



HEALTHY VENDING POLICY CHECKLIST

Healthy vending policies must include the following elements:

- Rationale for the healthy vending policy.
- Coverage of all vending machines in all facilities owned, leased, or operated by the company.
- Description of the nutrition standards that will be followed for both snack and beverage machines.
- At least 50% of vending items per machine must meet the healthy nutrition standards.
- Description of how compliance will be ensured, including the person(s)/position(s) responsible.

Healthy vending policies may also include the following optional elements based on best practices:

- Food and beverage items meeting the nutrition standards are to be sold at a price that is equivalent to or lower than the price of items in the vending machine that do not meet the standards.
- Food and beverage items meeting the nutrition standards are to be labeled for customers to easily identify the healthier choice.
- Food and beverage items meeting the nutrition standards are to be placed within the top third of the vending machine so they are visible at eye level.



HEALTHY VENDING SAMPLE POLICY

RATIONALE

{Company's name} recognizes the importance of creating a healthy environment for all employees and visitors on any property owned, leased, or operated by {Company's name}. {Company's name} is concerned about making the healthy choice the easy choice for the health of our employees, partners and visitors. The food and beverages we consume greatly affect our health and productivity.¹ The workplace environment can influence the adoption of healthy lifestyles, by making it easier for individuals to choose behaviors that promote health.² Offering healthy choices in the vending machines on our property is one step we can take to accomplish this objective.

POLICY

This policy covers all vending machines that dispense food and beverages located in any {Company's name} owned, leased or operated space or facility.

Effective {date}, it is the policy of {Company's name} that all snack and beverage vending offered by this organization will always include items that meet the following nutrition standards:

FitPick Nutrition Standards

- **At least 50% of foods per machine shall meet all of the following guidelines:**
 - No more than 250 calories per package
 - 10 grams or less of total fat
 - 3 grams or less of saturated fat
 - 0 grams of trans fat
 - 20 grams or less of sugar
 - 230mg or less of sodium

Nemours Beverage Standards

- **At least 50% of beverages per machine shall consist of the following:**
 - Water
 - Fat-free or 1% (low-fat) plain or flavored milk (with up to 150 calories per 8 oz. serving)
 - 100% fruit or vegetable juice (portions limited to 4-8 oz.)
 - No or low-calorie beverages with fewer than 10 calories per 8 oz. serving

RESPONSIBILITY

- It is the responsibility of the {job title} to ensure implementation and administration of the Healthy Vending Policy.
- The responsible party will monitor compliance with the adopted guidelines to ensure all vending machines adhere to the requirements outlined in this policy.

¹ Centers for Disease Control and Prevention. Healthy Food Service Guidelines. Retrieved October 18, 2016, from <http://www.cdc.gov/obesity/strategies/food-serv-guide.html>

² Anderson LM, et al. The Effectiveness of Worksite Nutrition and Physical Activity Interventions for Controlling Employee Overweight and Obesity. Am J Prev Med. 2009; 37(4).