

Healthy vending at school makes healthy food and drink options easier for students and staff.



Where possible, choose low/reduced fat, reduced salt, and/or no added sugar, high fibre varieties.

**Healthy vending is a great way to encourage healthy food and drink choices at school, and make healthy food and drink choices easier.**

Healthy vending will also support other school healthy eating activities such as nutrition education in the classroom and the promotion and supply of healthier foods and drinks in the school canteen.

Traditional vending machines provide easy access to energy-dense, nutrient-poor foods that often don't align with the requirements of the *School Canteens and Other School Food Services Policy*<sup>1</sup>.

## Healthy vending assessments

Complete a healthy vending assessment to find out if your school vending machine provides healthy food and/or drink choices.

The assessment is available online for instant access at a time and place that suits you. It's quick and easy to use and it's free! Visit [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au).

## Healthier food and drink ideas

A number of healthy food and drink vending options are listed on the following pages. These are suggestions only.

Many vending companies now offer a healthier vending range. Check with your supplier for healthier options, or research 'healthy vending companies' on the internet.

Important: Where possible, choose low/reduced fat, reduced salt, and/or no added sugar, high fibre varieties

### Non-refrigerated

- Tuna and crackers (preferably reduced fat)\*
- Mixed tuna snack tubs (preferably reduced fat)\*
- Fruit- or vegetable-based muffins (reduced fat, high fibre \*)
- Plain sweet biscuits (reduced fat)\*
- Crisp-breads, crackers, rice or corn cakes (plain or flavoured)\*
- Cereal-based, fruit-filled, fruit and nut bars\*
- Air-popped popcorn
- Dried fruit
- Nuts (plain, unsalted, raw or dry-roasted)
- Fruit tubs (natural juice)

<sup>1</sup> *School Canteens and Other School Food Services Policy*, Department of Education and Training, State Government of Victoria, 2006, [www.education.vic.gov.au/school/principals/management/Pages/canteenfoodpolicy.aspx](http://www.education.vic.gov.au/school/principals/management/Pages/canteenfoodpolicy.aspx)



## Refrigerated

- Sandwiches, rolls or wraps\*
- Nori rolls\*
- Salad \*
- Yoghurts (reduced fat)
- Cheese and crackers (reduced fat cheese)
- Fresh fruit, fruit salad or sliced fruit in bags

## Healthier drink ideas

- Plain, unflavoured mineral or soda water
- Plain, unflavoured milks (reduced fat)
- Flavoured milks with a maximum serve size of 300ml (reduced fat)
- Fruit juice (>99% juice) with a maximum serve size 250ml

*\* Different brands or flavours of products may vary significantly in their nutritional content. For this reason, all packaged products must be individually assessed.*

---

To receive this document in an accessible format phone 1300 22 52 88 or email [heas@nutritionaustralia.org](mailto:heas@nutritionaustralia.org)

Except where otherwise indicated, the images in this publication show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services. Copyright © State of Victoria 2016