

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

The Victorian Government's *Healthy choices: policy directive for Victorian public health services* applies to **all** privately and internally owned vending machines located within all public health services.

### 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 per cent of the food available or displayed classified **GREEN** and no more than 20 per cent classified **RED**). \*
- There is no sale of sugary (or **RED** category) drinks.
- Drinks classified **GREEN** must be at least 50 per cent 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 per cent 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 examples only – there are many ways to stock a healthy vending machine.



### Example plan-o-gram 1: healthy drinks vending machine

1. Drinks marked with a black banner are **artificially or intensely sweetened AMBER** drinks
2. In this example, 50% of the drinks in the machine are **GREEN** and 17% are **AMBER** drinks containing artificial or intense sweetener

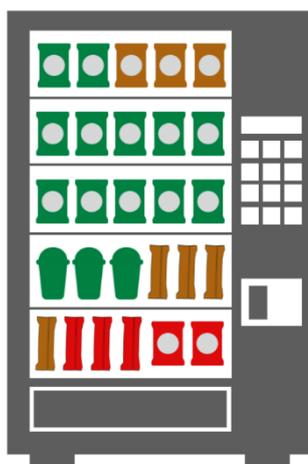
The **GREEN** drinks are positioned prominently at eye level, at the top of the vending machine. There are only a few **AMBER artificially or intensely sweetened** drinks available and these are placed at the bottom of the machine.

**GREEN, AMBER** and **AMBER** artificially sweetened drinks:

<b>GREEN</b>	<b>AMBER</b>	<b>AMBER</b> artificially sweetened (with no added sugar)
<ul style="list-style-type: none"> <li>• Plain still or sparkling water</li> <li>• Water flavoured with natural essence</li> <li>• Reduced fat plain milk or alternatives*</li> <li>• Reduced-fat flavoured milk or alternatives* equal to or less than 900 kJ per serve</li> <li>• Tea or coffee with reduced fat milk and no added sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juice (99% real fruit juice, no added sugar and less than 250mL serve size)</li> <li>• Regular fat plain milk</li> <li>• Reduced-fat flavoured milk or alternatives* that are between 900–1,600 kJ per serve</li> <li>• Regular-fat flavoured milk or alternatives* equal to or less than 1,600 kJ per serve</li> <li>• Kombucha and other fermented soft drinks (less than 1 g of sugar per 100 mL, alcohol content equal to or less than 0.5%)</li> <li>• 100% coconut water (no added sugar) and less than 300 kJ</li> <li>• Tea or coffee with regular fat milk and added sugar</li> </ul>	<ul style="list-style-type: none"> <li>• ‘Diet’, ‘no sugar’ and ‘low joule’ drinks with no added sugar</li> <li>• ‘Diet’ or ‘Zero sugar’ soft drinks</li> <li>• Artificially sweetened energy drinks less than 250mL serve size</li> <li>• ‘Zero sugar’ sports drinks</li> <li>• ‘Zero sugar’ iced teas</li> </ul>

\* with at least 100mg calcium added per 100mL

**Example plan-o-gram 2: healthy snacks vending machine**



In this example:

1. **GREEN** snacks make up the majority (56%) of food provided
2. **AMBER** snacks make up 26%
3. **RED** snacks make up less than 20% of food provided

Because some **RED** or **AMBER** items (like 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.

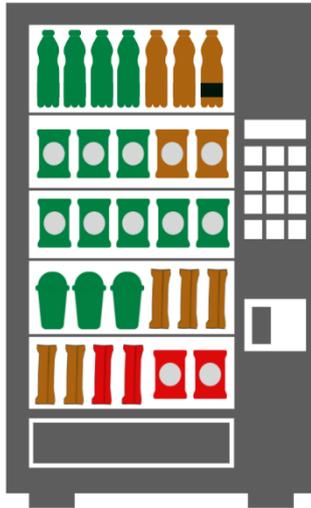
Therefore, in the template above, **GREEN** snacks are displayed as prominently as would be possible in a real life, practical situation.

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

GREEN	AMBER	RED
<ul style="list-style-type: none"> <li>• Vegetable based soup</li> <li>• Mixed nuts, unsalted</li> <li>• Fruit and nut mix</li> <li>• Tuna canned in spring water</li> <li>• Fruit cup in natural juice</li> <li>• Oat cups</li> <li>• Wholegrain cereal cups</li> <li>• Reduced fat cheese and crackers snack packs</li> </ul>	<ul style="list-style-type: none"> <li>• Lightly salted, air popped popcorn</li> <li>• Dried fruit medley</li> <li>• Some muesli bars</li> <li>• Regular fat cheese and crackers snack packs</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate bars</li> <li>• Lollies and confectionery</li> <li>• Potato chips</li> <li>• Some muesli bars (for example, those coated in chocolate)</li> </ul>

### 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 items must be **GREEN**, and no more than 20% of items should be **RED**. No sugary (or **RED** category) drinks are to be available or promoted.



In this vending machine:

1. 52% of items provided are **GREEN**
2. 34% are **AMBER**
3. 14% are **RED** foods (with no **RED** drinks)

#### More information

##### FoodChecker

Health services can use [FoodChecker](https://foodchecker.heas.health.vic.gov.au/) 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](#).