

Alabama Healthy Vending Machine Program

**Satellite Conference and Live Webcast
Wednesday, June 26, 2013
10:00 a.m. – 12:00 p.m. Central Time**

**Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division**

Faculty

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Objective

- **Provide an overview of the Alabama Healthy Vending Machine Program to promote healthy food and beverage choices in worksites**
 - **Background Information**
 - **Nutrition Standards**
 - **Promotion**
 - **Implementation**

Background

- **Started 3 years ago as an effort to combat obesity by promoting healthier snack options to employees and the public**
- **Snack guidelines coincide with vending changes made in 2005 by the Alabama Department of Education for K-12 schools**

Background

- **Goal: to promote positive environmental changes to support healthy behavior**

Healthy Vending Machine Program

**Culture
change!**

Nutrition Standards

- **Machine contents**
 - **Foods**
 - **25-100% of foods in each vending machine shall meet the 10-10-5 nutrition criteria**

10-10-5 Nutrition Criteria

- **10% or less of the Daily Value (DV) of total fat**
 - **Nuts are exceptions**
- **10% or less of the Daily Value (DV) of total carbohydrate**
 - **Fruits are exceptions**

10-10-5 Nutrition Criteria

- **5% or more of the Daily Value (DV) of at least one of the following nutrients:**
 - **Fiber, Vitamin A, Vitamin C, calcium, iron**
- **360 mg or less of sodium**

10-10-5 Nutrition Criteria

- **Note:**
 - **Nuts and seeds = fat exception**
 - **Dried or dehydrated fruit = carbohydrate exception**
 - **Both nuts / seeds and dried fruit = fat and carbohydrate exception**

Nutrition Standards

- **Beverages**
 - **25-100% of beverages in each vending machine shall be:**
 - **Pure water is preferred**
 - **Non- carbonated flavored and vitamin enhanced water without artificial sweeteners are permitted**

Nutrition Standards

- **100% fruit and / or vegetable juice with no added sweeteners**
- **Diet soda**

Promotion

- **Healthy snacks identified with a Good Choice sticker**
- **Machines and break rooms contain Good Choice materials**
 - **Table tents, posters, machine toppers, flyers**

Promotion

- **Round stickers used to indicate item that meets criteria**
- **In some machines, use smaller ones with - GC√ -**

Implementation

- **Phase 1 (2 months)**
 - **Get approval**
 - **Form volunteer Healthy Vending Machine Committee from interested employees**
 - **May be Wellness Committee or subcommittee**

Implementation

- **Phase II (2 months)**
 - **Meet with vendors**
 - **Discuss approved snack list**
 - **Placement of product:**
 - **Group together in center or in far left rows**

Implementation

- **Pricing:**
 - **Median between cost of healthy and regular version of similar item**
 - **Regular items priced higher than healthy items**

Implementation

- **Educate on criteria for Good Choice items**
 - **Lunch and Learn**
 - **Taste Testing**
 - **Promotional Materials**
 - **Label handout, posters, table tents**
 - **Vendor participation**

Implementation
– Place Good Choice stickers on appropriate slots in machines

Implementation

- Phase III (as needed)
 - Ensure compliance with labeling
 - Encourage vendor to rotate and restock snacks regularly
 - Continually evaluate progress and success

Questions?
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Click on Vending Machines
Click on Healthy Lifestyle Tips