

# Healthy vending ideas

## Healthy Choices

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 table below outlines common foods and drinks for vending machines that are classified GREEN (best choices) or AMBER (choose carefully) according to the Victorian Government's Healthy Choices guidelines.

You can also find healthier products on FoodChecker. Search the database to find drinks and snacks classified as **GREEN**, **AMBER** or **RED**.

<b>GREEN (Best choice)</b>	<b>AMBER (Choose carefully)</b>	<b>GREEN or AMBER options [1]</b>
<b>Non-refrigerated foods</b>		
<ul style="list-style-type: none"><li>Plain unsalted nuts, seeds or legumes</li><li>Plain, air-popped popcorn (unsalted)</li><li>Fruit tubs in natural juice</li><li>Porridge or oats</li><li>High fibre cereals that are low in sugar</li></ul>	<ul style="list-style-type: none"><li>Dried fruit</li><li>Some salted or flavoured popcorn [1]</li><li>Some crisps, chips, crackers and pretzels [1]</li><li>Some cereal-based, fruit-filled or fruit and nut bars [1]</li><li>Some instant noodles [1]</li><li>Sugar-free mints or chewing gum</li></ul>	<ul style="list-style-type: none"><li>Fruit and nut/trail mixes</li><li>Tuna and cracker snacks</li><li>Tuna and rice or beans</li><li>Packaged soups</li></ul>

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GREEN (Best choice)	AMBER (Choose carefully)	GREEN or AMBER options [1]
<b>Refrigerated foods</b>		
<ul style="list-style-type: none"> <li>Reduced fat yoghurt tubs or pouches</li> <li>Reduced fat cheese and crackers</li> <li>Reduced fat dip and crackers</li> </ul>	<ul style="list-style-type: none"> <li>Regular fat yoghurt tubs or pouches</li> <li>Regular fat cheese and crackers</li> <li>Some reduced fat dairy desserts [1]</li> <li>Some ready-to-eat meals [1]</li> </ul>	<ul style="list-style-type: none"> <li>Sandwiches, rolls or wraps (if suitable for the machine)</li> </ul>
<b>Cold drinks</b>		
<ul style="list-style-type: none"> <li>Plain, unflavoured water (tap, spring, mineral, soda or sparkling)</li> <li>Reduced-fat plain milk</li> <li>Calcium-fortified milk alternatives (including rice, soy or almond milks)</li> <li>Reduced-fat flavoured milk and calcium-fortified flavoured milk alternatives that are equal to or less than 900kJ per serve as sold</li> <li>Tea and coffee without added sugar</li> </ul>	<ul style="list-style-type: none"> <li>&gt;99% fruit juice with a maximum serve size of 250ml</li> <li>Regular fat plain milk</li> <li>Some regular fat flavoured milks [1]</li> <li>Artificially sweetened drinks with no added sugar. It is recommended to provide these drinks in the smallest serve size available (for example, less than 375ml cans)</li> <li>Kombucha with 0g sugar per serve and no more than 0.5% alcohol</li> <li>Coconut water with no added sugar and &lt;300kJ per serve</li> </ul>	<ul style="list-style-type: none"> <li>Reduced fat flavoured milks [1]</li> </ul>

[1] Use [Foodchecker](#) to determine classification