



# Guidelines for Vending Machines and Snack Boxes

Vending machines and Snack Boxes have traditionally sold snack foods and drinks that are high in energy, fat, sugar and salt and low in important nutrients. Offering healthier choices in vending machines and snack boxes can help improve healthy eating in the workplace – this way, when staff grab a quick snack they're more likely to consume less energy (or kilojoules); small changes like this can make a big difference.

## Recommendations

Healthier Choices	Energy	Saturated Fat	Sugar	Sodium
	≤800kJ per packet <sup>a</sup>	≤1.5g/100g <sup>b</sup>	≤20/100g <sup>c</sup>	≤450mg/100g
Excludes confectionery items e.g. lollies, marshmallows, liquorice, chocolate, carob or chewing gum				
Rationale	Limiting energy automatically limits the total fat and sugar content of items	Saturated fat is restricted due to its association with increased risk of heart disease	Confectionery is excluded from 'better choices' as it has high sugar content and/or low in nutrients	Sodium is limited due to its association with increased blood pressure and therefore heart disease

<sup>a</sup> For packets containing more than one serve of an item, it is the packet size (not the serving size) that must meet these guidelines. Meal replacement foods are exempt from the energy criteria

<sup>b</sup> Nut based products are exempt from the Saturated fat criteria. A serving size of <30g of nuts (<30g of nuts and dried fruit combined) are acceptable

<sup>c</sup> Dried fruit based products are exempt from the sugar criteria. A serving size of <30g of dried fruit (or <30g of nuts and dried fruit combined) is acceptable

## Steps to healthier vending machine and snack box options

1. Decide on what percentage of 'healthier choices' you are going to provide compared to less healthy options/treat foods. For example: 50% healthier choices and 50% less healthy choices, or 60% healthier choices and 40% less healthy choices (a minimum of 30% healthier choices is recommended)
2. Promote healthier choices by placing them at eye level in the vending machine or snack box and identifying them with signs/labels
3. Ensure the healthier choices are priced competitively or cheaper than the less healthy options/treat foods

## Examples of Healthier Choices

Snacks	Beverages	Meal Replacement Foods
Plain, unsalted, dry, or unroasted nuts and seeds	Water	Salads (lettuce, pasta, rice or legume salad), dressing on the side
Fruits (fresh, dried, canned in natural juice)	Milk – reduced or low-fat	Single serve cereal packets (whole wheat, biscuits, bran, untoasted muesli, or porridge)
Plain, air-popped popcorn	100% juice/juice mixed with water	Tinned fish and plain crackers, crisp breads or rice/corn cakes
Pretzels, reduced salt	Tea	Creamed rice
Plain crackers, crisp breads or rice/corn cakes and low-fat cheese or salsa	Herbal/fruit flavoured tea	Sandwiches (wholegrain or wholemeal bread, salad and low-fat meat and cheese filling)
Reduced or low-fat yoghurt	Low-fat/sugar hot chocolate	Bran muffins
		Reduced fat/salt soup

## Limit or exclude the following items

Snacks	Beverages	Meal Replacement Foods
Potato chips	Fizzy drink	Pies
Lollies	Cordial	Sausage rolls
Chocolate		High-fat/salt noodles
Cakes and biscuits		
Ice cream		
High fat/sugar muesli, fruit or nut bars		

Adapted from: 'Better Vending for Health Guidelines', January 2008.