

NWT HEALTHY COMMUNITIES Toolkit



Every day, people walk past vending machines and for a dollar or two – they can grab a quick snack or drink without leaving the building or waiting in a line. People want more than just convenience in their vending machines. They want healthy, tasty, affordable options!

Having Healthy Choices available in the vending machine will increase parent's ability to help children make the healthy choice!

Healthy Choices in VENDING MACHINES



Benefits of Healthy Vending Machines:

People like the opportunity to buy foods at easy access from vending machines in public buildings. A community supportive of healthy choices, helps to create and maintain healthy people and healthy communities.

- Contributing to the overall health of community members and visitors.
- Becoming a leader in promoting health and wellness in the community.
- Encourages and support healthy eating habits.
- Increase the variety of food and beverages available.
- Make money for the Community.
- Creating a supportive environment that makes the healthy choice the easy choice.

How to get started with making Healthy Choices available in Vending Machines

- Work with the vending machine companies to stock healthier choices.
- Consider having a refrigerated food vending machine to offer yogurt, fresh fruit, vegetable sticks, and whole grain sandwiches.
- Replace chocolate bars and chips with granola bars, fruit bars, nuts, popcorn or pretzels.
- Look for items made without trans/hydrogenated fats.
- Replace soft drinks with water.
- Healthier options should be priced the same or lower than those that are not as nutritious.
- Place healthier options in the top section of the vending machine at eye level.
- Implement a "Vending Machine Healthy Choices" Policy.

Recommended Healthy Choices to be offered in Vending Machines

- Cheese & Crackers
- Granola or Protein Bars
- Fresh Whole Fruit
- Fresh Vegetables with Low Fat Dip
- 100% Dried Fruit
- Water or Milk Beverages
- Yogurt
- Nuts
- Beef Jerky
- Pretzels
- Plain or Smart Popcorn
- Baked Chips



Best Practice - Be Mindful of the Contract with Vending Service Providers

When hiring service providers for vending machines ensure the “Vending Machine Healthy Choices Policy” is in effect. This policy can be found under the Contract/Vendors section of www.healthycommunities.toolkitnwtac.com/healthy-eating/

This will ensure the vending service providers are committed to health and well-being of your community residents and visitors and make any healthy changes required in the service provided. If you are currently in a contract with a supplier, try to work with them to identify changes that can be made within the terms of your contract. If you inform them that healthier options will be a requirement of the next contract, they may be willing to make changes now.

- Inform your supplier of your intention to offer healthier food and beverages.
- Identify healthier items that they can source and changes they can make.
- Plan a timeline for implementation with your current supplier.

Important: If the community buildings are currently under contract with vending service providers speak with them about healthy food choices. If the contract is unable to change to Healthy Food Choices – start planning for the next tender or food service contract in your community.