

# Healthy Vending Machines



**D**o you find workers looking for snacks throughout the day? Do you wish there was an easy way for staff to pick up something healthy? This simple guide will help you get healthy snacks into the hands of hungry workers.

## STEPS TO SUCCESS

1. Here is another great project for the Wellness Committee! They can come up with a plan to make healthy vending a success.
2. Decide what kinds of changes need to be made. Get staff input.
3. Talk to your vendor.
4. Educate workers on how they can benefit from the vending changes.
5. Every few months talk about how the program is going. Make changes as they are needed.

## TOOL TIPS

### *What Changes Should You Make?*

There is no law telling private companies what they need to have in their vending machines. But you can choose to create a healthier work environment for the good of your workers. And you get to decide what kinds of changes you want to make.

Some ideas to consider:

- There are already lists of healthy vending items out there. One can be found here: [www.fitpick.org](http://www.fitpick.org). You can find others on our website [www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx).

- Emphasize that you are making the health of your workers a priority. This will help get buy-in from workers. Promote the viewpoint of “providing additional healthy snacks because we care” rather than “taking away delicious snacks.”

You may want to phase-in your new healthy standards little by little. For example:

- 35% of vending items meet the new standards for the first month.
- 50% of vending items meet the new standards after 2-3 months.
- 75% of vending items meet the new standard after 3-4 months.
- 100% of vending items meet new standard after 6 months.

### *Working with Your Vendor*

Businesses can decide what foods are in their onsite vending machines. You can tell your vendor what foods you want. Some vendors may not want to make healthy changes. They may believe it will hurt their sales. Other vendors will be happy to make healthy changes. For the health of your workers, find out what your vendor is willing to do. If you are choosing a vendor, ask what healthy foods will be offered.

Go to [www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteFitBusinessKit.aspx) for an example of a letter a business might send to their vendor.

### More Tips for Making It Work

Now your vending machines have more healthy options. Great! But how can you make it more likely that your co-workers will choose the healthy options?

- **Price**  
Make sure healthy items aren't too expensive. You may want to raise the price of unhealthy items, and lower the price of healthy items.
- **Placement**  
Place healthier food and drinks at eye level.
- **Promotion**  
Vending machines are big boxes. Use the sides and the front to promote healthy items. Find a mini-poster you can use on our website. Many vendors have stickers to indicate a snack is healthy.
- **Taste Tests**  
Let workers sample a variety of healthy snacks. Workers can vote on their favorites. Ask your vendor to provide you with samples. Stock the favorites!
- **Survey**  
Survey workers periodically about things they would like to see more or less of in the vending machines. This will give you a way to evaluate its effectiveness, and will give workers a way to give feedback. It might also help to identify areas to do nutrition education.
- **Educate**  
Post the healthy vending policy and share it with the workers. Invite a speaker to offer lunch-time nutrition classes.

#### PATIENT PROTECTION AND AFFORDABLE CARE ACT

Section 4205 of the *Patient Protection and Affordable Care Act* requires vending companies operating more than 20 machines to post calories for all items in their machines.

### GO FURTHER

- Ask your vendor to post calories.
- Invite a speaker to come in and teach your staff how to read nutrition labels.
- Give workers health information they can take home to share with their families.

### FOR MORE INFORMATION:

Visit our website at [www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx](http://www.cdph.ca.gov/programs/cpns/Pages/WorksiteProgram.aspx) for:

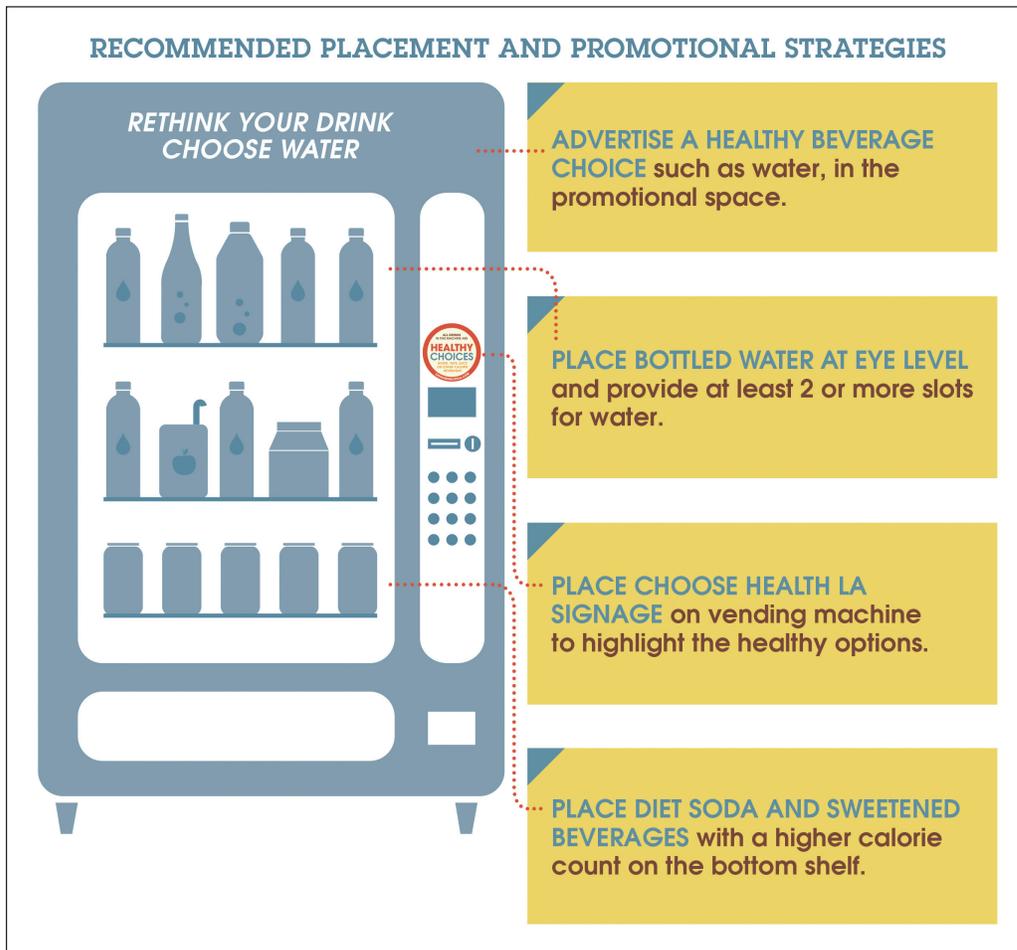
- sample policies.
- printable posters.
- printable handouts.
- more information.

### ATTRIBUTES

*National Alliance for Nutrition & Activity  
Model Beverage and Food Vending Machine  
Standards*

### Example of Healthy Vending Machine Offerings

The Los Angeles County Department of Public Health's *Choose Health LA* initiative promotes healthier offerings in vending machines. For more information on how to start a healthy vending machine policy visit [www.choosehealthla.com](http://www.choosehealthla.com).



**Attribute:** The Los Angeles County Department of Public Health's *Choose Health LA* initiative promotes healthier offerings in vending machines ([www.choosehealthla.com](http://www.choosehealthla.com)).

# Example of Food and Beverage Standards



**C**onsider sharing these standards with the company that services your vending machine.

- **Food Standards**

- ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit & nut/seed combos), and
- < 10% calories from saturated fat (except reduced-fat cheese, dried fruit & nut/seed combos), and
- ≤ 35% sugar by weight (except fruit, non-fried vegetables, dried fruit & nut/seed combos), and
- < 0.5 grams trans fat per serving, and
- ≤ 230 milligrams sodium

- **Beverage Standards**

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners.
- Unflavored\* fat-free or 1% cow's milk with no added sweeteners.
- Unflavored\* non-dairy milk alternatives with no added sweeteners.
  - No more than 2.5 grams of fat per 8 fluid ounces

- 100% fruit or vegetable juices or juice/water combinations with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
- Coffee and tea with no added caloric sweeteners.

\* Unflavored milk means there can be no chocolate, strawberry, vanilla or other flavored milk and non-dairy milk alternatives offered or sold.

## ATTRIBUTES

Food standards adapted from California Department of Education, Nutrition Services Division.

Beverage standards adapted from California Project LEAN's 100% Beverage Standards for Adult Settings.

