

# Vending at school

Schools

Healthy vending is a great way to encourage healthy food and drink choices at school and make healthier options more accessible.

Healthy vending will also support other school healthy eating activities such as nutrition education in the classroom and the promotion and supply of nourishing 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 Canteens, Healthy Eating and Other Food Services Policy.

## Vending assessments

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

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 page. 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.



# Vending at school

## Non-refrigerated



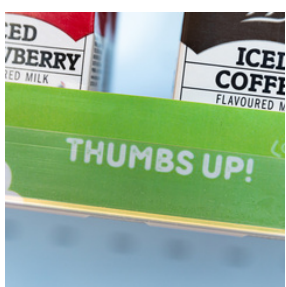
- Tuna and crackers\*
- Mixed tuna snack tubs\*
- Fruit- or vegetable-based muffins (reduced fat, high fibre) \*
- Plain sweet biscuits (reduced fat)\*
- Crisp-breads, crackers, rice or corn cakes (plain or flavoured)\*
- Roasted chickpeas or beans
- Cereal-based, fruit-filled, fruit and nut bars\*
-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

## Refrigerated



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

## Healthier drink ideas



- Plain, unflavoured mineral or soda water
- Plain, unflavoured milks (preferably reduced fat)
- Flavoured milks with a maximum serve size of 300ml (preferably 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.

## References

[1] Canteens, Healthy Eating and Other Food Services Policy, Department of Education and Training, State Government of Victoria, 2006, <https://www2.education.vic.gov.au/pal/canteens-and-healthy-eating/policy>