

October 29, 2007

*I have asked Nikki Johnson to report on a pilot project that will get underway this week. The pilot involves the vending machine in the Lacey lunchroom, and is in keeping with our agency's Wellness initiative.*

Nutritionists agree that healthy snacking throughout the day is good for you.

However, if your snack choices are limited to traditional vending machine fare, they are probably high in fat, sugar and calories. That is not an ideal situation!

Healthier vending is a hot topic nationwide, and the Health Care Authority is getting on the cutting edge of that discussion. Our Safety and Wellness Committee is collaborating with Washington Wellness, Evergreen Vending, Services for the Blind, and the state Department of Health to develop a healthier vending program in our Lacey building. The pilot begins Thursday, November 1.

The Lacey lunchroom vending machine will be part of a vending pilot test called ***Fit Pick***. Machine contents will offer 70% healthier options. ***Fit Pick*** items that meet the criteria for "healthier" will be labeled with the ***Fit Pick*** sticker.

***Fit Pick*** snacks must meet a certain criteria. They must be less than 250 calories; less than 35% fat; less than 10% saturated fat; and less than 35% total weight from sugar. You may be surprised at how many snacks do fit into that category, including baked chips, granola bars, dried fruit and nut mixes, and jerky.

Because ***Fit Pick*** is a pilot test, your feedback is extremely important. Whether you have compliments, complaints, suggestions or questions, we would like to hear them. Simply fill out the comment card near the machines, put it into an envelope and send to Mailstop 42692. Or you can contact any [Safety and Wellness Committee member](#) directly.

On November 1, members of the Safety and Wellness Committee will be handing out free samples of ***Fit Pick*** snacks. Try something new – I think you'll be surprised at how tasty good health can be!

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## View from the Hill

Steve Hill,  
Administrator

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