;350mg)</li> <li>Provide minimally processed cheese products.</li> </ul>	 Gay Lea™ Nordica Smooth Cottage Cheese	 Cracker Barrel™ Cheese Mini Babybel™ Cheese, Amooza™ Twists; Plain cottage cheese	Christies™ Cheese & Cracker Dip, Ritz™ Breadsticks and Cheese
Chicken / Tuna Kits	<ul style="list-style-type: none"> <li>Provide low-sodium (&lt;700mg) varieties.</li> <li>Provide products with whole grain or high-fibre crackers (2g or more).</li> </ul>		 Clover Leaf™ Tuna & Chicken Snack Kits, Ocean's™ Light Tuna Snack Kit	






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Chips	<ul style="list-style-type: none"> <li>Limit availability.</li> <li>Serve smaller portion bags (i.e. 1oz) with reduced sodium and fat.</li> <li>Generally, baked varieties will be more nutritious.</li> </ul>		 Old Dutch™ Baked Chip Varieties,	Most Varieties
Chocolate Bars	<ul style="list-style-type: none"> <li>Limit availability and visibility.</li> <li>If offering, serve smaller portion bars (i.e. 10g or mini chocolate bars)</li> </ul>			All varieties (including all dark chocolate, milk chocolate, & white chocolate)
Crackers	<ul style="list-style-type: none"> <li>Provide whole grain varieties with fibre (2g or more).</li> <li>Provide low-sodium (&lt;400mg), low-fat (&lt;7g), and low-sugar (12g) products.</li> </ul>	 Most Triscuit™ varieties	 Gold Fish™ Crackers, Christies™ Teddy Grahams, Ritz™ Crackers	Ritz™ Cheese Flavoured Sandwiches
Crackers & Hummus	<ul style="list-style-type: none"> <li>Provide low-sodium (&lt;700mg) varieties.</li> <li>Serve with vegetables.</li> </ul>		 Clover Leaf™ Hummus Snacks, Original Hummus Snack'n Go™	Sabra™ Hummus & Pretzels

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Dried Chickpeas & Lentil Snacks	<ul style="list-style-type: none"> <li>Provide low-sodium (&lt;450mg) varieties.</li> </ul>	 Three Farmers™ Crunchy Little Lentils™, Roasted Chickpeas, and Pea Pops		
Dried Fruit	<ul style="list-style-type: none"> <li>If offering, provide unsweetened dried fruit without yogurt or chocolate dip.</li> <li>Avoid products with sugar as the first ingredient.</li> </ul>		 Plain raisins, dried cranberries, dried banana chips, dried apple, etc.	Chocolate & yogurt covered Fruit
Fruit Cups	<ul style="list-style-type: none"> <li>Provide varieties with the least amount of sugar or artificial sweeteners.</li> <li>Varieties packed in water, 100% fruit juice or light syrup are considered Offer Sometimes foods.</li> <li>Fruit canned in water typically contains artificial sweeteners.</li> </ul>		 Dole™ Sliced Peaches, Fruit Cocktail, Del Monte™ Red Grapefruit	Fruit cups with sugar as the first ingredient

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Fruits & Vegetables (Prepackaged or single serve)	<ul style="list-style-type: none"> <li>In a concession, try to provide a fresh fruit and vegetable option regularly.</li> <li>In a refrigerated vending machine, provide fruit and vegetables options when possible.</li> <li>Provide minimally processed vegetables and fruit.</li> <li>Offer dips or dressing on the side</li> </ul>	 Prepackaged baby carrots, Sun Rich™ or Motts™ Apple Slices, celery, broccoli, cauliflower, snap peas, apples, bananas, oranges	 Vegetable or fruit salads made in-house	Vegetables that are battered or deep fried
Granola Bars	<ul style="list-style-type: none"> <li>Provide products with whole grains, high fibre (2g or more) and low-sugar (&lt;12g).</li> </ul>		 Fibre One™ Bar, General Mills™ Fibre Bar, Quaker™ Chocolate Chip, Kind Healthy Grain™ Bars	Cliff™ Bars, Cliff™ Mini Bar, Cliff™ Kid ZBar
Hard Boiled Eggs (prepackaged)	<ul style="list-style-type: none"> <li>Provide plain cooked eggs.</li> <li>Avoid brined products which have more sodium.</li> </ul>	 Burnbrae Farms™ Eggs2go		Pickled eggs

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Meat, Cheese and Other Snack Packs	<ul style="list-style-type: none"> <li>• Provide minimally processed options (i.e. uncured meat, low-sodium turkey).</li> <li>• Provide low-sodium (&lt;450mg) and low-saturated fat (&lt;5g) varieties.</li> <li>• Other protein foods to consider as substitutes are nuts, seeds, eggs and dried legumes.</li> </ul>		 Snack packs assembled in-house with whole wheat crackers, fruit, vegetables, lower fat cheese, lower fat meat, etc.	Lunchables™, Lunch Mate™ Snacks
Nut and Seed Mixes	<ul style="list-style-type: none"> <li>• Provide low-sodium (&lt;450mg), unsalted varieties and unsweetened varieties</li> <li>• Offer smaller package sizes</li> <li>• Limit sweetened varieties such as honey coated, chocolate coated, yogurt coated, etc.</li> </ul>	 Unsalted and unsweetened nuts and seeds	 Granny Appleton™ Hiker's Trail Mix, BBQ Munchie™ Peanuts, Spitz™ Sunflower Seeds, Blue Diamond™ Lightly Salted Almonds	Munchies™ Salted Peanuts, Honey Roasted Peanuts
Popcorn	<ul style="list-style-type: none"> <li>• Provide low-fat (i.e. limited butter; &lt;7g) and low-sodium products (i.e. unsalted; &lt;400mg)).</li> </ul>	 Plain, in-house made popcorn	 Plain, in-house made popcorn with small amount butter & salt, Orville Redenbacher™ Smart Pop	Most pre-made popcorns, Smartfood™ Popcorn, theatre-style in-house made popcorn




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Pretzels	<ul style="list-style-type: none"> <li>Provide low-sodium options (&lt;400mg).</li> <li>Serve with nutritious foods like vegetables or plant-based dips.</li> </ul>			Most varieties
Protein Bars	<ul style="list-style-type: none"> <li>Provide low-fat (&lt;15g), and low-sodium (&lt;450mg) products.</li> <li>Provide varieties with the least amount of sugar or artificial sweeteners.</li> </ul>		 Simply™ Protein Bars, Lara Bar™, RX Bar™, Nature Valley™ Protein Bars, Kind™ Bars, Cliff™ Builders Mini Protein Bar, Cliff™ Nut Butter Bar, Luna™ Bar	Cliff™ Builders Protein Bar
Yogurt	<ul style="list-style-type: none"> <li>Provide varieties low in sugar (&lt;25g).</li> <li>Limit dessert-like varieties including frozen yogurt.</li> </ul>	 1-2% MF plain yogurt cup	 YOP™ Beverages, Activia™, Oikos™ Greek Yogurt, iögo™ 0%	



DRINKS	NUTRITION TIPS	OFFER MOST OFTEN	OFFER SOMETIMES	OFFER LEAST OFTEN
Coffee	<ul style="list-style-type: none"> <li>Limit high fat and high sugar coffee beverages.</li> <li>Provide decaffeinated varieties.</li> </ul>	✓✓ Black Coffee, Coffee with milk		Starbucks™ Frappuccino Coffee Drinks, Tim Horton's™ Iced Cap Coffee Drinks
Energy Drinks	<ul style="list-style-type: none"> <li>Consider not having them available in your facility</li> <li>Energy drinks should not be offered or sold to children.</li> <li>Caffeine consumption should be limited for children under the age of 13.</li> </ul>			Monster™, Red Bull™
Hot Chocolate	<ul style="list-style-type: none"> <li>Provide varieties low in sugar and made with milk, not cream.</li> </ul>		✓ Hot chocolate made with milk	Hot chocolate made with cream or water
Iced Tea	<ul style="list-style-type: none"> <li>Encourage water instead of sugary beverages.</li> <li>Serve unsweetened or less sweetened varieties.</li> <li>Serve smaller portions (i.e. &lt; 255ml)</li> </ul>	✓✓ Pure Leaf™ Unsweetened Black Tea		Nestle™, Arizona™,

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Milk	<ul style="list-style-type: none"> <li>Provide varieties low in sugar (&lt;25g).</li> <li>Offer white milk more often.</li> </ul>	<p>✓✓</p> <p>Skim, 1%, or 2% unsweetened milk, Beatrice™ White Milk, White Milk 2 Go™, Fairlife™ Unsweetened White Milk</p>	<p>✓</p> <p>Chocolate and flavoured milk</p>	<p>Core Power™ Drink, Nestle™ Coffee Crisp Milk Shake Drink, Nestle™ Rolo Milk Shake Drink, Neilson™ Caramilk Milk Shake Drink, Neilson™ Crispy Crunch Milk Shake Drink</p>
100% Unsweetened Fruit Juice	<ul style="list-style-type: none"> <li>Limit availability.</li> <li>Fruit juice is high in sugar.</li> <li>Serve 100% unsweetened fruit juice boxes or small portions.</li> <li>Offer fruit instead.</li> </ul>		<p>✓</p> <p>Minute Maid™ Orange &amp; Apple Juice, Dole™ Orange, Apple &amp; Fruit Cocktail Juice</p>	<p>Kool-Aid Jammers™, Five Alive™, Fruitopia™, Lemonade</p>

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Pop and Diet Pop	<ul style="list-style-type: none"> <li>Limit availability and visibility, particularly for children.</li> <li>Pop and diet pop have no nutritional value and some are high in sugar and caffeine.</li> <li>Diet pop contains sugar substitutes which are not recommended as they replace nutritious foods and contribute to a preference for sweet taste.</li> <li>If offering, serve smaller portions:            Bottles – 250 ml            Cans – 222 ml            Fountain pop – 12 or 16 oz (345 or 454 ml)</li> </ul>			All varieties including diet pop
Sparkling & Carbonated Waters	<ul style="list-style-type: none"> <li>Limit the provision of sweetened waters, including those with artificial sweeteners.</li> </ul>	 All Unsweetened Varieties: AHA™, Bubly™, Perrier™		Artificially sweetened Sparkling Ice™ Flavoured Water, Pure Life™ Splash

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Sports Drinks & Vitamin Waters	<ul style="list-style-type: none"> <li>Limit availability.</li> <li>Sports drinks are high in sugar and electrolytes and contain artificial colouring and flavours which are not needed in a healthy diet.</li> </ul>			Gatorade™, Vitamin Water™
Tea	<ul style="list-style-type: none"> <li>Provide a variety of teas including low caffeine options.</li> </ul>	✓✓ Plain tea, Tea with milk		
Water	<ul style="list-style-type: none"> <li>Water is the beverage of choice and should be provided most often.</li> <li>Place bottled water at eye level to encourage sales.</li> <li>Ensure your facility has a water fountain and water bottle filling station.</li> </ul>	✓✓ Dasani™, Acquafina™, Evian™, Nestle™ Pure Life,		