

# Moving Towards Healthier Vending Success Story

Emma Holly, the Dietitian at the Whitecourt Health Centre is working with the local vending machine operator and the Friends of Whitecourt Society to introduce healthier options in the hospital's vending machine.

Emma became involved when she noticed that the vending machine in the hospital did not offer any healthy snack options.

"I didn't think it was reasonable that staff, clients and families do not have access to healthier snacks after the cafeteria closes without leaving the hospital. I sent an email to the Friends of Whitecourt society's Board and they got back to me right away."

Emma provided a list of healthier options to the Friends of Whitecourt society who worked with the vendor to put in some of the healthier options. "The main priority was to offer some healthy items without significantly affecting sales. We tried a few new items and are keeping in the best sellers."

"So far we have replaced sugar-sweetened fruit flavoured beverages with 100% juice, water and sugar-free pop. We also replaced some candy bars with roasted nuts and beef jerky. Even though there are only a few healthy items right now, at least we are offering visitors and staff the option of having healthier snacks."

A key to this project's success is the open communication between all involved. Emma continues to connect with the society to check how well the healthier items are selling.

Emma has found the tools on the [Food and Drinks for Sale](#) page of the Healthy Eating Environment website quite helpful. "They were easy to read and the list of food and drink options gave us some good ideas on how to start with making changes."

For more information, resources and tools about the [Healthy Eating Environment in AHS](#) initiative, visit the AHS website at: [www.albertahealthservices.ca/nutrition/Page5234.aspx](http://www.albertahealthservices.ca/nutrition/Page5234.aspx).

