

Sample Guideline

Creating Healthier Vending Machine Guidelines helps create a smoother transition towards offering healthier vending products. It not only communicates minimum standards but can also guide actions to help you achieve your overall healthier vending goals.

Below is an example of a vending machine guideline with ideas for you to incorporate into your own guideline. It helps to keep contract terms shorter so improvements can be easily made in the future. You can choose to start with a higher percentage of Sell More items initially or phase into your target over several years.

ActiveYou Recreation Centre: Nutritious Vending Strategy

Developed: January 2023

Up for Renewal: January 2026

This vending guideline outlines specific criteria for vending at ActiveYou Recreation Centre. This aligns with the overall ActiveYou Healthy Eating policy.

Nutrition Criteria

[Canada's Food Guide](#) and the [Healthier Vending and Snacks](#) resource will be used to determine healthy choices for vending products.

Percentage of Healthy Options

Initial:

- 40% Sell More products, 60% Sell Smaller Portions products, 0% Not Recommended products in 2023.

Plan:

- Increase Sell More products by 5% each year.
- Decrease Sell Smaller Portions products by 5% each year.

Goal:

- Achieve 60% Sell More products and 40% Sell Smaller Portions products by 2026.

Placement

Vending Machine Location:

- Vending machines with the most Sell More products will be placed in the most visible and accessible location of all the machines.

Product placement within machines:

- Sell More products will be placed at eye level to make them most visible to users.
- Sell Smaller Portions products will be placed at the top or bottom of the machine.

Promotion

- To support healthy choices, if the sides and front panels of vending machines are used as promotional spaces, only Sell More products will be spotlighted.

Pricing

- To support healthy choices, Sell More products will be priced competitively (less than or at least equal) to Sell Less (and Smaller Portions) products. It is acceptable to offset this by slightly increasing the price of Sell Less (and Smaller Portions) products.

This guideline was approved by the ActiveYou Board of Directors in January 2023. The committee will review and update it in 2026.