

# Vending Machines

Vending machines are usually filled with less healthy food and beverages. These options are very tempting and can make it difficult for people to make healthy choices. To promote optimal mental and physical health in your community, consider:

- removing vending machines from your recreation centre
- limiting food and beverages to healthier options only, if vending machines are necessary
- following the **tips to create a healthier vending machine**, if the first two options are not possible

## Tips to Create a Healthier Vending Machine

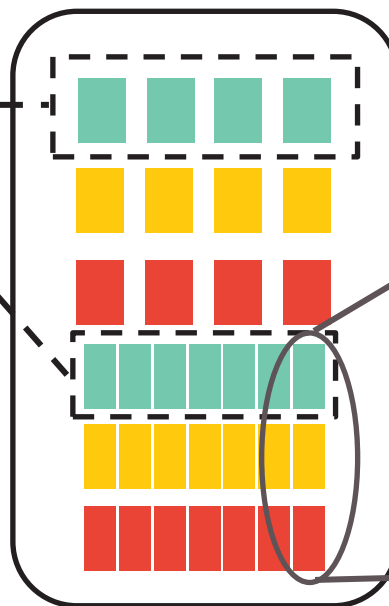
### Set a Target

Offer a minimum percentage of healthier options.



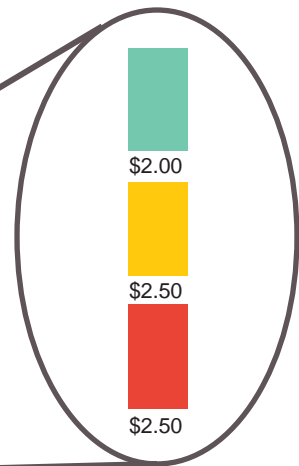
### Serving Size

Offer the smallest available product size.



### Taste Test

Let customers taste new healthier products and provide feedback.



### Placement

Place healthiest options at eye level or first in the order of selections.

### Promotion

Ensure machine decals promote healthier options.

Use promotional signage to increase sales of healthier products.

### Strategic Pricing

Price healthier products at least \$0.50 less than comparable options.



Food Retail Environments  
Shaping Health:  
Intervention Toolkit



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