

## *A Guide to Healthy Vending in the Workplace*

Employees eat and snack frequently in the workplace. By changing the work environment, organizations have the opportunity to create a workplace where healthy choices are readily available. Providing healthy choices can be achieved by implementing policies and/or guidelines related to foods and beverages served at organization sponsored meetings, events, and vending. When given the choice and opportunity to consume healthy foods, employees are more likely to make the healthy choice.

### **Suggested Healthy Vending Guidelines**

#### **Snack Guidelines:**

- No more than 35% of total calories from fat
- No more than 10% of total calories from saturated fat
- Zero trans fats
- No more than 35% of total calories from sugar

#### **Optional Snack Guidelines:**

- No more than 230mg sodium
- No more than 200 calories per serving

#### **Beverage Guidelines:**

- 100% vegetable or fruit juice
- Fruit based drinks containing 100% fruit juice and no added caloric sweetener
- Non-caloric beverages including diet soda
- Water

### **Quick Tips on Promoting Healthy Vending in the Workplace**

- Provide baskets of healthy vending sample products for each break room or staff meeting.
- Conduct a product sampling event.
- Set up displays and bulletin boards.
- Give away prizes to employees who purchase marked healthier choices.

For more information about Healthy Vending in the workplace visit [NashVitality.org](http://NashVitality.org)