



## Healthy Checkout Aisles

Change The Future WV is about making the healthy choice the easy choice. A Healthy Checkout Aisle provides an innovative choice for families and others who want to be more health-conscious by offering fresh fruits and vegetables, items that promote physical activity and other healthy choices- as an alternative to your usual grocery checkout experience. The items listed below were chosen based on their nutritional value and likelihood that they will encourage physical activity.

### Strongly Recommended Items

- Fresh Fruits
- Fresh Vegetables
- Water
- Sunscreen
- Sunglasses
- Physical Activity Toys & Tools (balls, Frisbees, jump ropes, bubbles, kites, hacky sacks, pedometers, stretch bands, sleds, kid and adult dance and exercise videos, etc.)

### Recommended Items

Snack foods that meet the following nutrition standards (per package):

- No more than 200 calories;
- No more than 35% calories of total calories from fat, excluding nuts, seeds, and cheese;
- Less than 10% total calories from saturated fat;
- No more .5 grams of trans fat;
- No more than 35% of calories from sugar, excluding yogurt and fruit;
- No more than 200 milligrams of sodium; and
- Contain no artificial sweeteners
- Examples include any 100 Calorie Packs, Kashi Granola Bars, and GoGo Squeeze Fruits.

\*Nutrition labels should always be checked due to periodic changes in item ingredients.

### Accepted

- Sugar-free Gum



## Healthy Checkout Aisles

If my store agrees to implement a Healthy Checkout Aisle, we will abide by the guidelines set forth above by Change The Future WV.

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(Signature )

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(Position)

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(Store Name)

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(Date)