



**HEALTHY
KANSAS
HOSPITALS**

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.



Implementing Healthier Vending Options

Hospitals represent unique work environments, as many staff members work lengthy shifts, often spanning the late and overnight hours when kitchens and cafeterias already have closed for the day. As a result, vending machines too often are the source for meals, snacks and beverages for many hospital workers and guests on a daily basis. However, food items found in vending areas do not have to be dominated by processed food options and beverage products typically high in calories, salt and sugar. Improvement of the nutritional quality for vending machine selections is an important component to creating a healthier workplace environment.

Tips for Healthy Vending

- Choose the right vending partner. You deserve to receive good customer service from your business partner. Consider how well the vendor responds to problems and concerns, as well as whether the company understands your needs as a health care provider.
- Place healthier foods in vending machines at eye level or identify the healthier selections with stickers to make them more visible and to increase purchase/consumption.
- Remove and replace unhealthy items. For food items, only offer items that are 200 calories or less with no more than 240 milligrams of sodium per package. For beverages, milk should be fat-free or low-fat and less than 200 calories per container. Only offer 100 percent fruit and vegetable juices of no more than 6-8 ounces in size.
- Select the smallest package sizes offered by your vendor.
- Eliminate or reduce all candy, regular chips, desserts and sweet baked items, and sugar-sweetened beverages.
- Post calorie and sodium content for all items on or near the machine.
- Sell healthier items at discounted prices.
- Choose popular products.



Area Vendors Who Can Assist With Healthy Vending

Treat America Food Services offers comprehensive, customized food service solutions tailored to the needs of each individual client. The company provides full service vending programs at health care facilities and other businesses throughout the Midwest, offering hundreds of quality, name-brand snacks, a wide assortment of beverages and a variety of nutritionally sensitive selections.



Snacks on Racks is a one-stop vendor that offers healthier eating choices to compete with the “candy bar” around-the-clock. Its “Doctor’s Lounge” offers a variety of healthy snacks that appeal to physicians. The company’s vending program offers many choices, including:

- Peg bags and gourmet snack packs;
- Gluten-free, sugar-free and nut-free items;
- Certified organic and all-natural products;
- Vegan, kosher and halal allowed choices;
- No sodium/low sodium products; and
- No Trans fat, fat-free and low-carbohydrate options.



To learn more about ordering healthy vending items, contact Traci Parsons at APS at (913) 327-8730.

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