

MIX IT UP

Healthy Snack Options Through Hawkeye Foodservice

It can often be overwhelming with all the food products available on the market that afterschool programs can offer to children which meet nutritional standards set by the USDA in order to get reimbursed. Iowa Department of Public Health has built on NEMS (Nutritional Environment Measurement Survey) to create **NEMS-V** (Nutritional Environment Measurement Survey—Vending) and created a *Healthy Choices Calculator*. This helps to identify healthy snacks that can be stocked in vending machines which can be translated to afterschool programs where refrigeration is limited.



Foods and beverages offered through Hawkeye Foodservice have been evaluated with the *Healthy Choices Calculator* and divided into colors based on their nutrition profiles. The nutrition standards are based on standards passed in the Iowa Healthy Kids Act of 2008.

RED food and beverages are not as healthy and fall outside the Dietary Guidelines for Americans.

YELLOW food and beverages are healthy foods that meet the Dietary Guidelines, but do not provide a serving of fruit, vegetable, low-fat dairy or whole grain.

Food and beverages in the **GREEN** category are considered the healthiest, are consistent with the Dietary Guidelines for Americans and provide a serving of fruit, vegetable, low-fat dairy or whole grain.

Visit www.nems-v.com and use the *Healthy Choices Calculator* to see if other snacks fit the criteria!

