

Healthy Foods in Vermont State Parks

Why Healthy Concessions at Vermont State Parks?

Parks play an essential role in promoting healthy Vermont communities. They serve as a place where children and adults come to be outdoors and enjoy activity and sunshine. Providing healthy food options, alongside conventional favorites like "creamies", helps to provide a balanced environment where people can have choices and variety in the foods they eat while enjoying the outdoors.

The Vermont Department of Health (VDH) has outlined recommendations for healthy vending that can serve as a guide to select healthy concession options. At least 50% of snack foods at state park concession stands should meet the following recommendations.

Snack Food Recommendations	
Cheese	Regular and reduced-fat cheese- portion size: 1.5 oz or smaller
Yogurt	Low fat or non-fat yogurt: no larger than 8oz package (with or without artificial sweeteners) 8 oz should have less than 200 calories per servicing; 6 oz should have less than 150 calories per serving
Non-Dairy Snacks	Calories: No more than 200 calories per item Fat: No more than 35% of total calories from fat Less than 10% of calories from saturated fat or less than 1 gram of saturated fat No trans fat <i>Exception:</i> nuts, nut butters, and seeds Sugar: No more than 35% sugar by weight and no more than 30 grams per 8 oz portion <i>Exception:</i> fruits Sodium: less than 230mg of sodium <i>Exception:</i> Vegetables with sauce and soups with less than 480mg of sodium AND contains one of <ul style="list-style-type: none"> - More than 2 grams of fiber - More than 5 grams of protein - More than 10% of the Daily Value of Vitamin A,C,E, folate, calcium, magnesium, potassium, or iron - ½ serving (¼ cup) of fruit or vegetables
Beverage Recommendations	
Fruit/Vegetable Juice	Beverages that contain at least 100% fruit or vegetable juice Package size no larger than 12oz
Bottled Water	Water without any added ingredients
Dairy Products	Low-fat or non-fat milk, flavored milk or drinkable yogurt Package size no larger than 16oz and less than 300 calories
Other Drinks	Low-calorie (40 calories or less per serving) diet soda, low-calorie iced tea, low-calorie sports drinks

Resources

- [Eat Smart in Parks Toolkit - Missouri](#)
- [Fairmount Parks Conservancy - Creating Healthy Concessions: A Resource Guide](#)
- [North Carolina Recreation and Parks Association](#)
- [Delaware State Parks Healthy Eating Initiative](#)

Sample Snack Foods

The following list provides several healthier concession options, many of which can be purchased in bulk online. Nutritional information is provided for each item. Click on underlined items to be directed to online purchase options. Items highlighted in green are made in Vermont. This list only includes snack foods that do not require refrigeration. For more information, or with questions on VDH guidelines for healthy snack and beverage options, please contact Ashwinee.Kulkarni@vermont.gov.

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
TRAIL MIX									
Vermont Maple Granola Co Trail Mix	280	23%	14%	135	15g	3g	10g	0	55mg
<u>Vermont Nut Free Chocolates Trail Mix</u>									
Planters									
Nut and Chocolate	150	14%	10%	80g	9g	2g	11g	0g	5mg
Nuts Seeds and Raisins	140	15%	8%	90g	10g	1.5g	6g	0g	10mg
<u>Kar's Nuts</u>									
Salted Almonds	170	82%	5%	140	16g	1g	1g	0mg	95mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
GRANOLA BARS									
<u>KIND bars</u>									
Fruit & Nut	200	60%	7%	120	13g	1.5g	9g	0mg	10mg
Healthy Grains - Dark Chocolate Chunk	150	30%	9%	45	5g	1.5g	8g	0mg	70mg
Nuts & Spices	210	76%	6%	160	17g	1.5g	5g	0mg	140 mg
<u>Kashi bars</u>									
Trail Mix Bar	140	32%	3%	45	5g	.5g	6g	0mg	95mg
<u>Clif Bar</u>									
Organic Trail Mix Bar Fruit and Nut	180	44%	5%	80	9g	1g	11g	0mg	110mg
Organic Trail Mix Bar Dark Chocolate Cherry Almond	180	44%	5%	80	9g	2.5g	13g	0mg	115mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
CHIPS									
<u>Terra</u>									
Sweet potato NO SALT	190	62	5%	117	13g	1g	4g	0mg	15mg
Original	150	80	3%	81	9g	0.5	3g	0mg	115mg
Blues	130	5	7%	54	6g	1g	3g	0mg	115g
<u>Vermont Kale Chips</u>									
Original	140	60%	10%	81	9g	1.5g	2g	0mg	250 mg
<u>Pop Chips</u>									
Sour Cream and Onion	120	33%	0%	40	4g	0g	3g	0mg	200mg
Barbeque	120	33%	0%	40	4g	0g	3g	0mg	200mg
Sea Salt	120	30%	0%	35	4g	0g	0g	0mg	190mg
<u>Way Better Snacks</u>									
Sweet Potato Corn Tortilla Chips	170	50%	3%	90	9g	.5g	0g	0mg	125mg
So Sweet Chilli Tortilla Chips	170	50%	3%	90	9g	.5g	0g	0mg	100mg
Mustard and Online Tortilla Chips	130	54%	4%	70	7g	.5g	0g	0mg	90mg
<u>Deanos Jalepeno Chips</u>									
Sea Salt	80	67%	5%	54	6g	.5g	2g	0mg	170mg
<u>Harvest Snaps</u>									
Snap Pea Crisps Salted	110	36%	4%	40	4.5g	.5g	1g	0mg	50mg
<u>Tostitos Salsa Cup</u>	10	0	0	0	0	0	1g	0mg	260mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
POPCORN									
<u>Pirates Booty</u>									
Veggie	130	35%	3%	45	5g	.5g	1g	0mg	90mg
Aged White Cheddar	130	35%	7%	45	5g	1g	0g	0mg	140mg
Fruity Booty	130	35%	7%	63	7g	1g	6g	0mg	25mg
<u>YOLO Snacks!</u>									
Original	110	55%	4%	60	7g	.5g	0g	0mg	140mg
Maple	110	45%	4%	50	6g	.5g	3g	0mg	85mg
Cheddar	80	31%	0%	25	3g	0g	1g	0mg	110mg
<u>Skinny Pop</u>									
Original	150	60%	6%	90	10g	1g	0g	0mg	75mg
Cheese	150	54%	6%	81	9g	1g	0g	0mg	95mg
Sweet	160	56%	5%	90	10g	1g	<1g	0mg	100mg
Pepper	150	60%	6%	90	10g	1g	0g	0mg	75mg

Snack Food	Calories	% Fat Calories	% Sat. Fat Calories	Fat Calories	Total Fat	Sat. Fat	Total Sugar	CHO	Sodium
SWEETS									
DOLE Fruit cups									
Mixed fruit in 100% fruit juice	80	0	0	0	0	0	17g	0	5mg
Peaches in 100% fruit juice	80	0	0	0	0	0	18g	0	5mg
Mandarin Oranges with no sugar added	40	0	0	0	0	0	5g	0	0mg
<u>Vermont Village</u>									
Natural Unsweetened Applesauce	50	0	0	0	0	0	13g	0	0
<u>Peeled Snacks</u>									
Apple	110	0	0	0	0	0	20g	0	0
Mango	120	0	0	0	0	0	20g	0	0
Cinnamon Apple Crunch	75	0	0	0	0	0	12g	0	0
<u>Sunmaid</u>									
Raisins	130	0	0	0	0	0	29g	0	10mg
<u>Barbaras</u>									
Snackimals Chocolate Chip	120	29%	0	35	4g	0g	8g	0mg	80mg
<u>Brothers</u>									
Brothers All Natural Fuji Apple	40	0	0	0	0	0	6g	0	0
Brothers All Natural Pear	35	0	0	0	0	0	7g	0	0
Brothers All Natural Strawberry Banana	45	0	0	0	0	0	6g	0	0
<u>Stretch Island Fruit Co</u>									
Autumn Apple Fruit Strip	45	0	0	0	0	0	9g	0	0
Orchard Cherry	50	0	0	0	0	0	9g	0	0
Harvest Grape	45	0	0	0	0	0	9g	0	0
Abundant Apricot	45	0	0	0	0	0	7g	0	0