

Survey people who will use the vending machine to get an idea of their food and drink preferences and products that are likely to sell.

The foods and drinks you can offer in vending machines depend on a number of factors, including product turnover and preferences of consumers, shelf life, style of the machine and whether or not refrigeration is available.

The tables below outline common foods and drinks for vending machines that are in the **GREEN (best choices)** or **AMBER (choose carefully)** Healthy Choices category. In some cases, you will need to use the *Healthy choices: food and drink classification guide* to help you decide if products are **GREEN** or **AMBER** and to ensure that items are not in the **RED (limit)** category.

GREEN – best choices	AMBER – choose carefully	GREEN or AMBER options ¹
Non-refrigerated foods		
<ul style="list-style-type: none"> ● Plain nuts ● Plain, air-popped popcorn ● Fruit tubs in natural juice ● Porridge or oats ● High fibre cereals that are low in sugar ● Plain rice cakes or corn cakes 	<ul style="list-style-type: none"> ● Dried fruit ● Some fruit- or vegetable-based wholemeal muffins¹ ● Some plain sweet biscuits¹ ● Some cereal-based, fruit-filled or fruit and nut bars¹ ● Some instant noodles¹ 	<ul style="list-style-type: none"> ● Some crispbreads or crackers, rice or corn cakes ● Trail mixes ● Tuna and cracker snacks ● Tuna and rice or beans ● Packaged soups
Refrigerated foods		
<ul style="list-style-type: none"> ● Reduced fat yoghurt ● Fresh fruit, fruit salad or sliced fruit ● Reduced fat cheese and wholemeal crackers ● Reduced fat dip with wholemeal crackers 	<ul style="list-style-type: none"> ● Regular fat yoghurt ● Regular fat cheese and crackers ● Low- or reduced-fat dairy desserts 	<ul style="list-style-type: none"> ● Salads ● Heat and serve ready-to-eat meals ● Sandwiches, rolls or wraps ● Nori rolls
Cold drinks		
<ul style="list-style-type: none"> ● Plain water (including sparkling or mineral) ● Soda water ● Reduced-fat plain milk ● Plain milk alternatives (e.g. soy or rice drink) ● Some reduced-fat flavoured milk¹ 	<ul style="list-style-type: none"> ● Pure fruit juice with a maximum serve size of 250ml ● Regular fat plain milk ● Some regular fat flavoured milk¹ ● Artificially sweetened drinks 	

¹ Use the *Healthy Choices: food and drink classification guide* to determine classification. Available from <https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering>

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