



## 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