

Healthy Vending

Agency Wellness Champions Team Project, Spring 2011

Background

- ✚ Agencies that completed the Healthy Eating Survey during Summer 2010 have a snapshot of the strengths and weaknesses in their vending and other eating environments.
- ✚ Before pursuing a change in vending, we need to understand the State's partnership with and commitment to State Services for the Blind.
- ✚ Mn/DOT underwent a strategic Risk Assessment process around healthy vending.
- ✚ Other agencies' strategies:

Health vending goes beyond the products in the vending machines

- ✚ Product:
Increase the number of healthy options available.
- ✚ Placement:
Place healthier items in the top third of the vending machine so they are visible at eye level.
- ✚ Price:
Sell healthier items at a price equivalent or lower than the price of the remaining items that do not meet nutritional guidelines. (Price reductions of healthier options of 10%, 25% and 50% are associated with increased sales while not affecting average profits. American Journal of Public Health, Jan 2001)
- ✚ Portion Size:
Reduce snack portions to 100 calorie packages.
- ✚ Label:
Label low calorie, low fat, low sodium and whole grain items. Or face the nutrition label out (which is especially easy when there is more than one row of an item).
- ✚ Other tips:
 - Communicate the availability of healthy vending options to employees.
 - Host a healthy vending food fair. Have employees sample and rate healthy items.
 - Evaluate. And be patience. Change happens slowly. Make a change to support the change for 6-12 months and intermittently evaluate sales and profits.

Guidelines for foods

The *Health and Sustainability Guidelines for Federal Concessions and Vending Operations*, which meet the *Dietary Guidelines for Americans 2010*, encourage the availability of:

- ✚ More fruits and vegetables
- ✚ More whole grains
- ✚ Seasonal, local, and organic options.
- ✚ More low-fat and fat-free dairy products
- ✚ More low-calorie beverages, 100% juices, low sodium juices, and water
- ✚ Fewer foods high in salt, and more low salt items
- ✚ No synthetic trans fat
- ✚ More low sugar items

Only offer foods with:

- 0 grams trans fat
- No more than 230 milligrams of sodium per serving

At least 25% of packaged food choices meet these criteria:

- No more than 200 calories (excluding nuts and seeds without added fats, oils or caloric sweeteners)
- No more than 10% saturated fat
- No more than 35% sugar by weight (except fruits or vegetables without added caloric sweeteners)

Top 20 Healthy Vending Foods

1. Dried fruits such as raisins, apricots, plums and apples
2. Canned fruit packed in fruit juice
3. Pretzels
4. Baked, low sodium chips
5. Low fat, low sodium popcorn
6. Whole grain hot cereals
7. Whole grain cold cereals
8. Whole grain crackers
9. Low fat whole grain granola bars
10. Nuts, seeds and soybeans
11. Trail mix
12. Graham crackers
13. Animal crackers
14. 100% fruit leather
15. Fig bars
16. Low sodium soup
17. Rice cakes
18. Turkey or beef jerky
19. Gum
20. Other:

Guidelines for beverages

- ✚ At least 50% of beverages contain no more than 40 calories/serving (other than 100% juice and unsweetened milk).
- ✚ Offer only 2%, 1% and non-fat milk.
- ✚ If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
- ✚ Vegetable juice must contain no more than 230 mg sodium per serving.
- ✚ Consider a non-dairy, calcium-fortified beverage (such as soy or almond beverage).
- ✚ Consider least one low sodium vegetable juice (≤ 140 mg sodium per 8 oz).

Top 10 Healthy Vending Beverages

1. 12 oz. servings, except water
2. Water
3. Unsweetened tea
4. 100% fruit juice
5. 100% vegetable juice, low sodium
6. Nonfat or 1% low fat milk (including soy milk or flavored milk with no more than 3t sugar per cup)
7. Non-caloric beverages
8. Nonfat or low fat yogurt
9. Nonfat cottage cheese
10. Other:

Resources

Toolkit

St. Paul-Ramsey County Public Health's 2011 Healthy Vending Options Toolkit:

http://www.co.ramsey.mn.us/NR/rdonlyres/83DD2A5F-C733-4E4A-B7AF-8D12107C2EB5/26036/healthy_vending_options_toolkit_final.pdf

Guidelines and policies:

Concessions and Cafeterias: Healthy Food in the Federal Workplace

<http://www.gsa.gov/portal/content/104429>, pages 14-15.

Healthier Choice Vending Guidelines

Eat Well Work Well –Food at Work: VENDING <http://www.eatwellworkwell.org/vending.htm>

Network for a Healthy California Worksite Program—Vending Machine Food and Beverage

Standards: <http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-VendingMachineStandards.pdf>

Sample foods by manufacturer:

Fit Pick: <http://www.fitpick.org/index.php>>Tools and Resources>Worksites>register for access to *Snack Food List*