



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

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

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)

