

Preventive Health SA Guide to Healthy Vending



How to stock healthy vending machines in health settings

Vending machines can help staff and visitors access healthy food and drink options at any time.

Creating healthy food environments make healthy choices the easy choice. Vending machines are a fast, and sometimes the only, food or drink option available, so ensuring your vending machines stock healthy food and drinks is a great way support staff and visitors and ensure they always have access to healthy options.

Tips for healthy vending

Best Options – Green category

Green category foods include nutritious foods from the five food groups such as vegetables, wholegrain/wholemeal breads and cereals, fruit, reduced fat dairy, and lean protein options, such as nuts/seeds, tinned tuna or legumes. Choose water as the main drink.

Choose carefully – Amber category

Amber category foods may include cakes, biscuits, dairy, processed meats, and hot meals when made in smaller sizes with healthier ingredients than the red category options. As they can contain moderate amounts of saturated fat, added sugar and/or salt, they should be consumed in moderation.

Limit – Red category

Red category foods include processed foods and drinks that are high in added sugar, fat and/or salt, such as chocolate, crisps, soft drinks, biscuits, flavoured crackers (often high in salt), muffins and cakes (especially large portion sizes).

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Food and Drink Targets for Vending

In SA Health facilities, foods are classified into green, amber or red categories. A healthy vending machine meets the following targets:

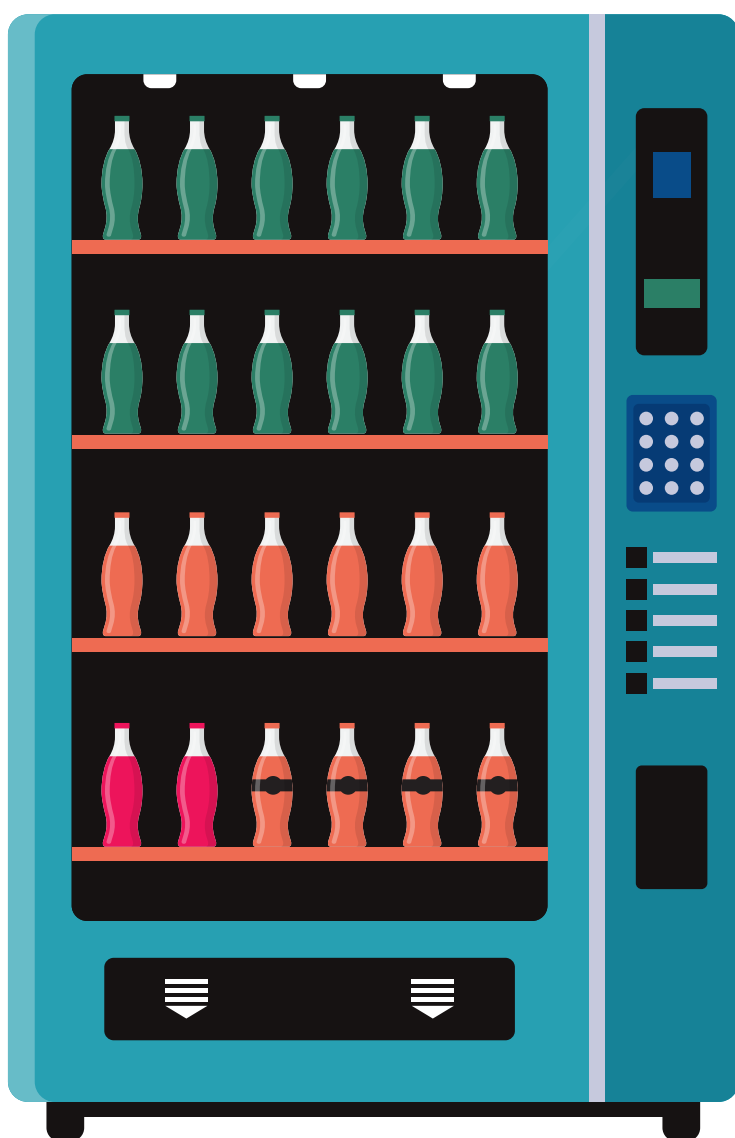
- > Green category foods (best options) - more than 50% of the available food options
- > Amber category foods (choose carefully) - should not dominate the display of foods.
 - Artificially sweetened drinks - less than <20% of available options.
- > Red category foods (limit):
 - Less than 10% of available options (drinks),
 - Less than 20% of available options (foods).

	Green (Best options)	Amber (Choose carefully)	Green or amber options*
Non-Refrigerated	<ul style="list-style-type: none"> > Plain unsalted nuts, seeds or legumes > Plain, air popped popcorn (unsalted) > Fruit tubs with natural juice > Porridge or oats > High fibre cereals that are low in sugar 	<ul style="list-style-type: none"> > Dried fruit > Some salted or flavoured popcorn* > Some crisps, chips, crackers and pretzels* > Some cereal based, fruit filled or fruit and nut bars* > Sugar free mints or chewing gum 	<ul style="list-style-type: none"> > Fruit and nut/trail mixes > Tuna and cracker snacks > Tuna and rice or beans > Packaged soups
Refrigerated	<ul style="list-style-type: none"> > Reduced fat yoghurt tubs or pouches > Reduced fat cheese and crackers > Reduced fat dip and crackers > Sandwiches, rolls or wraps (if suitable for the machine) 	<ul style="list-style-type: none"> > Regular fat yoghurt tubs or pouches > Regular fat cheese and crackers > Some reduced fat dairy desserts* > Some ready to eat meals* 	<ul style="list-style-type: none"> > Sandwiches, rolls or wraps (if suitable for the vending machine)
Drinks	<ul style="list-style-type: none"> > Plain water (still or sparkling) > Soda water > Reduced-fat plain milk > Calcium-fortified plain milk alternatives (including rice, soy or almond milks) 	<ul style="list-style-type: none"> > Fruit juice (at least 99% juice and no added sugar) with a maximum serve size of 250ml > Water flavoured with natural essence > Regular fat plain milk > Artificially sweetened drinks > Coconut water with no added sugar and <300kJ per serve 	<ul style="list-style-type: none"> > Flavoured milks*

*Check classification against the Food and Drink Classification Guide or on FoodChecker as classification may vary

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Example Vending Planogram (Drinks)

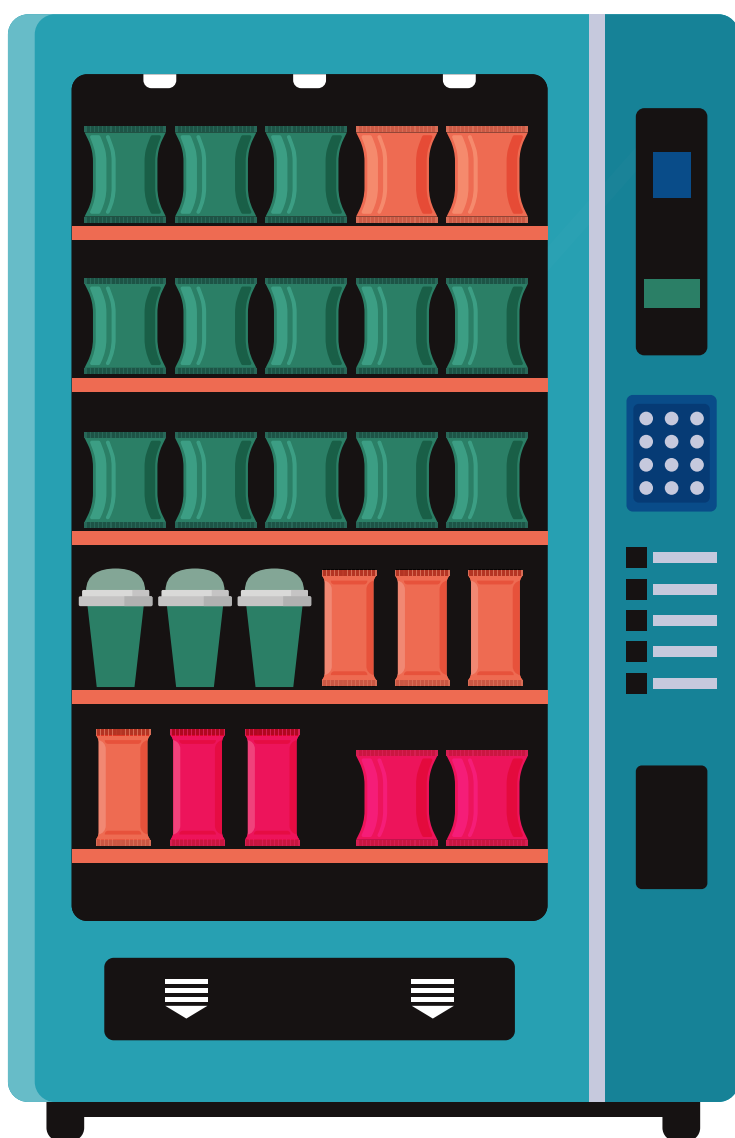


Assessment	Meets Targets?	Targets
50% green	✓	>50%
8% red	✓	<10%
17% artificially sweetened	✓	<20%

**Amber with a black band indicates artificially sweetened drinks*

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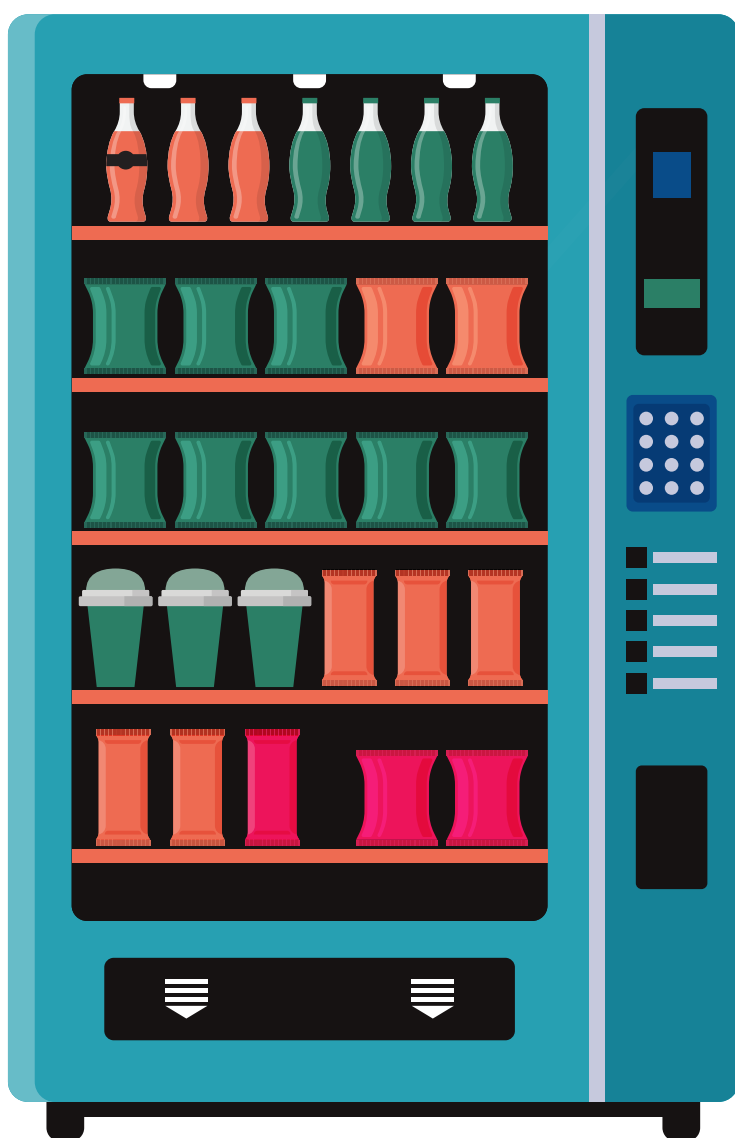
Example Vending Planogram (Food)



Assessment	Meets Targets?	Targets
76% green	✓	>50%
15% red	✓	<20%

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Example Vending Planogram (Food and Drinks)

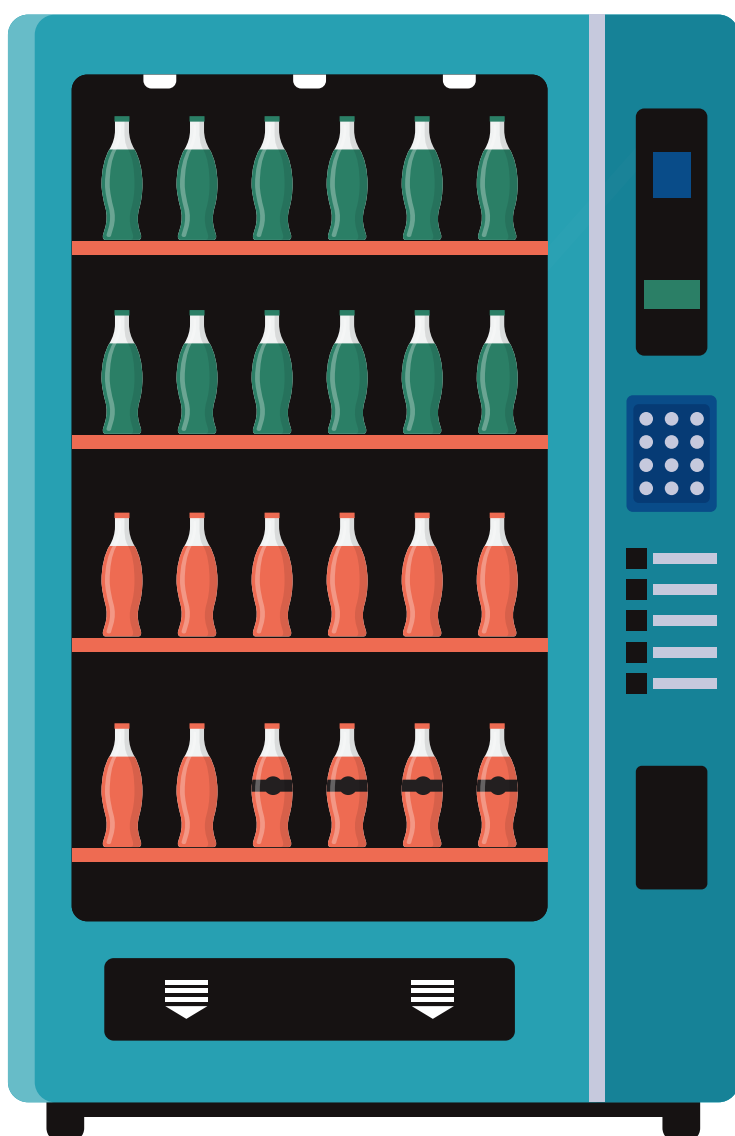


Assessment	Meets Targets?	Targets
54% green food and drinks	✓	>50%
14% red food	✓	<20%
0% red drinks	✓	<10%
14% artificially sweetened drinks	✓	<20%

*Amber with a black band indicates artificially sweetened drinks

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Example Vending Planogram (Drinks in an area frequented by children)



Assessment	Meets Targets?	Targets
50% green	✓	>50%
0% red	✓	<0%
17% artificially sweetened	✓	<20%

**Amber with a black band indicates artificially sweetened drinks*

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