



## *Guidelines for Successful Healthy Vending Machines in Alabama*

**The goal of the Alabama Healthy Vending Machine Program is to increase access to healthy foods and beverages and reduce or eliminate the availability of calorie dense, nutrient poor foods.**

Implementing healthy vending machines in worksites can be an effective strategy in increasing access to healthy food for employees. The Alabama Healthy Vending Machine Program was designed by the Alabama Department of Public Health (ADPH) for any place of business to implement and utilize available resources to provide healthy vending options to employees. Visit [www.adph.org/nutrition](http://www.adph.org/nutrition) and click on Vending Machines for more information.

The Guidelines for Successful Healthy Vending Machines in Alabama provide worksites direction for successfully implementing the Alabama Healthy Vending Machine Program. These guidelines will promote uniformity throughout all vending machines in state owned/operated buildings and participating businesses. Although the guidelines listed below are highly recommended, they are not mandatory to carry out the Alabama Healthy Vending Machine Program.

**These guidelines contain the following:**  
**Recommendations for Promotion, Placement, and Pricing**  
**Healthy Vending Resources**  
**Approved Snack List**

**Recommendations for Promotion, Placement, and Pricing**

These recommendations are to assist worksites in carrying out the Alabama Healthy Vending Machine Program effectively and efficiently. The worksite should select a staff member who has a strong interest in nutrition and health to serve as a “Wellness Champion” to help implement and maintain the program.

- **Promotion** – Promoting the importance of healthy work environments is key to a successful program. Gain administrative support to help raise interest and buy-in for the program in the worksite. Publicizing the availability of healthy vending items to employees is critical for success.
1. The Good Choice symbol is an easy way to identify healthy snacks in vending machines that meet the nutrition standards in the Alabama Healthy Vending Machine Program. Good Choice promotion materials emphasize making healthy choices at work. They include posters, table tents, brochures and stickers. Use these materials in vending areas to raise awareness of the healthy items in the machines.

Tips for using the promotion materials:

- ✓ Posters - hang on bill boards near vending machines
  - ✓ Table Tents - set out on break room tables near vending machines
  - ✓ Stickers - items on the approved snack list should be identified with small stickers inside the machine near the price for that item; larger stickers can be used on the outside of the machine (only vendors or their designee will be authorized to place stickers inside or on machines)
  - ✓ Machine Topper - place a machine topper on the top of the machine(s) when possible
2. Articles on making healthy vending choices are beneficial to publicize the need for the Alabama Healthy Vending Machine Program in the workplace. Articles can be used in worksite newsletters, websites or emails to engage employers and employees in support of the program. The Good Choice logo can be used in articles.

3. Programs for staff, such as Lunch n' Learns or Chew n' Chats, are a great way to share information on nutrition with employees. It is the perfect opportunity to talk about making healthy choices at home and at work with an emphasis on vending machine selections. Partner with the department of public health or a local hospital and invite a speaker to present a program for employees.
  4. For access to all Good Choice materials including article templates, the logo, and a power point presentation, please visit [www.adph.org/nutrition](http://www.adph.org/nutrition) and click on Vending Machines.
- **Placement** - Proper placement of the healthy vending machine items will assist employees in identifying the healthy choices and make it easier to choose a healthy item.
    1. To help employees easily identify healthier options in the vending machines, foods from the approved healthy vending list should be grouped together.
    2. Healthy items should be placed in the center rows or in the far left rows of the machines for easy viewing and selection.
    3. Vending slots for healthy items should be filled by vendors at all times, as often as possible, to ensure that a variety of healthy items are available on a routine basis.
  - **Pricing** - The pricing of healthy items can be a strong determinant for employees when choosing from a vending machine at work. It is well established that the cost of healthy items can positively or negatively impact a healthy vending machine program. Working with the vendor is extremely important to decide pricing. Three suggestions for pricing healthy vending machine items are below.
    1. The price of the healthy items can be set using a median between the cost of the healthy item and the cost of the regular version of a similar item.
    2. The price of the identified healthy items will not be set higher than the regular version of similar items.

3. If possible, it is recommended that the price of the identified healthy items be set lower than the regular version of similar items or the price of the similar item be slightly higher than the healthier version.

### **Healthy Vending Resources**

To learn more about healthy vending machine initiatives and worksite wellness programs, the following resources are available:

- Alabama Department of Public Health, Nutrition and Physical Activity Division - a vending machine toolkit specific to the Alabama Healthy Vending Machine Program. Go to [www.adph.org/nutrition](http://www.adph.org/nutrition) and click on Vending Machines.
- Centers for Disease Control and Prevention - offers worksite wellness programs: LEAN Works, A Workplace Obesity Prevention Program and Healthier Worksite Initiative. [www.cdc.gov/leanworks](http://www.cdc.gov/leanworks)
- Fit Pick - a healthy vending program from the National Automatic Merchandising Association (NAMA). [www.FitPick.org](http://www.FitPick.org)
- Snackwise - a nutrition rating system from the Nationwide Children's Hospital. [www.snackwise.org](http://www.snackwise.org)
- Vending Machine Toolkit - a vending machine toolkit to help begin the process of adopting a healthy vending machine policy and assess, strategize, and implement a healthier way of eating in your organization from the Bay Area Nutrition and Physical Activity Collaborative. [www.banpac.org](http://www.banpac.org)
- Wellness Council of America - one of the most respected resources for workplace wellness in America. WELCOA is dedicated to improving the health and well-being of all working Americans. [www.welcoa.org](http://www.welcoa.org)

## Approved Snack List for the Alabama Healthy Vending Machine Program

The approved snack list contains common snacks that are easily available to vendors in Alabama and meet the Alabama Healthy Vending Machine Program standards for nutrition. Below is a condensed version of the list. The approved snack list is continually revised as new products are developed, tested and approved. For a current and more comprehensive snack list, visit [www.adph.org/nutrition](http://www.adph.org/nutrition) and click on Vending Machines.

Brand	Product Name	Package Size
Barrel O' Fun	Bold & Zesty Tortillas - Black Bean & Salsa	1 oz.
Barrel O' Fun	Jonny Rapp's Stix O Cheese - Baked	1 oz.
Barrel O' Fun	Jonny Rapp's Stix O Fire - Baked	1 oz.
Barrel O' Fun	Jonny Rapp's All Natural White Cheddar Popcorn	.64 oz.
Barrel O' Fun	Jonny Rapp's Baked Fries - Cheddar & Bacon	1 oz.
Barrel O' Fun	Jonny Rapp's Baked Fries - Hot 'n Spicy	1 oz.
Barrel O' Fun	Jonny Rapp's Cheese Balls	.75 oz.
Bud's Best Cookies	Animal Cookies	3 oz.
Bud's Best Cookies	Bite Size Cookies - Variety of flavors	3 oz.
ConAgra	David's Roasted and Salted Sunflower Seeds - Original	1.75 oz.
Frito Lay	Baked Cheetos - Flamin' Hot Cheese Flavored Snacks	.875 oz.
Frito Lay	Baked Cheetos - Chili Cheese Fantastix	1 oz.
Frito Lay	Baked Cheetos - Crunchy Cheese Flavored Snacks	.875 oz.
Frito Lay	Baked Doritos - Baked Nacho Cheese	.75 oz.
Frito Lay	Baked Doritos - Nacho Cheese	1.375 oz.
Frito Lay	Baked Lays - Variety of flavors	.875 oz. or 1.125oz.
Frito Lay	Baked Ruffles - Cheddar & Sour Cream	1.125 oz.
Frito Lay	Doritos - Reduced Fat Cool Ranch	.875 oz. or 1 oz.
Frito Lay	Doritos - Reduced Fat Nacho Cheese	1.75 oz.
Frito Lay	Cracker Crisps Smooth Cheddar	.812 oz.
Frito Lay	Munchies Ultimate Cheddar	1.75 oz.
Frito Lay	Rold Gold Pretzels - Honey Wheat Braided Twists	1 oz.
Frito Lay	Sunchips Multigrain Snacks - Variety of flavors	1 oz.
Frito Lay	Sunchips - Harvest Cheddar 100 Calorie	.68 oz.
Frito Lay	Cracker Jacks Caramel Coated Popcorn & Peanuts	1.25 oz.
Frito Lay	Grandma's Homestyle Cookies - Oatmeal Raisin Big Cookies	2.5 oz.
General Mills	Chex Mix Turtle Bar	1.2 oz.
General Mills	Cheerios Cereal On-The-Go Pouch	.68 oz.
General Mills	Fruity Cheerios Cereal On-The-Go Pouch	.88 oz.
General Mills	Golden Grahams Cereal On-The-Go Pouch	1 oz.
General Mills	Golden Grahams Chocolate Marshmallow Treat	1.06 oz.
General Mills	Trix Cereal Bar	1.3 oz.
General Mills	Cocoa Puffs Cereal Bar	1.3 oz.
General Mills	Cinnamon Toast Crunch Bar	1.3 oz.
General Mills	Cinnamon Toast Crunch Crisps	1 oz.
General Mills	Fiber One Bar - Variety of flavors	40 g
General Mills	Nature Valley Chewy Trail Mix - Fruit & Nuts	35 g
General Mills	Nature Valley Granola Bar - Variety of flavors	1.5 oz.
General Mills	Nature Valley Strawberry Yogurt Chewy Granola Bar	1.2 oz.
Genisoy	Sweet Crisps - Chocolate Mint	.90 oz.
Genisoy	Soy Crisps - Apple Cinnamon Crunch	.7 oz.
Hershey's	Payday Candy Bar	52 g
Hershey's	Mr. Goodbar	49 g
Hershey's	Special Dark with Almonds	1.45 oz.
Hershey's	Milk Chocolate with Almonds	1.45 oz.
Hershey's	Almond Joy	1.61 oz.
Herr's Foods	Potato Crisps - Variety of flavors	1 oz.

Kar's Nuts	Salted Peanuts and Other Nuts - Variety of flavors	1 oz. or 2 oz.
Kar's Nuts	Sunflower Kernels (with or without shell)	1 oz. or 2 oz.
Kar's Nuts	PB & J Mix	.5 oz.
Kar's Nuts	Goin' Granola Brown Sugar Crunch	1.25 oz.
Kar's Nuts	Original Trail Mix - Unsalted	1.5 oz. or 2 oz.
Kar's Nuts	Peanut, Almond, Cashew Mix	1.75 oz.
Kar's Nuts	Trail Mix - Variety of flavors	2 oz.
Kar's Nuts	Strawberry PB & J Mix	1.5 oz.
Kar's Nuts	Wasabi Nut Crunch	2.25 oz.
Kashi	Honey Almond Flax Granola Bar	1 oz.
Kashi	Chewy Granola Bar-Trail Mix	1.2 oz.
Kellogg's	Austin Zoo Animal Crackers	2 oz.
Kellogg's	Rice Krispie Treats	1.3 oz.
Kellogg's	Fiber Plus Antioxidants Bar - Dark Chocolate Almond	36 g
Kellogg's	Fiber Plus Antioxidants Bar - Chocolate Chip	36 g
Kellogg's	Nutri-Grain Bar - Variety of flavors	1.3 oz.
Kellogg's	Fruity Snacks - Variety of flavors	2.5 oz.
Kellogg's	Special K Strawberry Bar	.81 oz
Kraft	Planters Nut.trition Heart Healthy Mix Go-Paks	1.5 oz.
Kraft	Planters Salted Cashews	1 oz or 2 oz
Kraft	Planters Salted Peanuts	2 oz.
Kraft	Planters Honey Roasted Peanuts	2 oz.
Kraft	Nabisco 100 Calorie Packs - Oreo Thins Crisps	.81 oz.
Kraft	Nabisco Teddy Graham Snacks - Chocolate	.75 oz.
Kraft	Nabisco Fat Free Fig Newtons	2.1 oz.
Lance	Honey Toasted Peanuts	1.5 oz.
Lance	Salted Peanuts	32 g
Lance	Sunflower Kernels	1.5 oz.
Lance	Cashews	1.5 oz.
Lance	Pistacios	1.5 oz.
Lance	Peanut Bar	2.2 oz.
Lance	100 Calorie Toasty Peanut Butter crackers	21 g
Mars, Inc.	Almond M&M's	1.31 oz.
Mars, Inc.	Peanut M&M's	1.74 oz.
Mars, Inc.	Munch Peanut Bar	1.42 oz.
Mars, Inc.	Kudos Granola Bar - Variety of flavors	.83 oz.
Medora Snacks	Popcorners - Variety of flavors	1.1 oz.
Nestle	Goobers	1.38 oz.
Otis Spunkmeyer	Reduced Fat Muffin - Variety of flavors	1.8 oz.
Quaker	Apple Crisp Bar	1.30 oz.
Quaker	Strawberry Crisp Bar	1.3 oz.
Quaker	Mixed Berry Crisp Bar	1.3 oz.
Quaker	Granola Bar - Variety of flavors	1.19 oz.
Quaker	S'mores Chewy Granola Bar	.84 oz.
Quaker	Chocolate Chip Chewy Granola Bar	24 g
Quaker	Peanut Butter Chocolate Chip Chewy Granola Bar	24 g
Quaker	90 Calorie Chewy Granola Bar - Variety of flavors	24 g
Quaker	Oatmeal To Go Bars - Oatmeal Raisin	60 g
Quaker	Oatmeal To Go Bars - Apples & Cinnamon	60 g
Snyders of Hanover	Mini Pretzels	1.5 oz.
Snyders of Hanover	Older Tyme Pretzels	1.5 oz.
Stacy's	Cinnamon Sugar Pita Chips Bread	1.5 oz.
Stauffer Biscuit Co.	Animal Crackers Original	2.125 oz.
Sugar Foods	Pretzel Poppers - Variety of flavors	1 oz.
Welch's	Fruit Snacks - Island Fruits	2.25 oz.
Welch's	Fruit Snacks - Mixed Fruit	2.25 oz.