

# Healthy Vending Program Strategies

A wide variety of vending products are available. Some are healthier than others. Worksites can improve employee health by making better choices easy, tasty and affordable. The following strategies will help you move your vending efforts in a healthy direction.

## Getting Started

- Complete a vending machine inventory for all the vending machines in your company
- Form a vending committee to oversee changes in vending program
- Report the results of the inventory to management and request specific improvements
- Meet with the person in your organization responsible for vending services or contracts
- Introduce the idea of healthy vending and request a list of available healthy items or healthy programs available from the vending company

## Making Changes

- Negotiate with vendor to increase the number of healthier choices available including single servings and calorie controlled portions
- Educate employees about making healthier choices from vending machines
- Place signs on or around the vending machines promoting healthier choices
- Adopt a healthy vending policy

## Raising the Bar

- Change placement of items in the vending machine to make healthier items more noticeable
- Change the pricing structure of vending items so that healthy items are a better value
- Set a goal for the percentage of healthier items available in vending machines
- Change location of vending machines – away from public areas, especially if families and youth frequent your building
- Request machines that dispense healthier refrigerated or frozen items such as skim or 1% milk, yogurt, fresh produce, fruit bars or low-fat main entrees
- Establish a quality assurance process in future contracts to guarantee vendors are following policy and labeling products accurately including ongoing inventories of vending machines
- Include healthier choices in future contract specifications for vending in your organization

## Cater To Health Resources

Cater To Health provides resources for employers to create a nutrition environment that is supportive of healthier food choices and lifestyles for employees. Find these resources and several new tools to assist you in developing a healthy vending program on the Cater To Health website.



[www.eatwellworkwell.org](http://www.eatwellworkwell.org)