



CASE STUDY

MARSHALL HIGH SCHOOL

STUDENT ACCESSIBLE VENDING MACHINE—STOCKED BY OUTSIDE VENDOR

Over several years, Marshall High School's Coordinated School Health Team (CSHT) worked to reduce the number of vending machines dispensing soft drinks in the school. In 2004, there were six; by 2010, there was one. The five vending machines that previously offered soft drinks were stocked with bottled water, zero calorie sports drinks and vitamin water. The remaining soft drink vending machine was stocked with diet soft drinks.

The assistant principal at that time, Andrea Nessel, also a member of the CSHT, worked with the beverage vendor to make the switch to healthier options. "There were no major complaints from students at all about it," said Nessel, "Students that really wanted regular soft drinks brought it in, but most students drink water, flavored water, or diet soft drinks."

"It worked for us to reduce the amount of soft drinks available to students over time. The machines were gradually changed over. The students seemed to take the changes in stride. Some students have requested that the vending machines contain more water."

SUE BOLEY, SCHOOL NURSE

Soon after, the CSHT recommended to the school board that the soft drink vending machine be stocked with only caffeine-free diet soft drinks.

Recently, all soft drinks were removed from the school.

In the past, the profits from the pop vending machines were used for student activities and awards. After the change to healthier vended beverages, revenues from beverage vending machines decreased \$10,000. Although the loss of income was difficult to deal with, the administration decided that offering and promoting healthier choices was of utmost importance, so they sought out and found alternate funding sources. Now, student activities and awards are funded through grants and community support.

The success of the program is attributed to the CSHT, an assessment of the school health environment, and administrative support. The CSHT meets often and includes staff members from nutrition services, physical education and health education, administration, classroom teachers, a school counselor, parents, and a representative from Michigan State University Extension.

