



## Getting “Healthy Change” from Your Change

- Fifty-seven percent of Americans consume meals and snacks away from home on any given day. Food away from home includes foods and beverages purchased from vending machines.
- Foods and beverages sold in vending machines do not have to meet specific standards for certain nutrients and may be high in calories, total fat, saturated fat, added sugars, cholesterol, and sodium.
- School nutrition policies must be developed that limit the sale of less healthy food choices or competitive foods. Policy changes can be made for vending machine options as well as food sold for fund-raising events, a la carte choices in the school cafeteria, and snacks sold in school stores.
- Employers and employees can work together to ensure that vending machines at worksites include healthy snacks and beverages.
- Vending machines are found in large and small businesses, town offices, community and recreation centers, retail and grocery stores, sports arenas, government buildings, etc. Look for places in your community where vending machines are located and start building support for healthy changes.

## Why This Is Important

- Improving nutrition and increasing physical activity can prevent and control the epidemic of overweight and obesity, as well as decrease the risk of chronic diseases including cardiovascular disease, diabetes, cancer, and osteoporosis.
- Policy and environmental changes for nutrition and physical activity make it easy for everyone to choose healthier options.
- Developing policies that support healthy options in vending machines makes healthy choices more widely available. Policies include written laws, regulations, and rules that have the power to guide behavior.
- Environmental interventions include changes to the economic, social, or physical environment. Settings where foods and beverages are sold from vending machines are especially suitable for environmental interventions.

## For More Information

- See Section 5 for Fact Sheets, pages 49-51.
- See Section 6 for Resources, pages 54-57.