

Healthy Vending

ASSESSMENT TOOL
Individual machine assessment grids are available for download at www.ohiohospitals.org/good4you. Use these to assist with your assessment of all of your hospital's vending machines.

Healthy BEVERAGES

Item	Criteria
Water	Free
Sparkling water	Free
100% Fruit Juice	≤ 150 calories per 12 ounce serving; no added sweeteners
High or Low Calorie Beverages	≤ 150 calories per 12 ounce serving
Mid Calorie Beverages	≤ 100 calories per 12 ounce serving
Coffee	with 1% or lower fat milk or creamers; no alternatives

Healthy CAFETERIA

WHY HEALTHY CAFETERIAS?
The Centers for Disease Control and Prevention and the Institute of Medicine have recommended evidence-based approaches for...

Healthy VENDING MACHINES

WHY HEALTHY VENDING?
Vending machines are a very public-facing food service in most hospitals, and a great way to reinforce the hospital's commitment to serving healthy and nutritious foods and beverages. Stocking healthier options in vending machines ensures employees and visitors looking to snack throughout the day will find that the healthy choice is the easiest choice.

Several recent studies have indicated that healthy snacks in vending machines actually sell better than their unhealthy counterparts. In addition, more and more vending companies are meeting to the increased demand for healthier vending options.

HOW TO USE THE NUTRITION FACTS LABEL TO MEET THE STANDARDS

The Nutrition Facts label is an important tool to help you determine if the items in your vending machine meet the Good4You nutrition criteria. A Nutrition Facts label is typically found on the individual product packaging or the outside of bulk products. If the item does not have a label, ask your vendor or the product manufacturer to provide this information.

Example: Granola bar

Nutrition Facts	
Serving Size 1 bar (42g)	
Servings Per Package 3	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	4%
Sugars 11g	

Ingredients: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CORN MEAL, DRY MILK POWDER, BROWN SUGAR SYRUP, HIGH FRUCTOSE CORN SYRUP, RAISIN, SOY LECITHIN, VANILLA, NATURAL FLAVOR, ALMOND FLAVOR, PEANUT FLAVOR, PEANUT BUTTER, HAZELNUT AND VANILLA INGREDIENTS.

This is a GOOD4YOU Eat Healthy MEETING

Look for the Good4You labels!

This is a GOOD4YOU Eat Healthy HOSPITAL

Look for the Good4You labels!

YOU HAVE OUR SUPPORT!

OHA provides participating hospitals with templates and the resources needed to help implement these changes and gain employee support.

OHIOHOSPITALS.ORG/GOOD4YOU

Eating Healthy is GOOD4YOU

An initiative of the OHIO HOSPITAL ASSOCIATION

ENSURING A HEALTHY OHIO

Eating Healthy is GOOD4YOU

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Good4You is a statewide initiative of Ohio hospitals, sponsored by OHA's Institute for Health Innovation. Good4You seeks to help hospitals lead Ohioans to better health through healthy eating, physical activity and other statewide population health initiatives.

WANT TO KNOW HOW TO PARTICIPATE?

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OHIOHOSPITALS.ORG/GOOD4YOU

INSTITUTE FOR HEALTH INNOVATION
of the OHIO HOSPITAL ASSOCIATION



Cafeterias



Vending Machines



Meetings and Events



Outside Vendors and Franchises

Eating Healthy is GOOD4YOU

An initiative of the OHIO HOSPITAL ASSOCIATION

The Good4You **Eat Healthy initiative** encourages positive changes to the food and beverage environment in the hospital.

As leaders in their communities and advocates of health and well-being, hospitals can model healthy eating to support the health of employees, visitors and the communities they serve.

Hospitals participate in this voluntary initiative by adopting the Good4You Eat Healthy nutrition criteria in four specific areas within the hospital: vending machines, cafeterias and cafes, meetings and events, and with outside vendors and franchises serving the hospital.

Participation is easy, and tools and resources are available to help hospitals as they transition to an Eat Healthy environment.



GETTING TO



Effectively making changes to beverage choices, vending machines and cafeterias takes time and requires employee buy-in. Knowing this, getting to 100% healthy options may take several years and be implemented in phases.

It is reasonable to use a phased-in approach that aims for meeting the various levels utilizing a timetable that best suits your hospital's needs. The Good4You Eat Healthy initiative is intended to be self-directed, and is designed to offer guidance and support to help hospitals in any stage of change.

GOOD4YOU Eat Healthy NUTRITION CRITERIA

To attain the highest level in each of the four focus areas, 100 percent of offerings should meet the following Good4You Eat Healthy nutrition criteria. Additional guidance specific to each area are included in the one-page inserts included in this packet.

The Good4You Eat Healthy evidence-based nutrition criteria are based on the American Heart Association's Recommended Standards for Procurement of Food and Beverages Offered in the Workplace and the National Alliance for Nutrition & Activity. All limits are per standard serving size, unless otherwise indicated.



Healthy BEVERAGES

Water sparkling, seltzer or flavored water	Fat-Free or Low-Fat (1%) Milk
100% Fruit Juice ≤ 180 calories per 12 ounce serving, no added sweeteners	Flavored Milk or milk alternatives ≤ 150 calories per 8 ounce serving
No or Low-Calorie Beverages ≤ 10 calories per 8 ounce serving	Unsweetened Teas regular or herbal, hot or cold
Mid-Calorie Beverages ≤ 66 calories per 8 ounce serving	Coffee with 1% or lower fat milk or creamers, soy alternatives

Healthy SNACKS, DESSERTS AND SIDE DISHES

Calories	No more than 200 calories
Total Fat	No more than 7 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 2 grams per 200 cal.)
Trans Fat	0 grams
Sodium	No more than 230 milligrams
Sugar	No more than 10 grams**
Fiber	At least 2 grams (if product is grain/potato- based such as granola bars, crackers, pretzels, cookies, chips, etc.)

Based on the American Heart Association – Recommended Standards for Procurement of Foods and Beverages Offered in the Workplace

Healthy ENTRÉES†

Calories	No more than 500 calories
Total Fat	No more than 15 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 4 grams per 400 cal.)
Trans Fat	0 grams
Sodium	No more than 480 milligrams
Sugar	No more than 15 grams**
Fiber	At least 2 grams (if product is grain/potato-based such as granola bars, crackers, pretzels, cookies, chips, etc.)
Produce	Refrigerated machines should stock fruit and vegetable items.

† Entrées include items such as wraps, sandwiches, soups and other main course items served a la carte.

Healthy MEALS

Calories	No more than 750 calories
Total Fat	No more than 25 grams*
Saturated Fat	No more than 10% calories from saturated fat* (ex: 7.5 grams fat per 750 calories)
Trans Fat	0 grams
Sodium	No more than 900 milligrams
Sugar	No more than 25 grams**
Fiber	At least 2 grams fiber (if product is grain/potato- based, such as granola bars, crackers, pretzels, cookies, chips, etc.)

* excluding nuts, seeds, cheese and products containing nuts or nut butters
** excluding fruits and vegetables that do not contain added sweeteners or fats

When possible, all items should be labeled with nutritional information.
Items meeting the Good4You criteria should be designated.

See sample marketing materials and templates!

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