



Shape Up *Your* Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #6: Revamp your Vending Machine

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we provide “Workplace Wellness Ideas” that employers can implement at low or no cost.

Revamp your Vending Machine: Make it easy for your employees to eat healthy foods by providing nutritious food options in your vending machine(s). To help you do this, the National Alliance for Nutrition and Activity has published some standards for healthy beverage and food vending machines:

- Beverages should be low calorie with limited added sugars and artificial sweeteners
- Food items should include fruits, vegetables, whole grains and fat free/low fat dairy products, with lower amounts of saturated and trans fats, added sugars and sodium
- Entrée items should be no more than 400 calories per item, no more than 35% of calories from fat or total sugars, with no more than 480 grams of sodium
- Vending machines should display the total calorie content for each item
- The healthiest items should be placed at eye level and should be priced less than other choices
- Employees should be educated about the benefits of choosing healthier foods

More details can be found at <http://cspinet.org/new/pdf/final-model-vending-standards.pdf>.

To make your vending machine healthier, start by talking to your supplier about healthier products that they can offer. Ideas for healthy food options can be found on the next page.

For more helpful tips and to find local resources, please visit GetHealthyCT.org.

