



Resources for worksites:

Nutrition Environment Measure Survey-Vending (NEMS-V) assessment tools and Worksite Vending Machine Report Card

Training videos on how to complete a vending machine assessment and how to determine healthy choices using the Healthy Choices Calculator or phone app

Worksite Video (10 minutes)

Vendor Video (5 minutes)

Vending machine signs and banners

Vending machine and floor clings

Worksite Promotional Signage (Blue Collar and White Collar)

- Table tents
- Bathroom Signs
- Pledge Cards
- Snack Tracking Calendars
- Paystub stuffers
- E-mail Messages
- Bi-monthly Newsletters in print-ready and editable formats

Visit www.nems-v.com



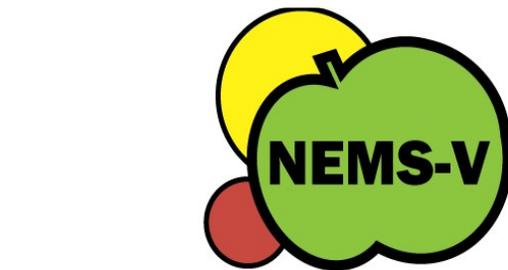
Want to find out what color your favorite vending products are?

Visit www.nems-v.com and use the **Healthy Choices Calculator** or phone app to see if other snacks fit the criteria.

Nutrition standards for the NEMS-V are based on Health and Human Services Sustainability Guidelines for Federal Concessions and Vending Operations (2012).



For more information, contact



www.nems-v.com



Healthy Vending in the Workplace

If your worksite wants to start improving access to healthier foods and beverages for your employees, vending may be a good place to start. After success in offering healthier vending, you may then want to look at other offerings at the cafeteria or selecting healthy options for meetings or office celebrations like birthdays and holidays.





Worksite Strategies

Healthy employees live longer, feel better, are more productive, require fewer sick days, and help keep health care costs down.

- Use the Nutrition Environment Measures Survey – Vending or NEMS-V assessment tool to generate a report card for your current inventory of vending products.
- Provide the vending machine company with NEMS-V healthy food and beverage standards and reference list located under NEMS-V tools at www.nems-v.com.
- Work with the vendor to obtain samples from their distributors and hold taste testings. Share results with the vendor.
- Assist vendor with finding and marking healthy products that you would like stocked in the machine. Healthy Choices Calculator and phone app can be found at www.nems-v.com.
- Develop a plan to market healthy choices. Click on worksite kit at www.nems-v.com for resources.

Healthy Vending involves buy-in at many levels:

- CEO/management
- Worksite champion
- Vendor
- Employee/customer

Often a healthy vending project is started voluntarily by the worksite and the vendor. After working out any issues, include the specific requirements that have been agreed on in the next vending contract. This is a great way to sustain the availability of healthy choices in your vending machines.

Remember—the healthier items may not be demanded at first. The transition can go more smoothly by partnering with the vendor to use marketing materials, promotions, and changes to pricing.

Employee Support

Get employee feedback on current vending habits and what it would take to change purchasing habits through

- Employee surveys
- Focus groups—informal or formal
- Sample tasting of new products

Encourage employees to support any changes made—they will be much more likely to do so if they feel that they are a part of the solution.

Employees or vending customers consist of those that currently make vending machine purchases and the potential new customers who do not expect to find healthy vending options and do not currently make vending purchases.

The veteran vending machine customers need to know how to identify the healthy choices when they go to the machine and change their vending purchases to healthy options at least some of the time. The new customer will need messages to encourage them to come see what is new and healthy.

