



Healthy Vending Options

Not eating enough fruits and vegetables is one of the largest health concerns facing Americans today. The CDC reports that almost 90% of American adults are not eating the daily recommended amount. Increasing the availability of convenient healthy options can increase the chances of student and employees purchasing them, and in return consuming more nutrients. Implementing a healthy grab and go option, creating a price-point advantage on healthier products or simply bringing healthier options to light by putting them at eye level can help consumers make better choices. By inviting food service managers and those who oversee vending to participate in the wellness committee, collaboration can help facilitate better options. This budget may include machinery/new contracts, taste tests to determine which items people are going to accept, and marketing materials.

How to Implement

- Include those who oversee vending as well as food service managers on the wellness committee.
- Establish what employees would like to see and be able to purchase. Examples include:
 - KIND bars
 - KIND protein bars
 - Boom-Chika-Pop
 - Pretzels
 - Trail mix
 - Almonds
 - Chocolate covered almonds
 - BBQ almonds
 - Bare fruit
 - Whole grain sun chips
 - Pop chips
 - Popcorn
 - Fruit and cheese cups
 - Veggie and hummus cups
 - Carrots and ranch dip
 - Yogurt/parfait bars
 - Whole grain wraps with veggies
 - Cut fruit cups
 - Fruit and nut/seed cups
 - Tuna and cracker kits
 - Whole grain sandwiches
 - Soup cups that can be heated
 - Sparkling water
 - Bai water
 - Honest Tea
 - La Croix
 - Bubly
 - Perrier
 - Pellegrino



PennState

LionPulse

- Establish what kind of machine and inserts are necessary to make changes
- Try to make more than 50% of all machines better choices
- PROMOTE the new and healthy products through good signage, strategic placement (front and center), and price-point advantages on the healthier items

Evaluation

To assess the impact of the intervention:

- Track sales of healthier items (watch for increases pre/post)
- Survey students and employees on the acceptability of the new offerings/promotions
- Look at the number of fruits and vegetables served per week pre and post
- Survey students and employees regarding exposure to and awareness of healthier options/perception of wellness.



Example Pre and Post Questions:

- Would you say that in general your health is:
 - Excellent
 - Very good
 - Good
 - Fair
 - Poor
 - Don't know

- In general, how healthy is your overall diet?
 - Excellent
 - Very Good
 - Good
 - Fair
 - Poor
 - Don't Know
 - Refused

- Not including juices, how often did you eat fruit? You can tell me times per day, times per week or times per month.
 - Per Month
 - Per Week
 - Per Day
 - Don't Know
 - Refused
 - Number of times: _____

- How often did you eat other vegetables? You can tell me times per day, week or month.
 - Per Day
 - Per Week
 - Per Month
 - Don't Know
 - Refused
 - Number of times: _____

- During the past 7 days, how many meals did you get that were prepared away from home in places such as restaurants, fast food places, food stands, grocery stores, or from vending machines?
 - How many of those meals did you get from a fast-food or pizza place?

- During the past 30 days, how often did you eat frozen meals or frozen pizzas?

- "In the last 12 months, we worried whether our food would run out before we got money to buy more." For your household, was that:
 - Sometimes true
 - Never true
 - Often true



PennState

LionPulse

- "The food we bought didn't last and we didn't have money to get more." For your household, was that:
 - Often true
 - Sometimes true
 - Never true

- How satisfied are you with current wellness programs?
 - Very satisfied
 - Satisfied
 - Neutral
 - Dissatisfied
 - Very dissatisfied

- All in all, how satisfied would you say you are with your job?
 - Very satisfied
 - Somewhat satisfied
 - Not too satisfied
 - Not at all satisfied