

**CASE STUDY****CITY HIGH SCHOOL (6-12), GRAND RAPIDS, MICHIGAN****STUDENT ACCESSIBLE VENDING MACHINES—STOCKED BY DISTRICT**

One day, City High School had several soft drink and candy vending machines throughout the school; the next day, they were gone. Just as suddenly, new contraptions appeared in the cafeteria: healthy vending machines.

The planning process took longer: three months to be exact. The changeover was initiated by the school food service personnel, who stock the machines. The school district provided funding, oversees the products, and receives the revenue. The switch to the new vending machines did not alter revenue.

Dan Droski, health teacher, said the change didn't meet with a lot of resistance from the students. "They were shocked that one day, the vending machines were gone. Then, the healthy vending machines popped up and they liked 'playing' the new machines." School staff and parents loved the change, too, said Droski. "The PTA and other parents are very health-conscious and were big proponents to get the soft drink and candy machines out of the school."

Droski said a lot of the kids "live on" the vending machines. "Half of the kids here get free breakfast and lunch and then they fill in with snacks. When some students are running behind—like in the morning—they use the vending machine to get healthy options." Droski also mentioned that some students purchase items from the healthy vending machine for lunch instead of participating in the school lunch program, however, the students aren't able to receive a reimbursable school meal through the machine.

"The district does a nice job with the healthy vending machines," said Droski. "The items are appealing to kids and they're good, healthy stuff like apples, pears, and oddball drinks you can't get anywhere else like papaya-mango-strawberry. All the products have a healthy spin—they're a better snack choice for students. And students are health conscious—they will choose healthy food and beverages if they're available."

During one of his health classes, Droski asked a few of his students for their thoughts on the healthy vending machines:

Sarah said, "Vending machines are awesome because the money comes back to help the school."

Maria said, "The food inside the machine is not only delicious but nutritious and healthy."

Alijandro said, "Bro, I love healthy food and stuff."

