



Vending machines are a highly visible source of food and beverages in your workplace. Improving the nutritional quality of vending machine selections is an important step toward creating a culture of health.

Action Plan

Review current products in your machine(s) for compliance with nutrition standards below and note changes needed. (See the *Vending Machine Inventory Worksheet* provided as a supplemental tool in the *Healthy Workplace Food and Beverage Toolkit*.)

1. Contact your vendor.

- Determine your current contract specifics (products, signage, restrictions, etc.).
- Ask about healthy product options and new products.
- Provide a list of ideas/product requests to check availability and pricing.
- Request nutrition information as needed.
- Provide nutrition standards (below).
- Discuss transition timeline.

2. Involve employees.

- Send out an email and/or post signs letting employees know about new, healthy options coming soon.
- Survey employees for feedback about what types of healthy items they'd like to see offered.

3. Remove and replace unhealthy items as soon as feasible.

- Select the smallest package sizes offered by your vendor.
- Eliminate all candy (sugar-free mints and gum are OK).
- Eliminate all regular chips (baked chips and pretzels are OK).

- Eliminate or reduce desserts and sweet baked items, including but not limited to: cakes, cupcakes, cream-filled cakes, coffee cakes, cookies, donuts, muffins, sweet rolls and toaster pastries.
- Eliminate or reduce the number of sugar-sweetened beverages. At least 50 percent of the beverages available should be water, juice, milk and milk alternatives, and other acceptable beverages.

- See Nutrition Standards on next page.

4. Evaluate and communicate results.

- Usage reports from your vendor can show the popularity and acceptance of new items.

Healthier Product Ideas

- Dried fruit
- Apple sauce
- Canned fruit (in own juice or light syrup only)
- Nuts
- Trail mix (nuts, fruit and seeds only)
- Nut butter
- Whole-grain crackers
- Whole-grain pita chips
- Whole-grain rice cakes
- Light popcorn
- Oatmeal
- Graham crackers

Additional Recommendations

- Post calorie and sodium content for all items (from the Nutrition Facts label) on or near the machine so people can compare before they buy.
- Healthier items should be priced competitively or discounted, if possible.
- Healthier items should be prominently placed at eye level or in the most visible location.
- Any advertising/promotional signage or space on machines should only be used to promote healthier items.
- You may need to take a stair-step approach to implementing healthy changes. Start with small, easy steps and progress to more challenging ones over time as your employees adapt to the new culture of health.

Nutrition Standards for Food (except plain nuts and nut/fruit mixes)

- No more than 200 calories per label serving
- Choose products with the lowest amount of sodium you can find and no more than 240 mg of sodium per label serving (preferably no more than 140 mg)
- Zero g *trans* fat per label serving and no products containing partially hydrogenated oils
- No more than 1 g of saturated fat
- No candy (sugar-free mints and gum are OK)
- No regular chips (baked chips and pretzels are OK)

Nutrition Standards for Plain Nuts and Nut/Fruit Mixes

- Preferred serving size for plain nuts is 1 oz., but no more than 1.5 oz.
- Choose products with the lowest amount of sodium you can find and no more than 140 mg of sodium per label serving.

Nutrition Standards for Beverages

- Water (plain, sparkling and flavored) – no more than 10 calories per serving
- Fat-free (skim) or low-fat (1%) milk and milk alternatives (soy, almond, etc.) – no more than 130 calories per 8 fl. oz.
- Juice – 100% fruit or vegetable juice (or juice and water)
 - No added sugars/sweeteners (except non-nutritive sweeteners)
 - No more than 120 calories per 8 fl. oz. (preferred serving size), 150 calories per 10 fl. oz., or 180 calories per 12 fl. oz.
- Other beverages – no more than 10 calories per serving