
Healthier Choices in Vending Machines in BC Public Buildings: At a Glance





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OVERVIEW

The Government of British Columbia is committed to helping British Columbians make healthy choices where they live, learn, work and play. The *Healthier Choices in Vending Machines in BC Public Buildings Policy* (Policy) contributes to healthy eating environments in B.C. Public Buildings.

The minimum nutrition standard for prepackaged food and beverages for the Policy is defined by the Nutrient Criteria outlined in the Policy. The Nutrient Criteria are aligned with the *Guidelines for Food and Beverage Sales in British Columbia Schools (2013 Edition)* with adaptations for a broad age range. The Nutrient Criteria are used to score food and beverages as Sell Most, Sell Sometimes or Do Not Sell items.

WHY DO WE NEED A POLICY?

The Policy supports healthy eating at work and in the community by increasing access to healthy food and beverage choices in vending machines. Increasing the availability of healthier prepackaged food and beverages is one way to help create healthier food environments. Food environments that provide access to nutritious food and beverages reinforce healthy choices and help to shape health behaviours. By adopting the Policy, your organization is supporting the public to choose healthier food and beverage options. This can help individuals attain and maintain their optimal health and wellbeing.

WHAT IS THE POLICY?

Since 2006, the Policy has guided Provincial Public Bodies to ensure that all food and beverages vended in Public Buildings are Sell Most or Sell Sometimes products as defined by the Nutrient Criteria.

The Policy requires vending machines to contain:

- » At least 50% Sell Most food and beverage choices;
- » Up to 50% Sell Sometimes food and beverage choices; and
- » No Do Not Sell food or beverage choices.

See the Policy for a full description of the requirements.
<http://www.health.gov.bc.ca/healthyeating/vending.html>

ABOUT THE NUTRIENT CRITERIA

The Nutrient Criteria define the Policy's minimum nutrient standard for prepackaged food or beverage products. Food and beverages with an **ingredient list** and **Nutrition Facts table** can be scored with the Nutrient Criteria. These products are scored as Sell Most, Sell Sometimes or Do Not Sell.

The scoring categories refer to items sold, but can also be applied to foods that are offered in a community setting or workplace.

SELL MOST	SELL SOMETIMES	DO NOT SELL
Food and beverages in this category are healthier options. They tend to be higher in essential nutrients and lower in sodium, sugar and fat.	Food and beverages in this category provide essential nutrients but have higher amounts of sodium, sugar or fat than those in the Sell Most category.	Food and beverages in this category contain higher amounts of fat, sodium or sugar, and may be less nutritious.

View the full Policy and Nutrient Criteria online at:
<http://www.health.gov.bc.ca/healthyeating/vending.html>

SCORING PREPACKAGED FOOD AND BEVERAGES USING THE NUTRIENT CRITERIA

There are two ways to score your prepackaged food and beverage products:

- » Use the **Brand Name Food List** to select pre-scored products for the Sell Most and Sell Sometimes categories, or submit your products for scoring by a Registered Dietitian.
www.brandnamefoodlist.ca
- » Compare the information on the product label to the Nutrient Criteria found in the Policy and score the products yourself.
For the full Nutrient Criteria see:
<http://www.health.gov.bc.ca/healthyeating/vending.html>





WHERE CAN I FIND OUT MORE?

For more information on the Policy and supporting resources, please visit:
www.health.gov.bc.ca/healthyeating/vending.html
www.healthlinkbc.ca/foodguidelines

HEALTHLINK BC

Connect with a Registered Dietitian at HealthLink BC by dialing 8-1-1, or sending an email (foodpolicy@gov.bc.ca).

BRAND NAME FOOD LIST

The **Brand Name Food List** is an online tool where prepackaged and franchised food and beverages available in B.C. are scored using the Nutrient Criteria. The products listed are based on user submissions. Anyone can submit products to add to the Brand Name Food List.
www.brandnamefoodlist.ca

FOOD AND BEVERAGE STOCK LIST

Here are examples of vending inventory tools you can adapt for your setting:

- » Ministry of Education
www.bced.gov.bc.ca/health/stocklist_tool.pdf
- » Generic template, Ministry RFP vending services, Ministry of Education
<http://healthyschoolsbc.ca/program/403/sample-school-district-vending-machine-services-requestfor-proposal>

