



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 catering to the increased demand for healthier vending options.

The goal of this section is to gradually increase the Good4You options in all vending machines on the hospital campus to the timetable set by your organization.

In addition to offering Good4You items in the vending machines, hospitals are encouraged to:

- ✓ Offer one fruit and one vegetable option if the machine is refrigerated
- ✓ Offer a gluten-free option in each machine
- ✓ Label all items to include nutritional information, and clearly identify items which meet the Good4You Eat Healthy criteria.

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 case for bulk products. If the item does not have a label, ask your vendor or the product manufacturer to provide this information.

Example: Granola bar

PRODUCT ASSESSMENT

Although all other nutrients meet the criteria, sugar is too high, so this product **does not** meet the Good4You criteria for healthy snacks and desserts.

The sugar content should be no more than 10 grams unless product is a fruit or vegetable with naturally occurring sugars.



For all items that meet the Good4You nutrition criteria, consider labeling the individual item or the entire row with a Good4You sticker!

Templates are available at

WWW.OHIOHOSPITALS.ORG/GOOD4YOU

Nutrition Facts

Serving Size 1 bar (42g)
Servings Per Package: 1

Amount Per Serving

		% Daily Value*
✓ Calories	180	Calories from Fat 60
✓ Total Fat	6g	9%
✓ Saturated Fat	0.5g	2%
✓ Trans Fat	0g	
Cholesterol	0mg	0%
✓ Sodium	160mg	7%
Total Carbohydrate	29g	10%
✓ Dietary Fiber	2g	3%
✗ Sugars	11g	

Ingredients:

WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CRISP RICE (RICE FLOUR, SUGAR, MALT, SALT), SOY PROTEIN, HONEY, BROWN SUGAR SYRUP, HIGH FRUCTOSE CORN SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, ALMOND FLOUR, PEANUT FLOUR, PECAN FLOUR, HAZELNUT FLOUR, WALNUT FLOUR, NUT, PECAN, HAZELNUT AND WALNUT INGREDIENTS.

Always look at **Servings Per Package**. See tip below.

SERVING SIZE MATTERS

Pre-packaged items with more than one serving per package require some calculations to determine if they meet the nutrient criteria. For example, if the product says 2 servings per package, all nutrient values must be multiplied by 2 to determine the "per package" amounts.

Oats listed in the ingredients means this is a grain-based food and the fiber criterion applies.

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 Vending ASSESSMENT TOOL
SUMMARY

After completing the individual machine assessment grids, use this form to collect your total numbers and assess your hospital's overall vending machine environment. Both the individual and summary assessment tools are available for download at www.ohiohospitals.org/good4you.

Vending Machine	Location	Number of Slots	Number of items Meeting Criteria
815A	2nd floor	50	25
815B	2nd floor - lobby	60	27
216A			28

DATE: _____

MACHINE: 815A DATE: 10/15/14
LOCATION: 2nd floor

✓	X	✓	✓	✓	X	█	█	█	█
✓	X	✓	X	X	X	█	█	█	█
X	✓	✓	✓	X	X	█	█	█	█
X	X	X	✓	✓	X	█	█	█	█
✓	X	✓	✓	✓	✓	█	█	█	█
✓	✓	✓	X	✓	✓	✓	X	X	X
✓	✓	✓	X	X	X	X	X	X	X

Total slots: Number of items meeting criteria:

There is a gluten free option in the machine.
 If refrigerated, this machines has a fruit and vegetable option.
 All items that meet the Good4You criteria are labeled as Good4You.

INSTITUTE FOR HEALTH INNOVATION
of the OHIO HOSPITAL ASSOCIATION

GETTING STARTED LEVEL 1 LEVEL 2 LEVEL 3 GOOD4YOU

PERCENT OF ITEMS MEETING THE GOOD4YOU CRITERIA



Resources

Good4You labels and other materials are available at WWW.OHIOHOSPITALS.ORG/GOOD4YOU



GOOD4YOU Eat Healthy NUTRITION CRITERIA

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 Alt. ≤ 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.)

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



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