



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 and click on Vending Machines for more information.

The Guidelines for Successful Healthy Vending Machines in Alabama provide worksites guidance for successfully implementing the Alabama Healthy Vending Machine Program. These guidelines will promote uniformity throughout all vending machines in 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 and beverages 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 bulletin board 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 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 is 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 Healthy Vending Machine Program, Alabama Department of Public Health - a vending machine program and toolkit to increase access to healthy foods and beverage for employees. Go to www.adph.org/nutrition and click on Vending Machines.
- Fit Pick, National Automatic Merchandising Association - a healthy vending program to help vending operators and consumers identify products that meet recognized nutrition guidelines. www.FitPick.org
- Health and Sustainability Guidelines for Federal Concessions and Vending Operations, United States General Services Administration - these guidelines represent the best practices in nutrition science for improving health. www.gsa.gov/portal/content/104429
- Snackwise, National Children's Hospital - a research-based snack rating system that calculates nutrient density to help parents and kids make healthy snacking choices. www.snackwise.org
- Vending Machine Toolkit, Bay Area Nutrition and Physical Activity Coalition - 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. www.banpac.org
- Wellness Council of America (WELCOA) - 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
- Workplace Health Promotion, Centers for Disease Control and Prevention - provides resources on how to design, implement, and evaluate effective workplace health programs. www.cdc.gov/workplacehealthpromotion

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 more comprehensive snack list, visit www.adph.org/nutrition and click on Vending Machines.

Brand	Product Name	Package Size
Frito Lay	Oven Baked Cheetos - Crunchy Cheese	1 oz.
Frito Lay	Oven Baked Cheetos - Flamin' Hot	1 oz.
Frito Lay	Oven Baked Lays - Barbecue	1 oz.
Frito Lay	Oven Baked Lays and Ruffles - Original	1 oz.
Frito Lay	Oven Baked Lays - Sour Cream & Onion	1 oz.
Frito Lay	Cracker Jack - Original Caramel Coated Popcorn & Peanuts	28 g
Frito Lay	Cracker Jack - Popcorn Kettle Corn	28 g
Frito Lay	Rold Gold Pretzels - Honey Wheat Braided Twists	1 oz.
Frito Lay	Stacy's Pita Chips - Cinnamon Sugar	1 oz.
Frito Lay	Sunchips - Original and variety of flavors	1 oz.
General Mills	Chex Mix Turtle Bar	1.2 oz.
General Mills	Cinnamon Toast Crunch Bar	42 g
General Mills	Cinnamon Toast Crunch Crisps	28 g
General Mills	Cocoa Puffs Cereal Bar	40 g
General Mills	Fiber One Chocolate Mocha Bar	40 g
General Mills	Fiber One Oats & Caramel Bar	40 g
General Mills	Fiber One Oats & Chocolate Bar	40 g
General Mills	Fiber One Oats & Peanut Butter Bar	40 g
General Mills	Fiber One Oats & Strawberry With Almonds	40 g
General Mills	Golden Grahams Chocolate Marshmallow Treat	1.06 oz.
General Mills	Nature Valley Apple Crisp Crunchy Granola Bar	42 g
General Mills	Nature Valley Chewy Trail Mix - Fruit & Nuts	35 g
General Mills	Nature Valley Crunchy Granola Bar - Variety of flavors	42 g
General Mills	Nature Valley Strawberry and Vanilla Yogurt Chewy Granola Bar	35 g
General Mills	Trix Cereal Bar	40 g
General Mills	Honey Nut Cheerios Milk 'n Cereal Bar	40 g
Herr's Foods	Baked Crisps - Regular	1 oz.
Herr's Foods	Good Natured Selects - Baked Vegetbale Crisps - Original and Ranch	28 g
Kar's Nuts	Mixed Nuts with Peanuts	1 oz.
Kar's Nuts	All Energy Trail Mix	2 oz.
Kar's Nuts	Almonds	1 oz.
Kar's Nuts	Cranberry Almond Delight	1 oz.
Kar's Nuts	Granola Nut Trail Mix	1 oz.
Kar's Nuts	Honey Roasted Peanuts	1 oz.
Kar's Nuts	Nut 'n Yogurt Trail Mix	2 oz.
Kar's Nuts	Original Blend Trail Mix	1.5 oz.
Kar's Nuts	Peanuts	1 oz.
Kar's Nuts	Raisin Almond Cashew Mix	2.0 oz.
Kar's Nuts	Salted Pistachios	1 oz.
Kar's Nuts	Second Nature Medley - Variety of flavors	1.0 oz.
Kar's Nuts	Smoked Almonds	1 oz.
Kar's Nuts	Strawberry Pineapple Nut Mix	1 oz.
Kar's Nuts	Sunflower Kernals (with or without shell)	1 oz.
Kar's Nuts	Sweet 'n Salty Mix	1 oz.
Kar's Nuts	Sweet 'n Salty Select	1 oz.

Kar's Nuts	Vanilla Almonds	1 oz.
Kar's Nuts	Wasabi Nut Crunch Mix	1 oz.
Kashi	Chewy Granola Bar - Trail Mix	35 g
Kashi	Chewy Granola Bar - Cherry Dark Chocolate	35 g
Kashi	Chewy Granola Bar - Honey Almond Flax	35 g
Kashi	Soft-Baked - Blackberry Graham	35 g
Kashi	Soft-Baked - Ripe Strawberry	35 g
Kellogg's	Fiber Plus Antioxidants Bar- Chocolate Chip	36 g
Kellogg's	Fiber Plus Antioxidants Bar- Chocolatey Peanut Butter	36 g
Kellogg's	Fiber Plus Antioxidants Bar- Chocolatey Trail Mix	40 g
Kellogg's	Fiber Plus Antioxidants Bar- Dark Chocolate Almond	36g
Kellogg's	Nutri-Grain Fruit & Oat Harvest - Blueberry Bliss	50 g
Kellogg's	Nutri-Grain Fruit & Oat Harvest - Country Strawberry	50 g
Kellogg's	Nutri-Grain Soft-Baked Breakfast Bar - Variety of flavors	37 g
Kellogg's	Special K Cereal Bar- Chocolatey Pretzel	22 g
Kellogg's	Special K Cereal Bar- Red Berries	23 g
Kellogg's	Special K Protein Meal Bar - Variety of flavors	45 g
Kellogg's	Special K Protein Snack Bar - Almond Honey Oat Granola	27 g
Kellogg's	Special K Protein Snack Bar - Chocolatey P.B. Granola	27 g
Kellogg's	Special K Protein Snack Bar - Dark Chocolate Granola	27 g
Kellogg's	Special K Protein Snack Bar - Greek Yogurt & Fruit	27 g
Kellogg's	Special K Snack Bar - Blueberry Bliss	25 g
Kellogg's	Special K Snack Bar - Salted Caramel Chocolate	25 g
Kellogg's	Special K Snack Bar- Berry Medley	25 g
Kraft	Nabisco Teddy Graham Snacks - Chocolate	28 g
Kraft	Nabisco Teddy Graham Snacks - Cinnamon	28 g
Kraft	Nabisco Teddy Graham Snacks - Honey	28 g
Mars, Inc.	M&M's Almond	37 g
Medora Snacks	Popcorners - Variety of flavors	32 g
Nestle	Goobers	39 g
Otis Spunkmeyer	Delicious Essentials - Apple Cinnamon Muffin	57 g
Otis Spunkmeyer	Delicious Essentials - Banana Muffin	57 g
Otis Spunkmeyer	Delicious Essentials - Chocolate Chip Muffin	57 g
Otis Spunkmeyer	Delicious Essentials - Wild Blueberry Muffin	57 g
Quaker	Big Chewy Granola Bars - Choc Chip w Dark Choc Drizzle	42 g
Quaker	Big Chewy Granola Bars - Peanut Butter Choc Chip	42 g
Quaker	Big Chewy Sweet & Salty Granola Bars - Caramel Popc. Crun.	40 g
Quaker	Big Chewy Sweet & Salty Granola Bars - Choc & Salted Car.	40 g
Quaker	Chewy Granola Bar - Caramel Apple	24 g
Quaker	Chewy Granola Bar - Chocolate Chip	24 g
Quaker	Chewy Granola Bar - Chocolate Strawberries	24 g
Quaker	Chewy Granola Bar - Peanut Butter Chocolate Chip	24 g
Quaker	Chewy Granola Bar - S'mores	24 g
Quaker	Quinoa Granola Bars - Choc Nut Medley	35 g
Quaker	Real Medleys - Multigrain Fruit & Nut Bars - Apple Nut	38 g
Quaker	Real Medleys - Multigrain Fruit & Nut Bars - Cherry Pistachio	38 g
Quaker	Real Medleys - Multigrain Fruit & Nut Bars - Dark Choc Almond	38 g
Quaker	Real Medleys - Multigrain Fruit & Nut Bars - Peach Almond	38 g
Quaker	Soft Baked Bars - Banana Bread	42 g
Quaker	Soft Baked Bars - Cinnamon Nut Bread	42 g
Snyder's of Hanover	Braided Twists - Multigrain	30 g
Snyder's of Hanover	Olde Tyme Pretzels	30 g
Snyder's of Hanover	Unsalted Mini Pretzels	30 g
Stauffer Biscuit Company	Animal Crackers Original	30 g

