



Healthy Vending Machines

Promoting good workplace nutrition – one coin at a time!

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Finances are tight lately. Maybe your wellness budget has been shrinking. You need health promotion ideas that are low-cost, yet wide-reaching with high yield.

Consider that times are tight for employees, too. They may have less “lunch money” than in the past, and may be dining at the company vending machines more. The days of meeting at local restaurants are on hold.

Now consider the lowly food vending machine at your work place. Maybe it’s time to use it to better advantage. Does it reflect the idea that your company is committed to health and vitality? And, that working “alive, awake, alert and enthusiastic!” is helped by good nutrition?

A vending machine that displays healthy and inviting choices visibly projects your company’s culture of wellness and health. It can be a showcase for the message that your organization cares about the health of all members. These machines display their wares 24/7, not only to those who use them, but even to passers by. A “trophy case” of good nutrition choices sends a health promotion message that is low-cost, wide-reaching, yet high-yield. That’s timely considering both your budget and that of employees!



Visit this URL (<http://www.affinityhealth.org/object/services-specialty-occupational-blog-vending-CDC-2009-10-27.html>) for a PDF that provides step-by-step remedies for unhealthy vending machines. It comes from the CDC’s “Lean Works” initiatives, which you can browse at <http://www.cdc.gov/leanworks/build/environmental.html>.

If you meet with your vendor and review this guide, additional ideas will flourish. Food vendors are becoming very familiar with these requests, and they may offer surprisingly good and low-cost suggestions. One I saw was placement of all the healthy choices to the right and unhealthy to the left, with a sign challenging customers to “Make the Right Choice!” And, increasing the price of unhealthy options, to underwrite the cost of the healthier choices, almost guarantees more healthy items will be chosen.

Hey, times are tough. Everybody has to do their part. Even the snack machine!