

## Healthy vending plan-o-gram

Healthy Choices

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

To meet the Healthy Choices guidelines [1], 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 flavoured milk 250ml**	Reduced fat flavoured milk 250ml**
Row 3	Reduced fat flavoured milk 250ml**	Reduced fat iced coffee 250ml**	Reduced fat flavoured milk 250ml**	Reduced fat flavoured milk 500ml**	Reduced fat iced coffee 500ml**
Row 4	Full fat flavoured milk 300ml	Full fat 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

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.

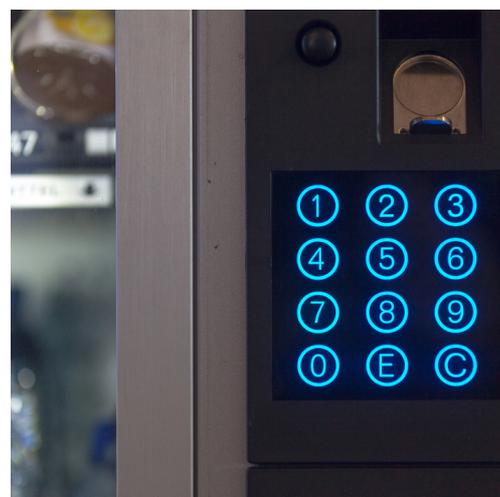
The **GREEN** drinks are positioned prominently at eye level, at the top of the vending machine. There are only a few **RED** drinks available and these are at the very bottom of the machine.

\*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](http://www.heas.health.vic.gov.au).



## A healthy snacks vending machine

	Position 1	Position 2	Position 3	Position 4	Position 5	Position 6
<b>Row 1</b>	Lightly salted popcorn *		Lightly flavoured popcorn *		Air-popped potato chips *	
<b>Row 2</b>	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)
<b>Row 3</b>	Dry 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*
<b>Row 4</b>	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
<b>Row 5</b>	Oat cups		Wholegrain cereal cups		Wholegrain cereal cups	

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.

\* Use the Healthy Choices: food and drink classification guide to determine classification of specific products. The classification guide is [available here](#).

