Healthy Eating Advisory Service

Guidelines for a healthy vending machine

The Victorian Government's *Healthy choices: Policy directive for Victorian public health services* applies to **all** vending machines located within all public health services. Drinks sold in vending machines must meet the requirements of the Policy directive by 30 September 2022, and food sold within vending machines must meet requirements by 30 September 2023.

Food and drink requirements

- Food must be provided in line with the *Healthy choices: food and drinks classification guide* and *policy guidelines for hospitals and health services* (at least 50% of the food available or displayed classified **GREEN** and no more than 20% classified **RED**). *

- There is no sale of sugary (or **RED** category) drinks.

- Drinks classified **GREEN** must be at least 50% of the total proportion of drinks available or displayed. In addition, drinks containing artificial or intense sweeteners (classified **AMBER**) must be no more than 20% of the total proportion available or displayed.

- Both food and drinks classified **RED** cannot be promoted/advertised.

   *Note for mixed vending machines, these requirements have been modified. See example plan-o-gram 3 below.

For more information on sugary and artificially sweetened drinks, visit the HEAS webpage: Sugary-drinks-public-health-services

Tips for stocking your vending machine

GREEN items should be placed on the most prominent shelves (for example, at eye-level) and **AMBER** or **RED** items 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 drinks, snacks and mixed vending machines in line with the Policy directive and the *Healthy Choices guidelines*. These plan-o-grams are only examples – there are many ways to stock a healthy vending machine.

Tips for auditing your vending machines

To reflect the contents of your vending machine most accurately in FoodChecker, it is best practice to audit your vending machines at a time when they're fully stocked. However, there may often be times when products are sold out and your vending machines may be partially filled.

In this instance, firstly contact your supplier to confirm when the vending machine is likely to be restocked so you can plan to audit at a time when the machine is full. This will help ensure that the results from your audit are not skewed by missing products. It is also recommended to cross check the stock against a plan-o-gram provided by your supplier, to determine what products are meant to be in place of absent stock.

Example plan-o-gram 1: healthy drinks only vending machine
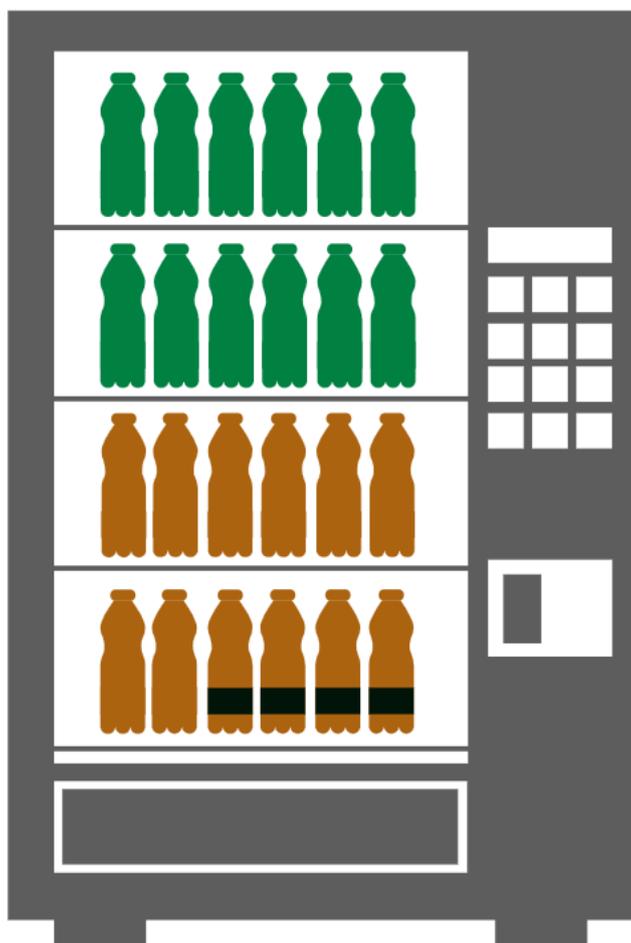
In this example:

1. **GREEN** drinks make up the majority (50%) of all drinks in the machine

2. **AMBER** drinks containing **artificial or intense sweeteners** make up 17% of all drinks in the machine. Drinks marked with a black banner are **artificially or intensely sweetened AMBER** drinks.

3. There are no sugary (or **RED** category) drinks available for sale.

The **GREEN** drinks are positioned prominently at eye level, at the top of the vending machine. There are only a few **AMBER** **artificially or intensely sweetened** drinks available and these are placed at the bottom of the machine.

Examples of common **GREEN**, **AMBER** and **AMBER** **artificially sweetened** drinks include:

GREEN	AMBER	AMBER artificially sweetened (with no added sugar)
• Plain still or sparkling water. • Water flavoured with natural essence. • Reduced fat plain milk or alternatives* • Reduced-fat flavoured milk or alternatives* equal to or less than 900 kJ per serve. • Tea or coffee with reduced fat milk and no added sugar.	• Fruit juice (99% real fruit juice, no added sugar and less than 250mL serve size). • Regular fat plain milk • Reduced-fat flavoured milk or alternatives* that are between 900–1,600 kJ per serve. • Regular-fat flavoured milk or alternatives* equal to or less than 1,600 kJ per serve. • Kombucha and other fermented soft drinks (less than 1 g of sugar per 100 mL, alcohol content equal to or less than 0.5%) • 100% coconut water (no added sugar) and less than 300 kJ • Tea or coffee with regular fat milk and added sugar.	• 'Diet', 'no sugar' and 'low joule' drinks with no added sugar • 'Diet' or 'Zero sugar' soft drinks. • Artificially sweetened energy drinks less than 250mL serve size. • 'Zero sugar' sports drinks. • 'Zero sugar' iced teas.

with at least 100mg calcium added per 100mL

Example plan-o-gram 2: healthy snacks only vending machine
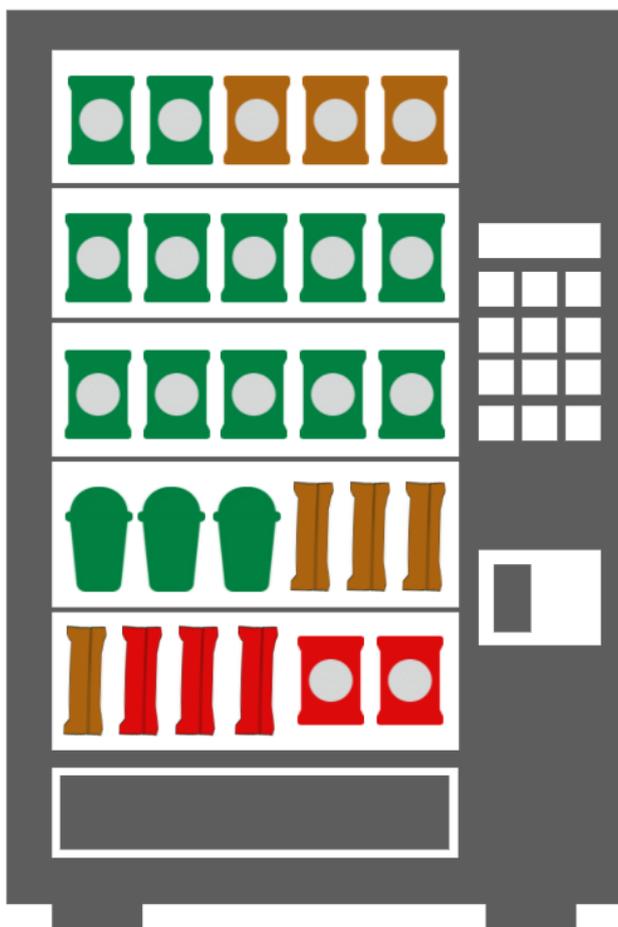
In this example:

1. **GREEN** snacks make up the majority (56%) of food available.

2. **AMBER** snacks make up 26% of food available.

3. **RED** snacks make up no more than 20% of food available.

Whilst it is best practice to place **GREEN** or **AMBER** items at the top of a vending machine and place **RED** items at the bottom, this is not always possible due to the functions of the machine.

For example, some **RED** or **AMBER** items (like popcorn and potato chips) are very light weight items and may be better placed at the top of a vending machine. There may only be spaces to fit larger **GREEN** items such as cereal cups or oat cups at the bottom of the machine.

Therefore, in the example plan-o-gram shown, **GREEN** snacks are displayed as prominently as would be possible in a real life, practical situation.

Examples of common of **GREEN**, **AMBER** and **RED** snacks include:

GREEN	AMBER	RED
• Vegetable based soup • Mixed nuts, unsalted • Fruit and nut mix • Tuna canned in spring water • Fruit cups in natural juice • Oat cups • Wholegrain cereal cups • Reduced fat cheese and crackers snack packs	• Lightly salted, air popped popcorn • Dried fruit medley • Some muesli bars • Regular fat cheese and crackers snack packs	• Chocolate bars • Lollies and confectionery • Potato chips • Some muesli bars (for example, those coated in chocolate)

Example plan-o-gram 3: healthy mixed vending machine
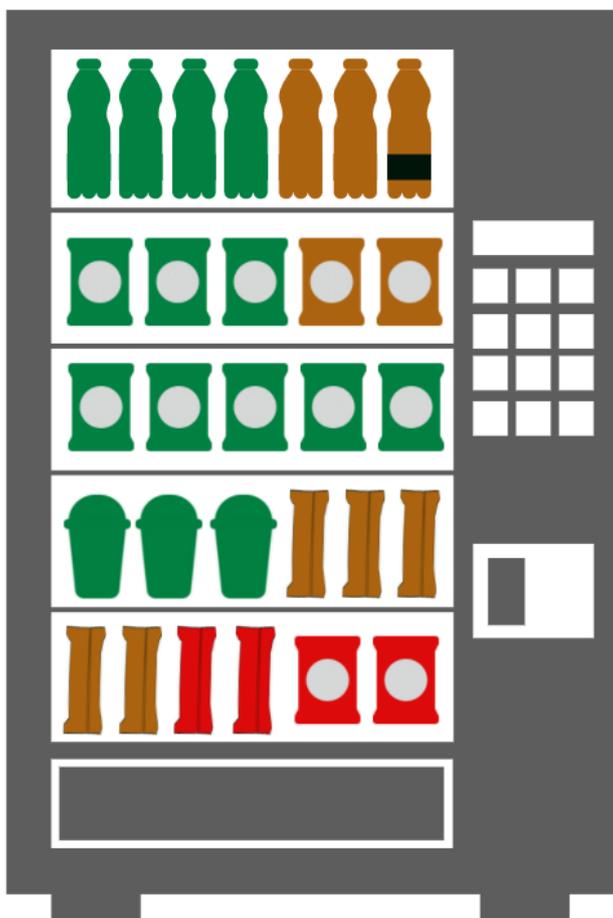
For vending machines that contain foods and drinks, the percentage targets apply to the whole machine. At least 50% of all items (foods and/or drinks) in the machine must be **GREEN***, and no more than 20% of all items in the machine should be **RED** (this should be from foods only). No sugary (or **RED** category) drinks are to be available or promoted. **Artificially or intensely sweetened** drinks (classified **AMBER**) must be no more than 20% of all drinks available or displayed.

*Whilst the % **GREEN** target can be from combined foods and drinks, ensure there is an equal focus/effort on providing GREEN foods as part of this combined target.*

For the first drinks reporting milestone (September 2022):

- FoodChecker will assess for the absence of **RED** drinks and ensure that **artificially or intensely sweetened** drinks (classified **AMBER**) make up no more than 20% of all drinks available or displayed.

In this example:

1. **GREEN** snacks and drinks make up the majority (52%) of total items.
2. **AMBER** snacks and drinks make up 34% of total items.
   - Of the total drinks provided, **AMBER** drinks containing **artificial or intense sweetener** make up 14% of all drinks in the machine.
3. **RED** snacks make up 14% of total items.
4. There are no sugary (or **RED** category) drinks available for sale.

More information

FoodChecker

Health services can use FoodChecker to assess the foods and drinks in their vending machines - by end of 2021, you will be able to assess against the Policy Directive targets. You can also use FoodChecker to look up healthier **GREEN** and **AMBER** products https://foodchecker.heas.health.vic.gov.au/

Policy directive for health services

For more information on the Policy directive click here.

Healthy choices food and drink classification guide

For more information on how foods and drinks are classified in the **GREEN**, **AMBER** and **RED** categories, download the *Healthy Choices: food and drink classification guide* .