



These guidelines help make it easier for people in your building to choose healthier beverages from the vending machine.

Make water plentiful and easiest to find.

1. Stock water in **at least two** slots or buttons per vending machine.

- ◆ If tap water is available near the vending machine, you may substitute flavored and unflavored seltzer water for regular bottled water.
- ◆ Provide water with 0 calories and **no added** color, flavor or sweetener.

2. Stock water and seltzer at eye level, where they are likeliest to sell. Place high-calorie beverages farthest from eye level.

Stock low-calorie beverages in the remaining slots.

3. Stock the rest of the vending machine with **low-calorie beverages**.

- ◆ Low-calorie beverages contain 25 calories or less per 8 ounces.

DID YOU KNOW?

- ◆ Advertising plays a key role in decision making. Help your members make healthy choices by promoting healthier beverages.
- ◆ A 20-ounce bottle of soda can contain 16 packets of sugar. Choose seltzer or plain water instead.

Limit high-calorie beverages, if you stock them.

4. If you want to include **high-calorie beverages**, do not exceed two slots or buttons per vending machine.

- ◆ High-calorie beverages contain *more than* 25 calories per 8 ounces.

5. If you stock high-calorie beverages, only sell them in a 16-ounce or (even better) smaller container.

Make the healthy choice the easy choice.

6. Advertise **only** healthier beverages (water and low-calorie beverages) on the vending machine. Post health-related educational materials on or near it.

Take extra steps if you serve children and youth (up to age 18).

7. If you serve children aged 12 and under, *always* stock beverages containing 10 calories or less per 8 ounces.

8. If you serve children aged 12 and under, *do not* stock beverages containing caffeine.

9. For all children and youth, *do not* stock beverages that contain artificial sweeteners, other non-nutritive sweeteners (e.g., stevia, erythritol), artificial flavors or artificial colors.