



# VENDING POLICIES IN THE WORKPLACE

## What are healthy vending machine policies?

Vending machine policies are those endorsed by your business that affect how food is selected, purchased and distributed through vending machines.

### Examples of healthy vending policies include:<sup>1</sup>

#### Snacks

- » Limit all snack items (not refrigerated meals) to less than or equal to 200 calories per item (excluding nuts and seeds without added fats, oils or caloric sweeteners).
- » Limit total calories from saturated fat to less than or equal to 10 percent (excluding nuts and seeds without added fats or oils).
- » Limit calories from sugars to less than or equal to 35 percent of total weight (excluding fruits or vegetables without added caloric sweeteners).

#### Beverages:

- » At least 50 percent of available beverage choices (other than 100 percent juice and unsweetened milk) must contain less than or equal to 40 calories/serving.
- » If milk is offered, only 2 percent, 1 percent and nonfat milk dairy-type products should be available.
- » If juice is a vending option, offer at least one 100% juice with no added caloric sweeteners.
- » Vegetable juice must contain less than or equal to 230 mg sodium per serving.



<sup>1</sup>These examples are from the Health and Sustainability Guidelines for Federal Concessions and Vending Operations published by Centers for Disease Control ([cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm](https://www.cdc.gov/chronicdisease/resources/guidelines/food-service-guidelines.htm)) that were developed for contractors who supply federal concessions and vending operations. It is important that the policies you decide to support be based on the the Dietary Guidelines for Americans, [health.gov/dietaryguidelines/2015](https://www.health.gov/dietaryguidelines/2015), which are based on the current science about diet and health.

## What are the benefits of reviewing your vending policies?

### Easy Choices

Developing policies that support healthy options in vending machines makes healthy choices more widely available, allowing employees to more easily choose healthy foods and beverages.

### More Choices

Healthy vending machines policies do not mean that employees must have access to healthy foods only. They give employees the opportunity to make healthy choices. Research has shown that increasing the proportion of healthier options will elevate sales of these items without any corresponding loss of sales volume and/or profit.

### Healthy Employees

Foods in vending machines are typically high in calories and low in nutritional value, with an excess of saturated fat, sodium or added sugars. Over-consumption of these types of foods increases the risk of developing chronic disease such as cardiovascular disease, hypertension, diabetes, some cancers and obesity.

**Vending machines can be large square boxes of temptation or an array of healthy options.**