

Sample Healthier Vending Machine Products

listed by food category

This report was created by Eat Well Tasmania for use by vending machine suppliers, and employers or organisations stocking their own vending machines.

This report lists food products which met the green and amber criteria for healthier food product options at the time of assessment, and so may be suitable substitutes for less healthy vending machine products.

Eat Well Tasmania does not endorse or support these products nor their manufacturers. A listing of a product in this report does not constitute promotion of that product, nor guarantee long term healthier vending suitability.

This may not be a complete list of all products, varieties and flavours that meet the Eat Well Tasmania nutritional guidelines for healthier vending products.



For more information, visit www.eatwelltas.org.au/hover
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This report was created on 12 October 2010 and contains 87 products.



Sample Healthier Vending Machine Products (by food category)








Manufacturer/Product	Product Size	Criteria Rating	Image(s)	Refridgerated?	Dimensions (H x W x D in mm)	Purchase Price	Date Assessed	Comments
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Breads and Cereals

Kelloggs Sultana Bran	45g	Green			110 x 110 x 50	\$1.70	Jul-10	
Sanitarium Light 'n' Tasty	40g	Green			113 x 82 x 52	\$0.99	Aug-10	
Sanitarium Weet-Bix	30g	Green			105 x 75 x 50	\$0.63	Aug-10	
Uncle Tobys Oats (Original)	30g	Green			96 x 96 x 69	\$1.79	Aug-10	
Carmens Classic Fruit Muesli	50g	Amber			96 x 96 x 50	\$1.29	Aug-10	Only 0.4g/100g over in sat fat content
Kelloggs Just Right	45g	Amber			110 x 110 x 50	\$1.70	Jul-10	











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Uncle Tobys Oats (Creamy Honey)	35g	Amber			96 x 96 x 69	\$1.79	Aug-10	
Dairy Products and Alternatives								
Aunt Bettys Creamy Rice	4 x 100g	Green			40 x 68 x 68	\$0.70	Aug-10	Sold as pack of 4 x 100g, assessed as split to individual products.
Bulla Fruit 'n' Yoghurt	200g	Green		Yes	130 x 52 x 52	\$1.66	Aug-10	Available in 6 flavours.
Dairy Farmers Squeezie Yoghurt (Fruit Frenzy)	70g	Green		Yes	146 x 70 x 15	\$1.24	Aug-10	Also available in Banana, Strawberry, Apple & Blackcurrant flavours
Devondale Point One (Milk)	150ml	Green			95 x 50 x 40	\$0.67	Aug-10	
Mainland Munchables Light Cheese and Rice Crackers	35g	Green	 	Yes	120 x 70 x 22	\$1.30	Aug-10	









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Mainland On the Go Light Cheese and Crackers	4 x 30g	Green	 	Yes	118 x 70 x 20	\$1.25	Aug-10	Sold as pack of 4 x 120g, assessed as split to individual products.
Ski Double Up Yoghurt and Muesli	165g	Green		Yes	97 x 97 x 60	\$2.29	Aug-10	
Devondale Full Cream Milk	150ml	Amber			95 x 50 x 40	\$0.67	Aug-10	
Mainland Munchables Cheese and Biscuits	30g	Amber	 	Yes	120 x 70 x 18	\$1.30	Aug-10	Sold as pack of 4 x 30g, assessed as split to individual products
Drinks								
Frantelle Bottled Water	600ml	Green			230 x 70 x 70	\$1.29	Aug-10	
Nippys Flavoured Dairy Drink (Iced Chocolate)	375ml	Green		Yes	110 x 76 x 48	\$1.75	Jul-10	Coffee, Strawberry, Honeycomb, Vanilla Malt and Banana flavours available.





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Sanitarium So Good Soy Milk (Regular)	250ml	Green		Yes	105 x 65 x 40		Sep-10	
Sanitarium Up & Go Liquid Breakfast	350mL	Green		No	145 x 62 x 40	\$2.57	Aug-10	Is shelf stable non-refrigerated, but should be refrigerated as a drink. Strawberry, Vanilla Ice, Choc Ice, Banana and Banana & Honey flavours available.
Berri Just Juice	200ml	Amber			87 x 64 x 40	\$0.59	Aug-10	Sold as pack of 6 x 200ml, assessed as split to individual products. Other flavours available
Campbells V8 Fruit and Veg Juice	250mL	Amber		No	75 x 75 x 49	\$1.38	Aug-10	Is shelf stable non-refrigerated, but should be refrigerated as a drink
Campbells V8 Vegetable Juice	250mL	Amber		No	75 x 75 x 49	\$1.38	Aug-10	Is shelf stable non-refrigerated, but should be refrigerated as a drink
Extras/Occasional								
Go Natural Popcorn and Fruit Bars (Apple Sultana & Cranberry)	5 x 35g	Amber			150 x 33 x 22	\$0.95	Aug-10	Sold as pack of 5 x 35g, assessed as split to individual products. Apple, Apricot and Banana flavour available.



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Uncle Tobys Le Snak (Cheddar Cheese)	22g	Amber			100 x 64 x 15	\$0.70	Aug-10	Sold as pack of 6 x 22g, assessed as split to individual products. Price range from \$0.60 - 0.80 depending on # of items per product. Tasty Cheese and French Onion flavours available.
Wrigleys Extra Sugar Free Gum (Spearmint)	27g	Amber			92 x 48 x 10	\$1.72	Aug-10	Sold as pack of 14 x 1.9g, assessed as sold. Also available in Peppermint, Sweetmint, Strawberry, Tropical, Blueberry and Bananaberry flavours.

Fruit, Vegetables and Legumes

Edgell 3 Beans & Corn (Balsamic Vinegar)	150g	Green			87 x 87 x 52	\$2.49	Aug-10	
Edgell 3 Beans & Corn (Honey & Wholegrain Mustard)	150g	Green			87 x 87 x 52	\$2.49	Aug-10	
Edgell 3 Beans & Corn (Red Wine Vinaigrette)	150g	Green			87 x 87 x 52	\$2.49	Aug-10	





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Goulburn Valley Fruit Snacks (Diced Two Fruits)	140g	Green			50 x 66 x 74	\$1.20	Jul-10	Price range from \$1.20 - \$1.50 depending on # of items per product. Several other fruit flavours available.
Heinz Apple & Apricot Stewed Fruit	2 x 100g	Green			144 x 97 x 34	\$3.00	Aug-10	Sold as 2 x 100g packets, could be split
Heinz Baked Beans (Salt reduced)	220g	Green			75 x 67 x 67	\$1.33	Aug-10	
Sun Valley Australia True Fruit Bars (Apricot and Apple)	6 x 20g	Green	 		180 x 50 x 5	\$0.65	Aug-10	Sold as pack of 6 x 20g, assessed as split to individual products. Tropical Fruit Salad flavour available.
Sunbeam Apple and Sultanas	6 x 25g	Green			68 x 50 x 21	\$0.48	Aug-10	Sold as pack of 6 x 25g, assessed as split to individual products.
Woolworths Diced Peaches in Fruit Juice	2 x 140g	Green			155 x 88 x 52	\$1.00	Aug-10	Sold as 2 x 140g packets, could be split. Price range from \$0.95 - \$1.10 depending on # of items per product. Other fruit flavours available.



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Uncle Tobys Fruit Fix (Mango)	6 x 22g	Amber	 		150 x 20 x 20	\$0.65	Aug-10	Sold as pack of 6 x 22g, assessed as split to individual products. Strawberry and Blackcurrant flavours available.

Meals/Mixed Food Items

Campbells Country Ladle Soup (Butternut Pumpkin)	430g	Green			80 x 103 x 103	\$3.42	Aug-10	
Campbells Country Ladle Soup (Chicken and Pasta)	430g	Green			80 x 103 x 103	\$3.42	Aug-10	
Campbells Country Ladle Soup (Creamy Tomato)	430g	Green			80 x 103 x 103	\$3.42	Aug-10	
Campbells Country Ladle Soup (Minestrone)	430g	Green			80 x 103 x 103	\$3.42	Aug-10	
Campbells Velish Sensations Soup (Creamy Field Mushroom)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	










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Campbells Velish Sensations Soup (Roast Pumpkin)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Campbells Velish Sensations Soup (Sun Dried Tomato)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Campbells Velish Soup (Butternut Pumpkin)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Campbells Velish Soup (Moroccan Vegetable)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Campbells Velish Soup (Provincial Vegetable)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Campbells Velish Soup (Winter Vegetable)	500g	Green			142 x 76 x 47	\$3.19	Aug-10	
Coles Creamy Butternut Pumpkin Soup	430g	Green			80 x 114 x 114	\$2.99	Aug-10	










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Continental Vegifull Winter Vegetable Cup-a-Soup	2 x 30g	Green			146 x 108 x 30	\$1.89	Aug-10	Sold as pack of 2 x 30g, assessed as sold
Heinz Good Stuff (Cheesy Vegetable Macaroni)	200g	Green			116 x 116 x 52	\$2.11	Aug-10	
Heinz Spirals Red Wine and Roasted Garlic	350g	Green			190 x 130 x 30	\$3.49	Aug-10	
Heinz Tortellini Creamy Pumpkin and Roasted Garlic	350g	Green			190 x 130 x 30	\$3.49	Aug-10	
Heinz Tortellini Mushroom and Bacon	350g	Green			190 x 130 x 30	\$3.49	Aug-10	
La Zuppa Creamy Chicken and Vegetable Soup	420g	Green			100 x 100 x 83	\$2.99	Aug-10	
La Zuppa Minestrone Soup	420g	Green			100 x 100 x 83	\$2.99	Aug-10	










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La Zuppa Ribbolita Tuscan Vegetable Soup	420g	Green			100 x 100 x 83	\$2.99	Aug-10	
St Dalfour Ready to Eat Gourmet to Go (Chicken with Vegetables)	175g	Green			102 x 100 x 47	\$3.45	Aug-10	
St Dalfour Ready to Eat Gourmet to Go (Duck with Vegetables)	175g	Green			102 x 100 x 47	\$3.45	Aug-10	
St Dalfour Ready to Eat Gourmet to Go (Three Beans with Sweetcorn)	175g	Green			102 x 100 x 47	\$3.45	Aug-10	
St Dalfour Ready to Eat Gourmet to Go (Vegetables and Pasta)	175g	Green			102 x 100 x 47	\$3.45	Aug-10	
St Dalfour Ready to Eat Gourmet to Go (Wild Salmon with Vegetables)	175g	Green			102 x 100 x 47	\$3.45	Aug-10	
Sun Rice Roasted Vegetable Brown Rice	250g	Green			183 x 137 x 35	\$3.00	Aug-10	






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Tilda Sun Dried Tomato with Basmati Rice	250g	Green			183 x 137 x 35	\$3.30	Aug-10	Sold as 2 servings, assessed as sold
Tilda Vegetable Biryani	250g	Green			183 x 137 x 35	\$3.30	Aug-10	Sold as 2 servings, assessed as sold
Uncle Bens Wholegrain Rice with Mediterranean Vegetables	250g	Green			183 x 137 x 35	\$3.25	Aug-10	Sold as 2 servings, assessed as sold
Country Cup Wholegrain Chicken Flavoured Noodle Soup	2 x 32g	Amber			146 x 110 x 32	\$0.99	Aug-10	Sold as pack of 2 x 32g, assessed as sold
Maggi 2 Minute Noodles (Curry Flavour)	73g	Amber			150 x 92 x 30	\$0.85	Aug-10	
Sun Rice Brown Fried Rice	250g	Amber			183 x 137 x 35	\$3.00	Aug-10	
Tilda Oriental Stir Fry	250g	Amber			183 x 137 x 35	\$3.30	Aug-10	Sold as 2 servings, assessed as sold



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Trident Hot & Spicy 2 Minute Noodles	85g	Amber			155 x 100 x 40	\$0.82	Aug-10	
Uncle Bens Express Special Fried Rice	250g	Amber			180 x 130 x 30	\$3.25	Aug-10	Sold as 2 servings, assessed as sold
Woolworths Spicy Lentil and Bean Soup	420g	Amber			103 x 103 x 75	\$3.00	Aug-10	Only 10mg sodium in excess of green criteria

Meat and Alternatives

John West Tuna & Beans Capsicum, Sweet Corn, Red Kidney Beans and Chilli	185g	Green			87 x 87 x 45	\$3.35	Aug-10	
John West Tuna & Beans Roasted Capsicum & Three Beans	185g	Green			87 x 87 x 45	\$3.35	Aug-10	
John West Tuna & Beans Three Beans	185g	Green			87 x 87 x 45	\$3.35	Aug-10	








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Natures Works Island Pleasure Fruit and Nut Mix	100g	Green			198 x 134 x 20	\$1.50	Aug-10	
Natures Works Nuts and Raisins	100g	Green			198 x 134 x 20	\$1.50	Aug-10	
NibbleCo All Australian Fruit and Nut Mix	60g	Green			134 x 92 x 20	\$1.80	Aug-10	
NibbleCo Fruit N Nuts	60g	Green			134 x 92 x 20	\$1.80	Aug-10	
NibbleCo Nuts N Grapes	60g	Green			134 x 92 x 20	\$1.80	Aug-10	
Chop Chop Chicken with Lite Mayo	85g	Amber			68 x 68 x 40	\$1.85	Aug-10	
Chop Chop Chicken with Sundried Tomato	85g	Amber			68 x 68 x 40	\$1.85	Aug-10	



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Chop Chop Chicken with Wholegrain Mustard	85g	Amber			68 x 68 x 40	\$1.85	Aug-10	
Greenseas Tuna (Sweet Chilli)	95g	Amber			65 x 65 x 40	\$1.85	Aug-10	Other flavours available
John West Tuna (Lemon and Cracked Pepper)	95g	Amber			65 x 65 x 40	\$1.82	Aug-10	Other flavours available
John West Tuna to Go	61g	Amber			152 x 89 x 25	\$1.70	Aug-10	Use individually sold packets with NIP
NibbleCo Mixed Roast Nut Mix	60g	Amber			134 x 92 x 20	\$1.80	Aug-10	