

Vending machines in schools

Food Smart Schools • another naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

School vending machines should reflect your school's healthy eating philosophy. It is important that food and drinks in vending machines are from the GREEN and AMBER category of *Smart Choices, the Healthy Food and Drink Supply Strategy for Queensland Schools*.

Tips for stocking a vending machine with healthy options:

- Conduct a Google search to find healthy vending machine companies.
- Take into consideration the shelf life of products (fresh versus packaged).
- Check products against Smart Choices criteria (NAQ Nutrition can provide assistance with this).
- Promote your vending machine to your school community.

smart CHOICES Food and drink SPECTRUM

'Have Plenty'

Encourage and promote these foods and drinks.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

'Select carefully'

Do not let these foods and drinks dominate the choices and avoid large serving sizes.

These foods and drinks:

- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

'Occasionally'

These foods and drinks are to be supplied on no more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)

Queensland Government
Department of Education, Training and Employment

Smart Choices Food and Drink Spectrum, Source: Queensland Government, Department of Education, Training and Employment.

GREEN and AMBER products to consider for school vending machines include:

- unsalted nuts and seeds
- fresh or dried fruit e.g. bananas
- trail mix (nuts, seeds, dried fruit)
- healthy dips with wholegrain crackers
- cheese and wholegrain crackers
- reduced fat yoghurt



- rice or corn cakes
- air popped popcorn
- reduced fat muffins
- reduced fat milk
- water.

