

Food Service Guidelines

A Blueprint for Healthier Vending in Chicago

“Obesity and poor nutrition are serious problems in Chicago. More than half of Chicago adults and one-third of youth are overweight or obese, meaning they are at increased risk for serious, costly health problems such as heart disease and diabetes. Furthermore, nearly half of Chicagoans eat less than three servings of fruits and vegetables per day. It’s often difficult for Chicagoans to eat nutritious food when eating outside the home because there is a lack of healthy options – especially when making food and beverage selections from vending machines.”

<https://www.chicago.gov/content/dam/city/depts/cdph/CDPH/BlueprintHealthierVending2013.pdf>