

A Blueprint for Healthier Vending

Steps to Ensure Healthier Food and Beverage Items in Vending Machines



healthy
places
An Initiative of Healthy Chicago



Consortium to Lower Obesity
in Chicago Children
cloc





Table of Contents

| | |
|---|---|
| Foreword..... | 1 |
| Why Do We Need Healthier Vending? | 2 |
| Approaches for Creating a Healthy Vending Policy..... | 3 |
| Model Vending Guidelines..... | 5 |
| Steps for Implementing Healthy Vending in the Workplace | 6 |

Resources

| | |
|---|----|
| Appendix A: Sample Employee Survey..... | 8 |
| Appendix B: Sample Vending Machine Assessment..... | 10 |
| Appendix C: Sample Contracts and Negotiation Considerations | 11 |
| Appendix D: Sample Letter to Vendor | 13 |
| Appendix E: Sample Promotional Messages | 14 |
| Appendix F: How to Read a Nutrition Fact Label | 18 |
| Appendix G: Tips for Maintaining a Healthy Weight | 19 |
| Appendix H: Sample Vending Machine Signage and Stickers | 21 |
| Appendix I: Healthy Vending Challenge Checklist | 27 |
| Appendix J: Additional Resources | 28 |

Foreword

Dear Friends,

The Chicago Department of Public Health is pleased to present this Blueprint for Healthier Vending.

Offering healthy food options is a priority for our department and the City, through both the Healthy Places initiative as well as *Healthy Chicago: A Public Health Agenda for a Healthy City, Healthy Neighborhoods, Healthy People and Healthy Homes*. Obesity has become epidemic in the U.S., and so has the risk of related diseases like heart disease and Type 2 diabetes. These diseases are not only bad for individuals, they are bad for business! Insurance costs, absenteeism, and poor worker productivity are all connected to health and well-being. In Chicago, we are focusing on key prevention strategies like improving access to healthy foods as one solution to these inter-connected problems.

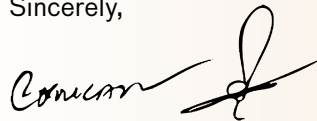
One way we're improving access to healthy food is by changing what's available in city buildings. The City of Chicago has made a commitment to offering healthier products in its vending machines. We know that it is important for employees and visitors to have healthy options available to them, and vending machines are one way to deliver healthier food to people.

We would like to challenge you to also adopt healthy vending practices at your workplace. The Blueprint for Healthy Vending contains the information and resources you will need to ensure healthier options are available for you and the people in your organization.

If you accept our challenge, we will help you promote your success! In exchange for committing to take the challenge, your organization's name will appear on the Healthy Places and City of Chicago websites, and you will be included in future opportunities for media coverage. Upon submitting the official "Healthy Vending Competition Checklist" contained in the Blueprint, you will receive a certificate documenting your achievement and a decal that you can share on your own website.

We encourage you to take the healthy vending challenge and use the resources in this Blueprint. Join us in making Chicago a healthier city and promoting a better quality of life!

Sincerely,



Commissioner Choucair

Why Do We Need Healthier Vending?

Obesity and poor nutrition are serious problems in Chicago. More than half of Chicago adults and one-third of youth are overweight or obese, meaning they are at increased risk for serious, costly health problems such as heart disease and diabetes. Furthermore, nearly half of Chicagoans eat less than three servings of fruits and vegetables per day. It's often difficult for Chicagoans to eat nutritious food when eating outside the home because there is a lack of healthy options – especially when making food and beverage selections from vending machines.

Vending machines are common sources of junk food and sugary drinks, so guidelines for healthy vending are an emerging strategy. Frequent consumption of high-calorie, high-fat foods and beverages – the kind typically found in vending machines – is a major contributor to overweight and obesity.

Improving access to healthy food is a key strategy of obesity prevention. Making healthy foods available in vending machines – like fruits, vegetables, and low-calorie, low-fat snacks and beverages – provides options and creates a healthier environment. This can lead to healthier, more productive Chicagoans.

This toolkit provides healthy vending guidelines and examples of how you can start making improvements at your workplace. The vending guidelines will help you provide alternatives to unhealthy food and beverages with added sugars, saturated and trans fat, refined grains, and sodium (e.g. candy, chips, cookies, fried foods, soda, and energy drinks).

Who Can Use This Toolkit?

Chicagoans eat in a variety of community and work settings where they should have access to healthy vending choices, including:

- Worksites
- Hospitals
- Businesses
- Childcare and after-school care
- Government buildings
- Universities
- Social service organizations
- Schools and youth programs

Adapted from King County, Washington's Healthy Vending Guidelines

Approaches for Creating a Healthy Vending Policy

Here are three approaches that can work together to help you create a healthy vending policy. The third approach – providing only healthy choices – should be considered the ultimate goal to truly promote health in your organization through healthy vending.

1. Make healthy options available

Most vending machines do not currently offer healthy products. Offering healthy food and beverages in your vending machines provides employees with a wider variety of products and healthier options.

Examples of target policies:

| | |
|----------------------|---|
| Gold Policy | 100% of food and beverage items in vending machines must meet guidelines for healthy vending. |
| Silver Policy | 75% of food and beverage items in vending machines must meet guidelines for healthy vending. |
| Bronze Policy | 50% of food and beverage items in vending machines must meet guidelines for healthy vending. |

2. Make healthy options easier through pricing, marketing, and education

Often the least healthy options in vending machines have the lowest price and the most compelling marketing. This encourages people to purchase these products. These same strategies can be used to promote healthy options by lowering the price, increasing the visibility, and highlighting the healthiest options.

- Use education and marketing to promote healthy products. Advisory councils, wellness teams, and human resources can help with promotion.
- Work with your vendor(s) to price healthy food and beverages at the lowest cost. Be sure to get everything in writing.
- Place healthy items at eye level, with the option to rearrange items as needed.
- Use signage to identify which products are healthy.
- Limit advertising on vending machines to healthy food and beverages.
- Ensure vending machines post calories next to each item in accordance with FDA requirements (<http://www.fda.gov/food/labelingnutrition/ucm217762.htm>).

3. Offer only healthy food and beverages

If you really want to implement the healthiest vending approach, the best choice is to stock only foods and beverages that meet the vending guidelines. Therefore, consider working toward 100% healthy vending.

- An example would be to ensure that all food and beverages in your vending machines meet the vending guidelines (Gold Policy) within a three-year period, assuming successful stakeholder engagement.

Adapted from King County, Washington's Healthy Vending Guidelines

Model Vending Guidelines for Healthy Food and Beverages*

Food Guidelines

| Priority Products | Specific Standards |
|---|--|
| Fruit Fresh, dried, or canned with no added sugar | <ul style="list-style-type: none"> • Not more than 200 calories • Not more than 10% of calories from saturated fat • Zero grams trans fat • Not more than 230 mg of sodium per serving • <i>Avoid fried foods and foods with added sugars</i> |
| Vegetables Fresh, dried or canned in very low sodium | |
| Fat-Free or Low-Fat Dairy Products 1% or less for dairy such as cheeses and yogurts | |
| Whole-Grain, High-Fiber Options Whole grain is first or second ingredient; fiber is 2 grams or more per serving | |
| Unsalted Nuts, Seeds Also derived butters and pastes, like peanut butter | |
| Beans, Peas, and Legumes Hummus, edamame, or snow peas | |
| Low-Fat and Low-Calorie Condiments Mustard, relish, light mayonnaise, fat-free or oil-based dressings, salsa, ketchup, low-sodium soy sauce | |

Beverage Guidelines


| Priority Products | Specific Standards |
|--|---|
| Water | |
| Unsweetened Teas Regular and Herbal | |
| 100% Fruit and Vegetable Juice | Not more than 180 calories, no added sweeteners |
| Skim or 1% Milk and Soy | If flavored, not more than 150 calories per 8 oz. |
| No- or Low-Calorie Beverages E.g. diet sodas | Less than 10 calories per 8 oz. serving |
| Mid-Calorie Beverages Light juices, teas, and other drinks | Not more than 66 calories per 8 oz. |
| Coffee | Milk, creamers or soy are 1% or less |

*Guidelines are based on American Heart Association's healthy food procurement standards.

Steps for Implementing Healthy Vending in the Workplace

A team-based approach helps your organization increase buy-in and identify the right strategy to implement your healthy vending program. Here are some steps and best practices for healthy vending implementation:

- Step 1:** Create a wellness team or committee:
- Select recognized leaders (at least two) to champion the program
 - Educate and engage stakeholders such as administrators, staff, food and nutrition service providers, students, parents, and others in the planning process
 - Get the purchasing/procurement department involved
 - Have success stories ready to help promote the cause
- Step 2:** Create an implementation plan with goals, strategies and timeline
- Step 3:** Assess the environment:
- Survey your staff and other stakeholders about current perceptions of healthy eating (Appendix A)
 - Determine where vending machines are located, what products are offered (Appendix B)
 - Assess vendors to see what they are able to offer
- Step 4:** Write a new vending policy
- Review the surveys and identify enforceable and effective changes to your current vending policy; if necessary, consider piloting healthy products so staff can identify tasty choices and adjust to new options
 - Examine your last contract to determine necessary adjustments
 - Use other examples (Appendix C)
 - Approve policy through proper administrative channels


Step 5: Promote new policy to vendors and employees (Appendices D – H)

- Work with vendors on food selection; some feel loyal to certain products, so research new items and snack companies
- Champion the vending machine changes through all employee communication channels
- Post signage regarding new policy at vending machines

Step 6: Evaluate and enforce the new vending changes

- Continue to assess vending machines and work with vendors to ensure products offered are healthy
- Compare sales before and after vending policy change, if available, at multiple time points
- Conduct an annual review and survey your employees again to evaluate and revise your vending guidelines as needed

Appendix A: Sample Employee Survey (1)

Date: _____

This survey should take no more than 10 minutes and is meant to help us gain a better understanding of your preferences for snack items in the vending machines.

Please check the best answer:

1. How many times per week do you buy food and/or beverages from vending machines?

- Less than 1 time/week 1-2 times/week
 3-4 times/week 5-6 times/week

2. When making a choice at a vending machine, how important is:
(Mark one box for each item)

| | Not important | Somewhat Important | Very important |
|--------------------------|---------------|--------------------|----------------|
| Trying a new snack | | | |
| Snack taste | | | |
| Snack price | | | |
| Calorie count of snack | | | |
| Amount of fat in snack | | | |
| Amount of carbs in snack | | | |

3. Do you think vending machines are part of a healthy workplace?

- Yes No

4. Are you able to distinguish healthier foods and beverages at your worksite vending machines?

- Yes No

5. If healthier food options were made available to you, would you purchase them?

- Yes No

Comments: _____

Optional Assessment (2)

Please complete the survey below. This survey will help us identify foods to put in our vending machines.

Mark the following foods as either:

 **You really like it**
 **It's okay**
 **You don't like it**

Feel free to add other food you would like to have!

| Foods |  |  |  |
|---------------------|---|---|---|
| 1. Raisins | | | |
| 2. Animal crackers | | | |
| 3. Nuts and seeds | | | |
| 4. Chex Mix | | | |
| 5. Baked Lays | | | |
| 6. Baked Cheetos | | | |
| 7. Baked Doritos | | | |
| 8. Pretzels | | | |
| 9. Dried fruits | | | |
| 10. Fig Bars | | | |
| 11. Diet Coke | | | |
| 12. Diet Pepsi | | | |
| 13. Flavored water | | | |
| 14. Diet Sprite | | | |
| 15. Skim milk | | | |
| 16. Orange Juice | | | |
| 17. Apple Juice | | | |
| 18. Cranberry Juice | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Appendix B: Sample Vending Machine Assessment

Name of Worksite: _____

Date: _____ Number of employees: _____

City: _____ State: _____

Number of vending machines at worksite: _____

Comments/Notes

| Snacks | # of Slots in Machine 1 | # of Slots in Machine 2 | # of Slots in Machine 3 |
|---|-------------------------|-------------------------|-------------------------|
| Chips,* regular | | | |
| Chips,* low-fat or pretzels | | | |
| Crackers/CheX Mix | | | |
| Fruit or vegetable | | | |
| Granola / cereal bar | | | |
| Nuts / trail mix | | | |
| Candy | | | |
| Cookies / snack cakes / pastries | | | |
| Low-fat cookies and baked goods | | | |
| Other food: | | | |
| Total number of slots in vending machine | | | |
| Beverages | # of Slots in Machine 4 | # of Slots in Machine 5 | # of Slots in Machine 6 |
| Soda (regular) | | | |
| Diet soda | | | |
| Fruit drink (less than 50% real juice) | | | |
| Fruit juice (at least 50% real juice) | | | |
| Water | | | |
| Sports drinks | | | |
| Iced tea, lemonade, or other sweetened drink | | | |
| Whole or 2% milk | | | |
| 1% milk or fat-free milk | | | |
| Other drink: | | | |
| Total # of slots in vending machine | | | |

*Chips = potato chips, tortilla chips, cheese snacks, etc.

2 Appendix C: Sample Contracts and Negotiation Considerations

ChangeLab Solutions provides sample contracts and other helpful materials (Appendix J). Consider the following when developing your contract:

Control Which Products Are Sold or Advertised

You—not the vendor—should retain control over the following contract terms:

- Type of products sold, including the choice not to sell certain products
- Number and location of vending machines on your property
- Placement of products in the vending machines (also called “slotting position”)
- Portion size of the products (for example, 12-ounce rather than 20-ounce portions)
- Advertising rights, including the decision to prohibit advertising of all kinds (for example, on the front of the vending machine or on the vending supply cups)

Control How Products Are Sold

Require the following:

- Nutritious products (such as milk, 100% juice, and plain water) are priced lower than less nutritious options (such as sodas, diet sodas, sports drinks, or flavored waters)
- Commission rates for non-nutritious items are not disproportionately higher than rates for nutritious items, since this could encourage favoring non-nutritious items
- Nutritious products are kept stocked as continuously as non-nutritious products
- Contract states the primary purpose of the agreement is to provide healthy products, and the vendor’s failure to deliver those products is a breach of contract
- Vendor must pay predetermined liquidated damages for breaching the contract and stocking a machine with products that are not on an approved-product list

Maximize Financial Benefit to Your Organization

- Ensure that the standards contained in your healthy vending policy are contained in the competitive bidding documents
- Consolidate vending operations at the highest level possible, rather than negotiating contracts location by location
- Negotiate terms for cash advances, commissions, and exclusive contract rights
- Require that the vendor provide accurate and timely financial reports, and allow periodic audits of their financial records related to the contract
- Require that the contract allows your organization to terminate the contract for cause or convenience without incurring financial or other penalties
- Commit to no more than a five-year contract to maximize vendor competition
- Ensure the contract can be modified if new laws affect the contract terms
- Ensure all vending machines meet the highest standards of energy efficiency

1 Appendix D: Sample Letter to Vendor

VENDOR NAME
VENDOR ADDRESS
VENDOR ADDRESS

Dear XXXXX (Vending Company),

In an effort to improve worksite wellness, INSERT YOUR COMPANY NAME has decided to change our current vending machines to be INSERT PERCENTAGE (i.e. 100%, 50%) healthy.

Our company established a wellness committee who has created a list of foods our staff would prefer. Please review the enclosed list and make any further recommendations for items to help us meet our goal.

To assist the consumer in identifying items in machines meeting the nutrition standards, we are asking you to designate INSERT PERCENTAGE of slots for healthy offerings and identify these slots with the enclosed sticker. In addition, please place the enclosed poster in a highly visible location at the machine. The poster explains which items meet the nutrition standards. Periodically, the vending machines will be surveyed to see if the posters and stickers are in place and whether items in the designated slots meet the nutrition standards.

We would like all vending machines to be in compliance before SPECIFY DATE. If you have difficulty obtaining approved items or need other assistance, please contact us. Thank you for your participation in making healthy choices available for our employees.

Sincerely,

NAME
BUSINESS NAME
PHONE NUMBER
EMAIL ADDRESS

3 Appendix E: Sample Promotional Messages

Sample 1: Snack with Pride

Are you a “closet snacker?” Do you get embarrassed when co-workers see you sneaking off to the vending machine? Fear no more! *(Insert name of organization)* is giving you a reason to proudly stroll to your nearest vending machine to enjoy a snack or beverage that tastes good and supports your healthy lifestyle. New snack foods and drinks in the vending machine columns marked with Go! stickers are competitively priced, taste great, and meet the nutrition guidelines based on the American Heart Association’s recommendations for a healthy diet.

So, next time you crave a snack, proudly announce your trip to the vending machine and offer to bring something back for your co-workers! Ready, Set, Go! For more information, contact our Go! vending coordinator: *(Insert name of individual)* at *(Insert phone or e-mail)*.

Sample 2: The Answer to Your Snack Attack

It’s 10:00 a.m. and your stomach is growling so loudly, you’re afraid the guy next to you can hear it. You want a snack that is tasty, satisfying, priced right, but still low in fat and sugar. Impossible? Not anymore! Vending machines labeled with colorful Go!, Slow!, Whoa! stickers at *(Insert name of site)* now include snacks and beverages that taste good and support a healthy lifestyle. Go! items include baked chips, fruit bars, pretzels, nuts and trail mix, dried fruit, granola bars, and others.

So, don’t let that growl in your tummy keep your co-worker awake! Head over to the vending machine, grab, and Go! For more information, contact our Go! Vending coordinator: *(Insert name of individual)* at *(insert phone or e-mail)*.

Sample 3: Grab and Go!

Nutritionists agree: Healthy snacking throughout the day is good for you. Delicious items like granola bars, dried fruit, nuts, baked chips, fruit bars, and beef jerky can give you the long lasting energy you need to feel great and perform well.

Great news! The Go! vending program – just introduced in *(Fill in name of organization)*'s vending machines – includes all of these products and more! Go! increases your snack options to include items that are lower in fat, saturated fat, and sugar. And, most important: Go! Items are reasonably priced and taste great!

Go! products have been carefully screened to meet nutritional criteria based on the recommendations of the American Heart Association. To find these products, “Look on the Right Side” of the vending machine where they are identified with colorful Go! stickers. Just grab and Go! Check it out! For more information, contact our Go! vending coordinator: *(Insert name of individual)* at *(Insert phone or email)*.

Sample 4: Press Release

YOUR ORGANIZATION/COMPANY NAME OR LOGO

For Immediate Release:
DAY OF WEEK, DATE

Contact: NAME, PHONE OR EMAIL
NAME, PHONE OR EMAIL

[Organization] Has Met the City of Chicago’s Healthy Vending Challenge

*[Organization] is Making Healthy Options Available in Company Vending
Machines to Promote Wellness for its Employees [and Patrons/Visitors]*

[Organization] has stepped up to the challenge and is making healthy eating for its employees [and patrons/visitors] easier: vending machines at its [e.g. hospital campus, health centers, dormitories, administrative buildings] will offer nutritious alternatives to the usual sugary fare.

In response to a Healthy Vending Challenge issued by the Chicago Department of Public Health as part of the Healthy Places obesity prevention project, [organization] has taken critical steps to provide healthier foods to its employees [and patrons/visitors]. [Organization] committed to participate in the Healthy Vending Challenge and achieved a gold-level [bronze-level, silver-level] vending policy, meaning that 100% [50%, 75%] of snack and beverage items in its vending machines now meet healthy guidelines established by the American Heart Association.

This institutional change follows a national trend of growing awareness about diet-related diseases and promotes healthy eating choices. The new vending machines were installed last week [e.g. will be installed by the end of the month].

WHAT: [Organization] will host a taste testing(s) for employees [and others; e.g. patients, community members, etc.] to showcase the healthy options.

WHEN AND WHERE:

[Insert date, time, and location specifics regarding promotional activities here]

WHY:

Vending machines are common sources of junk food and sugary drinks, which contribute to obesity. Obesity is one of the most critical health issues facing Americans today. More than half of Chicago adults and one-third of youth are overweight or obese, meaning they are at increased risk for serious, costly health problems such as heart disease and diabetes. Making healthy foods – like fruits, vegetables, and low-calorie, low-fat snacks and beverages – available in vending machines provides more nutritious options and creates a healthier environment. This can lead to healthier, more productive Chicagoans.



As a responsible leader in the Chicago [e.g. business, academic, non-profit] community, [organization] aims to serve as a model for its employees and for the children and families who use its services. [Organization] is committed to ensuring healthy snacks are available on site.

For more information about healthy vending and obesity prevention efforts in Chicago, visit www.cityofchicago.org/health.

###

About [your Organization]

[Company description and an estimate on the number of people your new vending policy will impact.
XX
XX
XX
XX.]

4 Appendix F: How to Read a Nutrition Fact Label

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1 cup (228g) Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 110 |
| | % Daily Value* |
| Total Fat 12 g | 18% |
| Saturated Fat 3g | 15% |
| Trans Fat 3g | |
| Cholesterol 30mg | 10% |
| Sodium 470mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 60 |
| Sat Fat | Less than 20g 25 |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

1. All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?” (1/2, 1 or more)
2. Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.
3. The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.
4. The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
5. The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product; it is always the same.
6. The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. “How to Understand and Use the Nutrition Facts Label”. For detailed information see <http://www.cfsan.fda.gov/~dms/foodlab.html>)

5 Appendix G:

Tips for Maintaining a Healthy Weight

Change Your Shopping Habits

- Eat before grocery shopping
- Make a grocery list before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

Watch Your Portion Size

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't eat or serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

Change the Way You Prepare Food

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas



Change Your Eating Habits

- Keep to a regular eating schedule
- Eat before you get too hungry
- Make sure every family member eats breakfast every day
- Drink water before a meal
- Stop eating when you're full
- Don't eat late at night
- Try a green salad instead of fries
- Ask for salad dressing "on the side"
- Chew slowly every time you eat, and remind others to enjoy every bite
- Serve water or low-fat milk at meals instead of soda or other sugary drinks
- Pay attention to flavors and textures
- Instead of eating out, bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your kids
- Provide fruits and vegetables for snacks
- Ask your sweetie to bring you fruit or flowers instead of chocolate



Appendix H: Sample Vending Machine Signage and Stickers

Place the Go!, Slow!, Whoa! posters and table tents near your vending machines to help educate employees and promote healthy vending options. The graphics are fun and easy to understand.

GO!

GO! foods, such as fresh fruits and vegetables, pretzels, water and fat-free milk, can be eaten almost anytime.

SLOW!

SLOW! foods, such as low-fat yogurt, 100% fruit juice, and granola bars, can be eaten sometimes.

WHOA!

WHOA! foods, like potato chips, soda, whole milk, and candy bars, should only be eaten once in a while.

Healthier Vending Options Are Available!

**0-130
Calories
0-2 Grams
of Fat**

GO!

Fresh Fruit and
Vegetables
Canned Fruit (in juice)
Fat Free Milk
Fat Free Yogurt
Oatmeal
Pretzels
Graham Crackers
Water

**131-230
Calories
3-6 Grams
of Fat**

SLOW!

Low-Fat Milk
Low-Fat Yogurt
Granola Bar
100% Fruit Juice
Snack Crackers
Low-Fat Pudding

**231 or More
Calories
7 or More
Grams of Fat**

WHOA!

Whole Milk
Potato Chips
Tortilla Chips
Sugar Sweetened
Beverages
(Soda, Juice
Drinks, etc..)
Candy Bar
Doughnuts
Sweet Roll

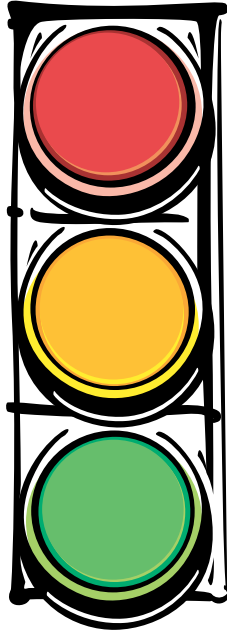
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WHOA!

SLOW!

GO!



**231 or More Calories /
7 or More Grams of Fat**
Whole Milk
Potato Chips
Tortilla Chips
Candy Bar
Doughnuts
Sweet Roll
Sugar Sweetened
Beverages (Soda,
Juice Drinks,
etc..)

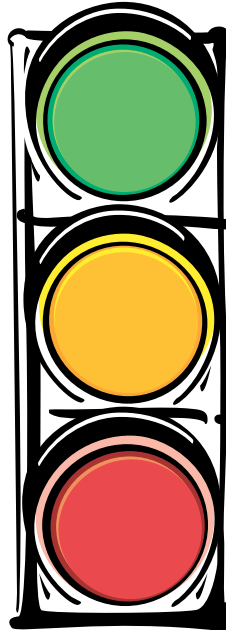
**131–230 Calories /
3–6 Grams of Fat**
Low-Fat Milk
Low-Fat Yogurt
Granola Bar
Low-Fat Pudding
Snack Crackers
100% Fruit Juice

0-130 Calories / 0-2 Grams Fat
Fresh Fruit and
Vegetables
Canned Fruit
(in juice)
Fat Free Milk
Oatmeal
Pretzels
Graham Crackers
Water

GO!

SLOW!

WHOA!



0-130 Calories / 0-2 Grams of Fat

Fresh Fruit and
Vegetables
Canned Fruit
(in juice)
Fat Free Milk
Fat Free Yogurt
Oatmeal
Pretzels
Graham Crackers
Water

**131–230 Calories /
3–6 Grams of Fat**

Low-Fat Milk
Low-Fat Yogurt
Granola Bar
100% Fruit Juice
Snack Crackers
Low-Fat Pudding

**231 or More Calories /
7 or More Grams of Fat**

Whole Milk
Potato Chips
Tortilla Chips
Candy Bar
Doughnuts
Sweet Roll
Sugar Sweetened
Beverages (Soda,
Juice Drinks,
etc..)



Additional Vending Machine Signage and Stickers

Place Go!, Slow!, Whoa! stickers on your vending machines to inform employees and promote healthy vending options. Identify the selections in your vending machines that meet the Go!, Slow!, or Whoa! criteria by placing these stickers next to the prices.

Different sticker sizes and designs are available. Just pick the design that will work for your vending machine, and print away!

Compatible labels are available at:

www.worldlabel.com/Pages/wl-ol875.htm#templates

www.sheet-labels.com/labels/SL114



**0-130 Calories
0-2 Fat Grams**



**131-230 Calories
3-6 Fat Grams**



**231 or More
Calories
7 or More
Fat Grams**



**0-130 Calories
0-2 Fat Grams**



**131-230 Calories
3-6 Fat Grams**



**231 or More
Calories
7 or More
Fat Grams**



**0-130 Calories
0-2 Fat Grams**



**131-230 Calories
3-6 Fat Grams**



**231 or More
Calories
7 or More
Fat Grams**



**0-130 Calories
0-2 Fat Grams**



**131-230 Calories
3-6 Fat Grams**



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7 or More
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**131-230 Calories
3-6 Fat Grams**



**231 or More
Calories
7 or More
Fat Grams**



Appendix I: Healthy Vending Challenge Checklist

STEP ONE: ENTER THE HEALTHY VENDING CHALLENGE:

- Commit to adopting a healthy vending policy at your organization:
 - Gold Policy**
100% of food and beverage items in vending machines must meet healthy vending guidelines
 - Silver Policy**
75% of food and beverage items in vending machines must meet healthy vending guidelines
 - Bronze Policy**
50% of food and beverage items in vending machines must meet healthy vending guidelines (see page 5)
- Send an e-mail to healthychicago@cityofchicago.org indicating your commitment and the policy you will be pursuing (gold, silver, bronze).



Once you enter the Healthy Vending Challenge, you will receive:

- Recognition on the City of Chicago website
- Opportunities for media coverage

STEP TWO: IMPLEMENT A HEALTHY VENDING CONTRACT

- Sign a new healthy vending contract with a vendor
- Stock new items in your vending machines
- Take a picture of your new healthier vending machines. Please include your organization's logo and/or an employee in uniform
- Submit a signed copy of this checklist, along with a photo of your healthy vending machine and photo release form to: healthychicago@cityofchicago.org

Upon confirmation that you have met the requirements of the Healthy Vending Challenge, you will receive:

- An official certificate documenting your success
- A decal to share your success on your website
- Recognition on the City of Chicago website
- Additional opportunities for media coverage

CONFIRMATION

I hereby certify that [organization] has met the requirements of the Healthy Vending Challenge.

Authorized Signature: _____

Title, Date: _____

Appendix J:

Additional Resources

Healthy Vending Toolkits

1. Knox County Health Department: http://www.knoxcounty.org/health/vending_toolkit.php
2. Developing a Healthy Beverage Vending Agreement. changelabsolutions.org/sites/changelabsolutions.org/files/documents/HealthyVendingAgrmnt_FactSheet_REVISSED_20111031.pdf
3. Fit Pick: <http://www.fitpick.org/>

King County, WA: http://www.cspinet.org/new/pdf/kc_vending_guidelines.pdf

Bay Area Nutrition and Physical Activity Collaborative: http://www.banpac.org/healthy_vending_machine_toolkit.htm

City of Minneapolis: <http://www.ci.minneapolis.mn.us/dhfs/SHIP-healthy-vending.asp>

Worksite Wellness

4. Eat Smart Move More: <http://www.eatsmartmovemorenc.com/NCHealthSmartTlkt/EatSmartWrkBk.html>
- Saving Dollars and Making Sense Committee Guide: <http://www.eatsmartmovemorenc.com/CommitteeGuide/CommitteeGuide.html>
5. We Can! Tips for Eating Right: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/tips-eating-right.htm>
- * American Heart Association's Healthy Procurement Guidelines: http://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_320781.pdf

Centers for Disease Control and Prevention:

- Improving the Food Environment through Nutrition Standards: A Guide for Government Procurement. http://www.cdc.gov/salt/pdfs/DHDSP_Procurement_Guide.pdf.
- LEAN Works! Leading Employees to Activity and Nutrition: <http://www.cdc.gov/leanworks/>
- Healthier Worksite Initiative: <http://www.cdc.gov/nccdphp/dnpao/hwi/programdesign//index.htm>