Healthy Vending Toolkit

Steps For Healthy Vending Machines

Step 1: Meet with staff responsible for vending machine contracts.

Discuss:

- Including healthier options in the machines.
- The date for vending machine contract renewal.
- Meeting with the vendor representative.

Step 2: Contact vendor representative. Set up meeting between you, the employee responsible for vending machines, and the vendor representative.

Talk with representative about:

- The importance of including healthier options in the vending machines.
- Possible choices for healthier snack items.
- Options for pricing healthy foods with lower prices or unhealthy foods with higher prices.
- Options for labeling healthier options on the vending machine (such as labeling healthy options with stickers).
- Placing healthy options in the top third of the machine so they are visible at eye level.

Step 3: Once changes are made, recruit employees to monitor the healthy options in the machines and to publicize and promote the healthy options.

Healthy Options for Vending Machines

Non-refrigerated Options	Refrigerated/Frozen Options
Raisins or other dried fruits	Water
Pretzels	100% Fruit Juice
Canned fruit cups	Diet Soda
Baked chips	Beverages in smaller-size portions (such as 6 ounces)
Low fat/ low calorie popcorn	
Whole grain cracker	Vegetables (baby carrots, celery, broccoli)
Low fat granola bars	Fresh vegetable or fruit salads
Graham crackers	Frozen meals that have whole grains, vegetables, and fruit
100% fruit leather	
Fig bars	Non-fat yogurt
Animal crackers	Frozen 100% fruit bars
Plain and salted nuts	Nonfat cottage cheese
Soups that have large amount of vegetables	Nonfat or 1% fat milk Sandwiches with vegetables and/or lean meats on whole grain bread
Low fat, whole grain cereals or cereal bars	
Salsa and baked tortilla chips	