



Mayors Wellness Campaign  
Put your community in motion.

## Physical Health & Nutrition



# VENDING MACHINE MAKEOVER



## SNACK SMARTER

- Revamp the vending machines in public places in your town by adding healthier, more nutritious snack and beverage alternatives. For example, a CDC study demonstrates significant reductions in the consumption of sugary beverages in schools that implemented a **Vending Machine Makeover policy**.
- Post signage at the vending machines with relevant nutrition information about items offered.
- Be sure healthier alternatives and water are included as options in the vending machines.



## ACTION STEPS

### Reach Out

- Reach out to the vending machine company and discuss restocking machines with healthier options.

### Educate Your Community

- Create educational materials that can be posted on or near vending machines.
- Let residents know about the ingredients in the foods offered, such as calories, fat content, sodium content, and serving sizes.
- Urge consumers to consider the healthy options or alternatives offered in the vending machines.

### Set an Example

- Be sure the vending machines in the town hall and in schools are the example that you want all businesses in your community to emulate.
- Renovate water fountains in your buildings to encourage more consumption of water, without the expense and waste of plastic water bottles.

### BE THE FIRST!

Tell the Mayors Wellness Campaign what you did so we can spotlight your work here!



## MORE RESOURCES

### Healthy Vending Toolkit

For more information, contact the New Jersey Health Care Quality Institute's Mayor's Wellness Campaign at 609-452-5980 or [info@njhcqi.org](mailto:info@njhcqi.org)