

Section/Number: Healthy Eating – 08	Approval Date: (DD/MM/YY)
Subject: Vending Machine Healthy Choices Policy	Amendment Dates:
<p><u>Policy</u></p> <p>People are interested in choosing healthier foods. What we eat and level of physically activity can be positively influenced by healthy and supportive policies where we live, learn, work, and play. Foods such as vegetables, fruits, whole grains, lower fat milk products and leaner meats help to prevent chronic diseases. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.</p> <p>People like the opportunity to buy foods at easy access from vending machines in public buildings. Selling foods and beverages with minimal nutritional value in public buildings does not support the healthy eating choices in your community.</p> <p>Therefore, healthy eating choices will be available in all vending machines located in <u>Community Government Name</u> public buildings.</p>	
<p>Definitions</p> <p>N/A</p>	

Guidelines:

1. Healthy Vending Machines:

- Encourage and support healthy eating habits
- Reinforces and maintains “Healthy Community”
- Increases the variety of food and beverages available
- Make money for the Community Government
- Demonstrates to community members that the local government takes their health seriously.

2. Increasing the availability of healthier prepackaged food and beverages is one way to help create healthier eating communities.

3. Assist vending operators in identifying healthier food and beverage choices.

4. Community Government should work within the terms of the existing contract to modify the items sold in vending machines to comply with the Policy.

5. For vending contracts which contain optional renewal terms, Community Government should ensure the renewal terms allow for items to reflect the Policy.

6. Replacing existing vending machines with refrigerated snack vending machines to enable more choices such as cheese, yogurt, salads, and fresh fruit.

Attachments

Nutrition Tool: What are healthy choices for vending machines?

References

<http://www2.gov.bc.ca/assets/gov/health/managing-your-health/healthy-eating/vending-policy-2014.pdf>

<http://www.healthunit.org/school/resources/Fact%20Sheet%20Healthy%20Choices%20for%20Vending%20MachinesLGL.pdf>

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
Grain Products <i>Choose whole grain and enriched products more often.</i>	<ul style="list-style-type: none"> • Grain based bars • Muffins • Snack breads • Crackers
Vegetables and Fruit <i>Choose dark green and orange vegetables and fruit more often.</i>	<ul style="list-style-type: none"> • Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
Milk and Milk Products <i>Choose lower-fat milk products more often.</i>	<ul style="list-style-type: none"> • Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
Meat and Alternatives <i>Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.</i>	<ul style="list-style-type: none"> • Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
Other Foods	<ul style="list-style-type: none"> • Pretzels • Plain popcorn or Smartpop • Baked chips