

# rethink sugary drink



## HEALTHY DRINKS VENDING MACHINE Guidelines

Rethink Sugary Drink's **Healthy Drinks Vending Machine Guidelines** aim to help workplaces, schools, hospitals, sport and leisure centres and other organisations stock vending machines with healthier drink choices.

Recommendations are based on the Victorian Government's **Healthy Choices** guidelines and use a traffic light system of:

- **GREEN** (best choice)
- **AMBER** (choose carefully)
- **RED** (limit).

<b>GREEN</b> drink options Stock vending machines with at least 50% <b>GREEN</b> options	<ul style="list-style-type: none"><li>• Still/sparkling water with no added colour, flavour or sweetener</li><li>• Lightly flavoured still or sparkling water (no added sugar)</li><li>• Reduced-fat flavoured milks in &lt;900kJ per serve as sold (generally 250mL)</li></ul>
<b>AMBER</b> drink options	<ul style="list-style-type: none"><li>• 99% fruit and vegetable juices, no added sugar, in 250mL packs</li><li>• Flavoured milks 900–1600kJ per serve as sold</li><li>• Diet or low-kilojoule soft drinks (no added sugar)</li><li>• Diet or low-kilojoule sports drinks (no added sugar)</li><li>• Artificially sweetened energy drinks in less than 250mL portion sizes</li></ul>
<b>RED</b> drink options should be removed or limited to no more than 20%	<ul style="list-style-type: none"><li>• Regular soft drink</li><li>• Regular energy drinks</li><li>• Regular sports drinks</li><li>• Fruit drinks and fruit juice with added sugar</li><li>• Iced teas/flavoured teas</li><li>• Flavoured water with added sugar</li><li>• 100% fruit juice &gt;250mL portion size</li><li>• Milk drinks &gt;1600kJ portion size</li></ul>

**RED** drinks should not be included at all in vending machines located in children or adolescent settings such as schools.

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## FOR A HEALTHY DRINKS VENDING MACHINE:

### Proportions

- **GREEN** drinks should make up at least 50% of the display and be most prominent.
- Plain water (still or sparkling) should occupy the largest amount of display space in the vending machine.
- **RED** drinks should make up no more than 20% of display (generally 1 row).

### Locations

- Stock plain still or sparkling water at eye level or in the highest-selling position.

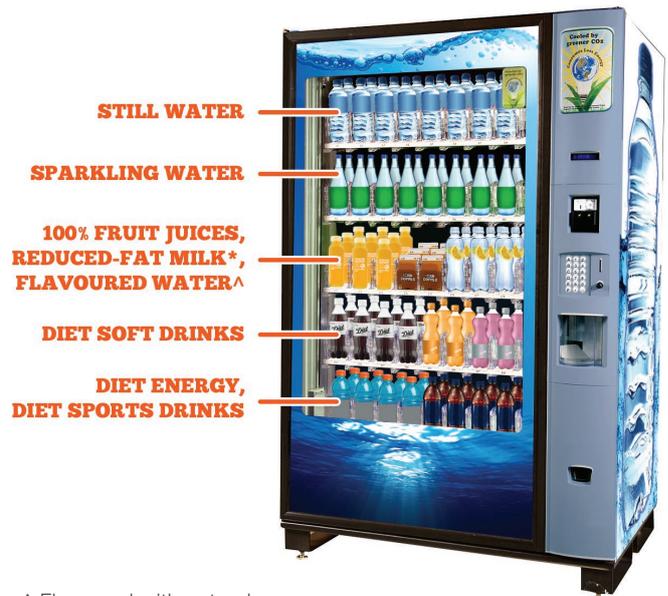
### Pricing

- Set a lower price for water – make the healthiest choice the cheapest and subsidise by making unhealthy drinks more expensive.

### Promotion/Information

- Promotional material featuring **RED** drinks, or brands that are strongly associated with **RED** drinks, should not be visible to customers.

## EXAMPLE OF A HEALTHY VENDING MACHINE



^ Flavoured with natural essence

\* Plain milk is preferred, however, flavoured milk is acceptable. Despite containing added sugar, flavoured milk is an important source of calcium and protein, assisting growth and healthy bone and tooth development. Choose products with less than 900kJ.

### For more information

- For sugary drink consumption data, research, case studies and resources, visit the [For Professionals](#) page on the Rethink Sugary Drink website.
- Learn more about the health impacts of regular sugary drink consumption on the [Facts](#) page.
- Email Rethink Sugary Drink [rethinksugarydrink@cancervic.org.au](mailto:rethinksugarydrink@cancervic.org.au)

