

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.

Healthy vending plan-o-gram

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.



A healthy snacks vending machine

	Position 1	Position 2	Position 3	Position 4	Position 5	Position 6
Row 1	Lightly salted popcorn *		Lightly flavoured popcorn *		Air-popped potato chips *	
Row 2	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)
Row 3	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*
Row 4	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
Row 5	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](#).

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