



VENDING POLICIES IN THE WORKPLACE

What are healthy vending machine policies?

Vending machine policies are those endorsed by your business that affect how food is selected, purchased and distributed through vending machines.

Examples of healthy vending policies include:¹

Snacks

- » Limit all snack (not refrigerated meals) items to ≤ 200 calories per item (excluding nuts and seeds without added fats, oils, or caloric sweeteners).
- » Limit total calories from saturated fat to $\leq 10\%$ (excluding nuts and seeds without added fats or oils).
- » Limit calories from sugars to $\leq 35\%$ of total weight (excluding fruits or vegetables without added caloric sweeteners).



Beverages:

- » At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤ 40 calories/serving.
- » If milk is offered, only 2%, 1% and non-fat milk dairy-type products should be available.
- » If juice is vending option, offer at least one 100% juice with no added caloric sweeteners.
- » Vegetable juice must contain ≤ 230 mg sodium per serving.

¹These examples are from the *Health and Sustainability Guidelines for Federal Concessions and Vending Operations* published by Centers for Disease Control (<http://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm>) that were developed for contractors who supply federal concessions and vending operations. It is important that the policies you decide to support be based on the the *Dietary Guidelines for Americans*, <http://health.gov/dietaryguidelines/2015>, which are based on the current science about diet and health.

What are the benefits of reviewing your vending policies?

Easy Choices

Developing policies that support healthy options in vending machines makes healthy choices more widely available, which makes choosing healthy foods and beverages easier for employees.

More Choices

Healthy vending machines policies do not mean that employees must have access to healthy foods only. They give employees the opportunity to make healthy choices. Research has shown that increasing the proportion of healthier options will elevate sales of these items without any corresponding loss of sales volume and/or profit.

Healthy Employees

Foods in vending machines are typically high in calories and low in nutritional value, with an excess of saturated fat, sodium or added sugars. Over-consumption of these types of foods increases the risk of developing chronic disease such as cardiovascular disease, hypertension, diabetes, some cancers and obesity.

Vending machines can be large square boxes of temptation or an array of healthy options.