

Healthy vending machines better for waistlines

HUNGRY workers can look forward to raiding office, or factory, vending machines without worrying about their waistlines.

Eat Well Tasmania and the State Government have teamed up to deliver vending machines loaded with unsalted nuts, yoghurt, canned fruit and even baked beans.

Health Minister Michelle O'Byrne hopes the Healthier Options for Vending – Employee Resource package will tempt employers who care about their workers' health.

Vending machine operator Jim Acott yesterday said there had been a groundswell of interest in healthy

alternatives in the past five years.

The machines also serve the obligatory Twisties and Mars Bars, with a red-dot classification.

Ms O'Byrne urged people to think before eating the high-kilojoule red-dot snacks, with excess consumption translating into millions of dollars of preventable health costs.