

VENDING MACHINE GUIDE

Vending machines can be the quick-fix 'go to' option when people need a snack. They typically have food and drinks high in sugars, fats and salts and minimal nutrition. Changing the options available in vending machines is a good start to introducing healthier food and drink options in the workplace.

Talk to staff about what healthy options they would like to have.

Start with these kinds of questions.

- Do you rely on vending machines for a snack or a meal?
- Is a microwave on site to heat foods such as pasta and rice?
- Do we need vending machines in this organisation? Could people be encouraged to have an activity break and walk to a nearby retailer for food or drinks instead?

Talk with your vending supplier to:

- find out whether they offer healthy food options
- let them know your workplace wants to implement the *Healthy Food and Drink Guidance for Organisations*.

Consider the following simple changes:

- replace sugar-sweetened drinks with no-sugar options in limited amounts
- add more rows of water in the vending machine and position them at eye level
- when choosing packaged foods:
 - offer those with no more than 800 kJ per packet
 - select a range of products with a Health Star Rating (HSR) of 3.5 or greater
- include single-serve meal options
- consider charging lower prices for healthier foods
- place healthier options at eye level.

HEALTHIER OPTIONS

Beverages

- Water, diet or no-sugar drinks

Snacks

- Small bags of nuts, fruit-and-nut mixes, scroggin or trail mix
- Small serves of pretzels, rice crackers or popcorn
- Muesli bars (with less than 800 kJ per serving)
- Tuna and crackers, or cheese and crackers

Meals

- Packet rice and pasta
- Soup pouches
- Sandwiches

VISUAL PLACEMENT GUIDE

The following diagrams show how you might display the healthy options to make them highly visible in your vending machine. The positioning depends on the percentage of these options you have on offer compared with the other options available.

