



HEALTHY VENDING SURVEY

Support and Promote the *Michigan Nutrition Standards*

Many Michigan schools contain vending machines that offer food and drinks sold outside of school meals. The **Michigan Nutrition Standards** recommend that schools offer minimally processed, nutrient-rich food in all venues, including vending machines.

What's in your vending machines? Do the foods and drinks sold meet the Michigan Nutrition Standards?

It's not enough to just "offer" healthy options in school vending machines. Schools should make an effort to find out what kinds of healthy food and drinks that meet the standards students and school staff like best, and make them available.

You won't know if you don't ask. Conduct a survey to improve your school's or district's vending machine offerings.

CONDUCT A SUCCESSFUL SURVEY

Using surveys can help you target your efforts and will increase your likelihood of making positive, sustainable changes.

Fuel Up to Play 60,
contains sample polls
on following topics.

Check them out:

- Breakfast anytime!
- Drink milk & recycle
- In-class activity poll
- Out-of-school activity poll
- Walk it club poll

Making changes so that all food and drinks sold in school vending machines meet the standards should be a well-planned and well thought-out process. Create and distribute a survey that focuses on improving school vending options.

FOLLOW THESE STEPS.

STEP 1: Choose your audience. Who most uses the vending machine or whom would you like to use it? This might be all school staff members, students, parents, community members or two or more of these groups combined.

STEP 2: Distribute your survey. This could be a simple face-to-face poll, an interview, a paper/pencil survey, a phone survey, or a web-based survey. Decide what will work best for your audience. (A Healthy Vending, paper/pencil survey follows.)

STEP 3: Interpret your survey results. Use this information to make decisions and prioritize the changes you want and are able to make, and in what order.

STEP 4: Set achievable implementation goals based on your survey or poll results.



HEALTHY VENDING SURVEY

1. Do you buy food or drinks from the school vending machines?

- a. Yes
- b. No

2. Do you think the foods and drinks sold in our school vending machines are healthy?

- a. Yes
- b. No

3. When are you most likely to buy something from the vending machine?

- a. First thing in the morning, before school
- b. Before lunch
- c. After lunch
- d. After school, e.g. after or before sports practices or club meetings
- e. At night-time school events

4. What would you be willing to pay for one item from the vending machine?

- a. \$0.75-\$1.50
- b. \$1.50-\$2.00
- c. It depends on what the snack/drink is

5. If these healthy foods were available in school vending machines circle the five you would be most likely to purchase.

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| • Apples and peanut butter | • Pineapple juice | • Hot peanuts or other nuts |
| • Fruit cups | • Soy nuts | • Whole grain crackers |
| • Chocolate milk | • Strawberry milk | • Baked chips |
| • Veggies and dip | • Orange juice | • Apple juice |
| • Granola bars | • Apple juice | • Yogurt in tubes (portable, no spoon needed) |
| • String cheese or other cheese | • Trail mix | • Yogurt in a cup |
| • Power or protein bars | • Healthy cookie | • Pudding |
| • Tomato juice or V8 | • Raisins or dried cherries | • Bottled water |
| • Fruit leather or fruit roll ups | • Healthy brownie | |