



Dedicated to Healthy Options

Aldar Vending has taken the initiative to lead the local market in healthy vending. Our one-of-a-kind refreshment solutions are healthy and delicious, reflecting the unique and diverse tastes of our sophisticated New Jersey customer base.

Listening and Learning Your Unique Needs

Working with a nutrition expert, we scoured the marketplace examining typical products offered in vending machines and identified healthy snacks that our customers would conveniently enjoy. As a market leader and a company who understands the current trends, Aldar Vending was the first to offer these nutritious products in New Jersey.

Our team of professionals listens carefully to understand our client's needs and desires. Then we develop a customized healthy initiative for your account. Our healthy products are uniquely segmented by their nutritional values in our vending machines.

As the leader in healthy vending, we encourage you to read our Healthy Snacking Suggestions that provide smart eating ideas for you, your co-workers, family and friends.

The products listed below are a partial list of our healthy items. Please contact us to learn about new healthy offerings added each week.

**Healthy-7 Grams Fat or less
2 Grams Saturated Fat or less
Austin
Zoo animal crackers**

**ConAgra Foods
Crunch & Munch**

**Farley's & Sathers
Cherry fruit snacks
Mixed Berries Fruit Snacks
Strawberry Fruit Snacks**

**Frito Lay
Baked Doritos Nachos
Baked Lays Regular
Baked Lays Sour Cream & onion
Baked Lays KCM BBQ
Baked Chetos Crunchy
Reduced Fat Doritos Nacho**

**Reduced Fat Doritos Cool Ranch
Baked Doritos Nacho
Baked Lays KCM
Baked Lays Regular
Baked Lays Sour Cream & Onion
Baked Ruffles
Baked Lays CSC
Rold Gold Honey Wheat
Rold Gold Tint Twist**

**General Mills
Fiber One Bars
Nature Valley Chewy Trail
Nature Valley Oats & Honey
Nature Valley Peanut Butter
Nature Valley Strawberry Yogurt
Chex Mix Cheddar
Chex Mix Honey Nut
Chex Mix Traditional**

Keebler

Elfin Crackers

Kelloggs

Cheez-It Reduced Fat

Nutri-grain Bars-all flavors

Special K Bars Strawberry

Rice Krispies Treats

Cherry Fruit Snacks

Mixed Berrys Fruit Snacks

Strawberry Fruit Snacks

Kraft Foods

Animal Crackers

Snackwell's Crème

Teddy Grahams Cinnamon

Linden's

Butter Crunchers Bag

Chocolate Chippers Bag

Mr. Nature

Energizer Mix

Fruit Mix

Trail Mix

Raisins

Mars Snackfood US

Generation Max

Snickers Clusters

Twix Cluster

Combos Pizza

3 Musketeers Smores

Pepperage Farms

100 Calorie Packs

Poore Brothers

Butter Braids

Honey Wheat Braids

Popcorn Indiana

Original Kettlecorn

Quaker

Chewy Chocolate Chip Granola

Robert's American Gourmet

Pirate's Booty

Snyder's

100 Calorie Veggie Crisp

100 Calorie Sunflower Cheddar

100 Calorie French Onion

Honey Mustard Onion Nibbler

Mini Pretzels

Hot Buffalo Wing

Sourdough Nibblers

Stacy's

Parmesan Garlic Pita

Tuscan Herb Pita

Naked Pita

Wise

Butter Popcorn

Cheddar Popcorn

New York Deli

Jalapeno

Onion Rings

Puffed Cheese Doodles

Healthy Snacking Suggestions...

Here are some healthy snacking tips to share with your co-workers, students, family and friends:

#1...Focus on fiber and protein. Choose cereal, granola or energy bars with some protein (check the Nutrition Facts) and some fiber to help keep you full longer.

#2 ...Pretzels or baked chips are a great low-fat, low-calorie way to satisfy the mid-day munchies.

#3 ...Choose fruits, vegetables and salads, prepackaged and ready-to-eat. They are high in nutrients, crunchy, convenient and great tasting.

#4...For a snack that is high in protein and calcium, reach for a carton of low-fat milk or yogurt.

#5...It's unrealistic to give up sweet treats if you really enjoy them. Like anything else, eat them "wisely" and in moderation.

#6 ...Craving cookies? Animal crackers, fig bars, ginger snaps, pop tarts or graham crackers are great tasting lower fat choices. Pair these with low-fat milk, a protein-rich food, and you've satisfied that craving.

#7...Go nuts. Choose a package of peanuts, almonds or other favorite nuts. They come packed with protein and fiber.

#8...Don't confuse thirst with hunger. Keep a water bottle handy.

#9...Top off your fuel tank several times a day with snacks. You'll feel energized and satisfied throughout the day.

#10...Variety, balance and moderation are important when eating snacks.