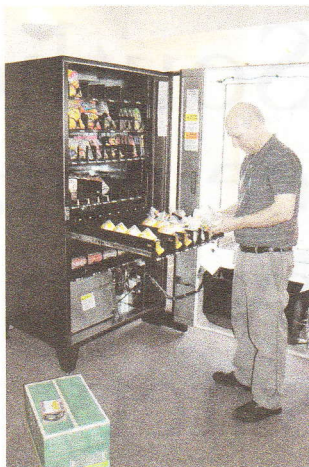


# Healthy snack machine options



**Jim Acott from Isle Snack Vending, replacing less healthy products with healthier options.**

Eat Well Tasmania used Work Safe Tasmania Week to spread the message about its research project, HOVER.

Healthier Options in Vending – an Employers Resource aims to educate employers about healthier snack and meal options that can be included in business vending machines in place of options that are high in salt, sugar and fat.

Eat Well Tasmania project officer Sharon Campbell said vending machines typically included foods known to cause chronic diseases and dietary related illness, but healthier options were available.

“The project is aiming to encourage and educate employers on the fact that there are healthier options available that can be added to their vending machines,” Ms Campbell said.

“Some of the options are healthier cheese and cracker options, microwavable meals, better quality muesli bars and staple things like fruit and nuts bags, little packets of tinned fruit, yoghurt, baked beans and breakfast cereal.”

Eat Well Tasmania has spent the past 12 months researching healthier options for

businesses in the state, and will spend the next 12 months promoting and engaging employers on what it has found.

“The reaction has been excellent, we’ve had a lot of encouragement and people are really pleased that they have an alternative,” Ms Campbell said.

“We’re not looking to take away all of the less healthy options, just replacing the majority with better products.”

Employees are not the only ones to benefit from healthier vending machine options, according to Ms Campbell, who said business owners would also notice a difference.

“There’s a lot of research that links healthy workplaces with employees that are much more productive and a lot more satisfied at work,” she said.

“There is also a lot of research into the fact that healthy workplaces are a more attractive place to work, so there is a large financial gain to be had from providing a healthy workplace.”

**To find out more about Eat Well Tasmania’s HOVER project, visit [www.eatwelltas.org.au/hover](http://www.eatwelltas.org.au/hover)**