



## Healthy Concessions and Vending Ideas

- Price healthier options similarly to current selections
- Offer items such as wraps, fresh fruit, grilled chicken bites, smoothies, and water
- Snack items should include trail mix, nuts, carrots, raisins, no sugar added applesauce, granola bars, etc.
- Marketing and advertising of healthy items to students and families is critical. They must be aware of the options in order to choose them.
- Healthy choices must be appealing and easy
- Nutrition education helps students to make better decisions
- Make the healthier choices easy to identify and locate on the menu
- Promote menu items with easy to read signs/menu boards and appropriate product placement
- Work with local produce distributors for discounts or work with other local schools and organizations to purchase in bulk to save money
- Be sure to have teachers and staff promote healthier choices by buying these options and talking to students about what they have tried and enjoyed from the concessions and vending options at the school.
- If you need to, start with making some choices healthier, such as flavored water instead of sodas, smaller sized treats, yogurt instead of ice cream.
- Suggest that the machines be turned on only during certain times, such during the hours after school, so that students are more likely to eat a healthy lunch
- Replace any unhealthy beverages sold in vending machines to bottled water, flavored water and 100% juice.
- What can we serve?
  - Soft Pretzels
  - Fresh Fruit
  - Trail Mix
  - Nuts
  - Applesauce
  - Yogurt
  - Smoothies
  - Carrots with Dip
  - Water and flavored water
  - 100% Juice
  - Low-fat Milk
  - Air-popped popcorn
  - Grilled chicken or turkey wraps
  - Grilled chicken strips
  - Salads
  - Whole grain crackers and bagels
  - Peanut butter as a dip
  - Protein Bars



## Additional Healthy Concessions and Vending Resources

Concession stands, vending machines, and school stores are ways that food is consistently accessible to students. However, unhealthy items like chips, cookies, hot dogs, and soft drinks are typically what these outlets have to offer. This makes concessions and vending a prime opportunity to replace unhealthy items with something nutritious. In order for students and adults to make healthy choices, there must BE healthy choices! Research conducted by LiveWell Greenville in 2012 demonstrated that the presence of healthier items on a concessions menu can have positive effects on profit as well as health. Keener (2009) also suggests that improving the availability of healthy food increases the consumption of healthy foods.

Concession Ideas from Eat Smart, Move More North Carolina:

<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/concessions.pdf>

Sample Administrator Letter from Alliance for a Healthier Generation:

<https://www.healthiergeneration.org/>

Smart Snacks Calculator:

<https://www.healthiergeneration.org/>

Legislation and information on Competitive Food Regulations from USDA:

<http://www.fns.usda.gov/tags/competitive-foods>

Expanding Concessions to Include Healthier Options from Recreation Management Magazine:

[http://www.recmanagement.com/feature\\_print.php?fid=200809fe03](http://www.recmanagement.com/feature_print.php?fid=200809fe03)

Healthy Concessions Guide from Nemours Health and Prevention Services:

<http://www.nemours.org/content/dam/nemours/www2/filebox/service/healthy-living/growuphealthy/healthyconcession.pdf>

Creating Healthier School Concession Stands:

[http://www.communitycommons.org/2014/07/healthier-concessions/?km\\_July-16-news=concessions](http://www.communitycommons.org/2014/07/healthier-concessions/?km_July-16-news=concessions)

Eat Smart Move More NC (concessions and vending):

<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/concessions.pdf>

<http://www.eatsmartmovemorenc.com/EatSmartSchoolStds/Texts/vending.pdf>

*"Do you ever see the irony in serving our children unhealthy foods like sugary sport drinks and candy while encouraging them to participate in athletics, play outdoors and be physically active? We focus a great deal of time, care, and concern on getting good coaches (and rightly so), but ignore getting good food for our concession stands."* – from Healthy South Dakota (South Dakota Department of Health)