



# HEALTHY CHOICES Vending

## Assessment

The following list of snack, food and beverage items offered in medium to large workplace vending programs, provides guidance for healthy choices. Determine your company's progress toward a healthy vending machine/program by scoring one point for every item offered in your vending program.

### Scoring

- 0 – 12 Needs improvement in availability of healthy selections
- 13 – 25 Doing well, keep going and strive to achieve the next level within the next 6 months
- 26 – 37 Congratulations on having a good variety of healthy vending selections

### RECAP

- |   |  |
|---|--|
| <input type="checkbox"/> Beverages                | <input type="checkbox"/> Refrigerated or Frozen Meals and Snacks |
| <input type="checkbox"/> Bars                     | <input type="checkbox"/> Health and Nutrition Education          |
| <input type="checkbox"/> Chips, Pretzels, Popcorn | <input type="checkbox"/> Promotions and Incentives               |
| <input type="checkbox"/> Cookies and Crackers     | <input type="checkbox"/> Healthy Vending Standards               |
| <input type="checkbox"/> Fruit                    |  |
| <input type="checkbox"/> Nuts, Seeds and Mixes    |  |
| <b>_____ Total/37</b>                             |  |

### Beverages

- Unsweetened regular or flavored bottled spring or sparkling water
- 100% fruit/vegetable juices (small in size to comply with only 6 oz. per day)
- Reduced-calorie choices (< 40 calories per container)
- Sugar-free choices

### Bars

- Whole-grain rich fruit and nut bars with 0 trans fat

### Chips, pretzels, and popcorn

- Baked chips or tortilla chips or pita chips or soy chips with 0 trans fat
- Pretzels (salted or unsalted) with 0 trans fat
- Popcorn with 0 trans fat and low/reduced saturated fat
- Chips, crisps made with whole-grains, vegetable oils, reduced sodium

### Cookies and crackers

- Low/reduced saturated fat cookies
- Low/reduced saturated fat crackers
- Whole-grain crackers with or without salt

### Fruit

- Fresh fruit where fresh food machines are in place
- Shelf stable fruit cups with no added sugar
- Dried fruit





### Nuts, seeds and mixes

- Nuts and seeds such as peanuts, pecans, almonds, walnuts, and sunflower seeds
- Nuts or seeds without added salt
- Mixes such as trail mix, fruit and nut mix, nut and seed mix, nut mix or dried fruit mix

- Pre-made sandwiches made with whole-grain breads or rolls, healthy protein such as poultry, seafood, reduced-fat cheese
- Variety of dressings/condiments rich in healthy fats,\* low-fat options, with 0 trans fat

### Healthy Vending Standards

- Adoption or development of healthful nutrition guidelines for vending beverages, snacks and meals (can refer to the [Nutrition Source](#), Harvard School of Public Health)
- Periodic review of beverage, snack and meal nutrition guidelines by registered dietitians
- Regular review and update of selection of healthy products (add new options)
- Healthy selections are available as an option in every vending machine
- Together, all vending machines offer 50% or more healthy options
- Where consumer demand is high, vending machines offer 100% healthy options
- Tracking of vending product sales

\*Healthy fats/oils: olive, canola, sunflower, peanut, safflower, soy



### Health and nutrition education

- Nutrition information labeling and/or signage on and around machine
- Healthy vending brochures to communicate choices
- Health and nutrition website promoting healthy vending options

### Refrigerated or frozen meals and snacks (where applicable)

- Fruit salads
- Sugar-free gelatin
- Plain, reduced-fat greek yogurt
- Fresh vegetables
- Pre-made salads with vegetables, and/or fruit and healthy protein (poultry, seafood, tofu, reduced-fat cheese)

### Promotions and incentives

- Promotion of healthy vending options via e-mail, website, intranet, social media, signage
- Pricing incentives for healthier items (discount on healthier beverages, snacks)

