

Stocking your vending machine with healthy snacks and drinks encourages people to make healthier choices when they are on the run.

Guidelines for a healthy vending machine

To meet the Healthy Choices guidelines¹, vending machines should include at least 50% **GREEN (best choices)** items and less than 20% **RED (limit)** items. Some **AMBER (choose carefully)** items may also be provided.

GREEN items should be placed on the most prominent shelves (for example, at eye-level) and **RED** choices should be in the least prominent positions (for example, the lowest shelf of the machine).

The plan-o-grams below provide examples of how to stock a drinks vending machine and a snacks vending machine in line with the Healthy Choices guidelines. These plan-o-grams are only examples – there are many ways to stock a healthy vending machine.

A healthy drinks vending machine

	Position 1	Position 2	Position 3	Position 4	Position 5
Row 1	Water (plain, still)	Water (plain, still)	Water (plain, still)	Water (plain, sparkling)	Water (plain, sparkling)
Row 2	Water (natural flavours*)	Water (natural flavours*)	Water (natural flavours*)	Reduced fat strawberry milk 250ml**	Reduced fat chocolate milk 250ml**
Row 3	Reduced fat chocolate milk 250ml**	Reduced fat iced coffee 250ml**	Reduced fat vanilla flavoured milk 250ml**	Reduced fat chocolate milk 500ml**	Reduced fat iced coffee 500ml**
Row 4	Full fat honeycomb flavoured milk 300ml	Full fat strawberry flavoured milk 300ml	100% fruit juice 250ml	100% fruit juice 250ml	100% fruit juice 250ml
Row 5	Diet soft drink 375ml	Diet soft drink 375ml	Regular soft drink 375ml	Regular soft drink 375ml	Regular soft drink 375ml

*no added sugar or artificial sweetener

reduced fat flavoured milk containing less than 900kJ per serve as sold is in the **GREEN category. Reduced fat flavoured milk with more than 900kJ but less than 1600kJ per serve as sold is in the **AMBER** category. Regular fat flavoured milk with less than 1600kJ per serve as sold is also in the **AMBER** category. All flavoured milk containing more than 1600kJ per serve as sold is **RED**.

¹ The Healthy Choices guidelines provide information and advice about increasing the availability and promotion of healthier foods and drinks in community settings. For more information visit www.heas.health.vic.gov.au.

In this example, 52% of the drinks in the machine are in the **GREEN** category, 36% are in the **AMBER** category and 12% are in the **RED** category.

The **GREEN** drinks are positioned prominently at eye level, at the top of the vending machine. There are only a few **RED** drinks available and these are at the very bottom of the machine.

A healthy snacks vending machine

	Position 1	Position 2	Position 3	Position 4	Position 5	Position 6
Row 1	Lightly salted popcorn*		Lightly flavoured popcorn*		Air-popped potato chips*	
Row 2	Vegetable-based soup (just add water)* e.g. pumpkin	Vegetable-based soup (just add water)* e.g. lentil	Lean protein-based soup (just add water)* e.g. chicken	Mixed nuts (raw/dry-roasted, unsalted)	Almonds (dry-roasted, unsalted)	Pistachios (unsalted)
Row 3	Dried fruit medley	Tuna and crackers	Fruit and nut mix (with raw/dry-roasted, unsalted nuts)	Tuna canned in spring water	Muesli/cereal bar*	Muesli/cereal bar*
Row 4	Fruit tub in natural juice (e.g. peach)	Fruit tub in natural juice (e.g. fruit salad)	Flavoured rice crackers*	Lollies	Chocolate bar	Chocolate bar
Row 5	Oat cups		Wholegrain cereal cups		Wholegrain cereal cups	

* Use the *Healthy Choices: food and drink classification guide* to determine classification of specific products. The classification guide is available from www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering

In this example, **GREEN** snacks make up 53% of the machine, **AMBER** snacks make up 37% and **RED** snacks make up 10%.

Because popcorn and potato chips are very light weight items, in a real life situation they will usually be placed at the top of a vending machine. There may only be spaces to accommodate larger **GREEN** items such as cereal cups or oat cups at the bottom of the machine.

Therefore, in the template above, **GREEN** snacks are displayed as prominently as would be possible in a real life, practical situation.

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