



WHY SWITCH UP THE SNACKS?

Creating healthy spaces helps kids be at their best. Providing healthy and delicious food and drink options in places where children and families spend their time can help make sure kids have the fuel they need to grow, play and learn throughout the day.

Providing healthier foods and drinks and reducing the availability of unhealthy alternatives can also help meet the recommendations in the Victorian Department of Health's [Healthy Choices guidelines](#). We need to surround our kids with delicious, healthy foods and drinks, wherever they spend their time. It's time to switch up the snacks, so let's get started today!

Making changes to your community facility kiosk or vending machine might seem overwhelming but there are small changes you can do to get started. You can 'Switch up the snacks' with the following 'bite' sized actions:

- **Switch to healthier snacks** – offer mostly healthier snack options like lightly salted popcorn, rice crackers, cheese and crackers, trail mixes, muesli bars, fruit salad or seasonal whole fruit. Reduce the amount of confectionary items and unhealthy snacks available.
- **Keep confectionary and unhealthy snacks out of sight** – all confectionary and unhealthy snacks removed from front counter or from point of sale, or from top half of the vending machine if applicable – still able to be purchased but not readily viewed or accessible to customers.

The process is the same for each of the bites. You can try one 'bite' at a time or do them all at once. It's up to you. Whichever approach you take, this guide will support you through each step of the way.

KEEP CONFECTIONARY AND UNHEALTHY SNACKS OUT OF SIGHT – WHAT'S INVOLVED?

The 'Keep confectionary and unhealthy snacks out of sight' bite includes removing all confectionary and unhealthy snacks from the front counter or from point of sale, or from the top half of the vending machine if applicable.

Confectionary includes:

- chocolate bars, including bars made with cacao nibs
- lollies, such as jellies/gummies, hard candy, liquorice and lollipops
- fudge
- chocolate or yoghurt-coated products (including nuts, ice creams, snack bars, etc.).

Other unhealthy snacks include:

- potato/corn/vegetable chips, crisps, puffs
- flavoured popcorn
- some large snack bars
- sweet biscuits, cakes and muffins (note: these items are addressed in a separate small bite for this action).

The 'Keep confectionary and unhealthy snacks out of sight' bite also includes putting healthier snack options on the front counter or at point of sale, or in the top half of the vending machine if applicable, including:

- plain or lightly salted popcorn
- plain or flavoured rice crackers
- cheese and cracker packs
- trail mixes (i.e. dried fruit and nut/seed mixes)
- fresh fruit snacks, such as seasonal fruit, mixed fruit salad or fruit kebabs served with reduced fat yoghurt
- yoghurt tubs, plain or flavoured (preferably reduced fat)
- dip and cracker packs, or dip and vegetable sticks
- small fruit and nut-based snack bars or muesli bars.

To keep confectionary and unhealthy snacks out of sight, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing what confectionary and unhealthy snacks are currently available at the facility. This will help identify which snacks should be moved around.

You can use the free product assessment tool, [FoodChecker](#), to review the packaged snack products available in your facility and determine which ones should be reduced.

Just select the 'quick product check' button, then search or assess products in the category 'sweet snacks' or 'savory snacks'. All snacks classified as **RED** in [FoodChecker](#) are considered unhealthy snacks.

Take photos of the current layout of the kiosk or vending machine and identify where the confectionary and unhealthy snacks are positioned, as well as the different areas where foods can be displayed.





STEP TWO: PLAN

Now you know what you have, decide how you will make your changes.

Choose from many healthier snack options that can be put in more prominent places in the facility's food service.

Consider the layout of your kiosk and determine all the places where foods and snacks can be displayed. This may include:

- the point-of-sale (usually where the register is)
- a front and/or back counter
- side counters
- free-standing shelves or display cabinets.

Determine the path customers would likely take when entering the kiosk to choose, order and pay for any foods or snacks, and the places in the kiosk where customers are likely to have quick access to grab snacks themselves.



Healthy foods and snacks should ideally be placed:

- at the point-of-sale
- on the front counter (the most prominent position)
- in any free-standing shelves or cabinets near the point-of-sale or front counter.

Foods and snacks in these areas are more likely to be chosen by customers as they will be more obvious and prominent to them.

Confectionary and unhealthy snacks should ideally be placed:

- out of sight e.g. underneath the front counter
- on the back or side counters (the less prominent positions)
- in any free-standing shelves or cabinets away from the point-of-sale or front counter.

For vending machines, the most prominent positions for snacks are at eye level or in the top half of the machine. Therefore, the healthier options should be placed there and unhealthy snacks and confectionary should be placed at the bottom of the machine (Note: this may not always be possible in some vending machines due to cooling and weight requirements so discuss the best options with the supplier.)

You may also consider an alternative layout for those vending machines easily accessed by children – this would mean putting the healthiest snacks in the bottom half of the fridge or machine (at their eye level), and the unhealthy snacks in the top row.

PREPARING FOR CHANGE

It is recommended that you make changes all at once. An ideal time to do this is at the beginning of a new year or term, however it can be done at any time.





STEP THREE: ACT

Now you've done all the groundwork, it's time to put it into action.

Here's a great example of keeping confectionary and unhealthy snacks out of sight.

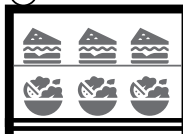
Vic Kids' Community Centre reviewed the snacks on their kiosk menu and found that they had a lot of confectionary and unhealthy snacks in prominent places including the front counter. Next, they identified healthier options they could place in these positions instead. Vic Kids' Community Centre decided to remove and replace the unhealthy snacks as follows:



BEFORE

1. Cold food fridge
2. Bowl of fruit
3. Drinks fridge stocked with soft drinks, juices, milkshakes and energy drinks
4. Pie warmer
5. Potato chips
6. Chocolate and lollies

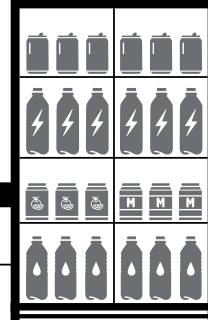
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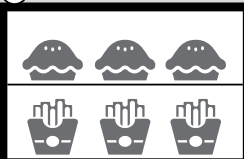


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REAR COUNTER

④



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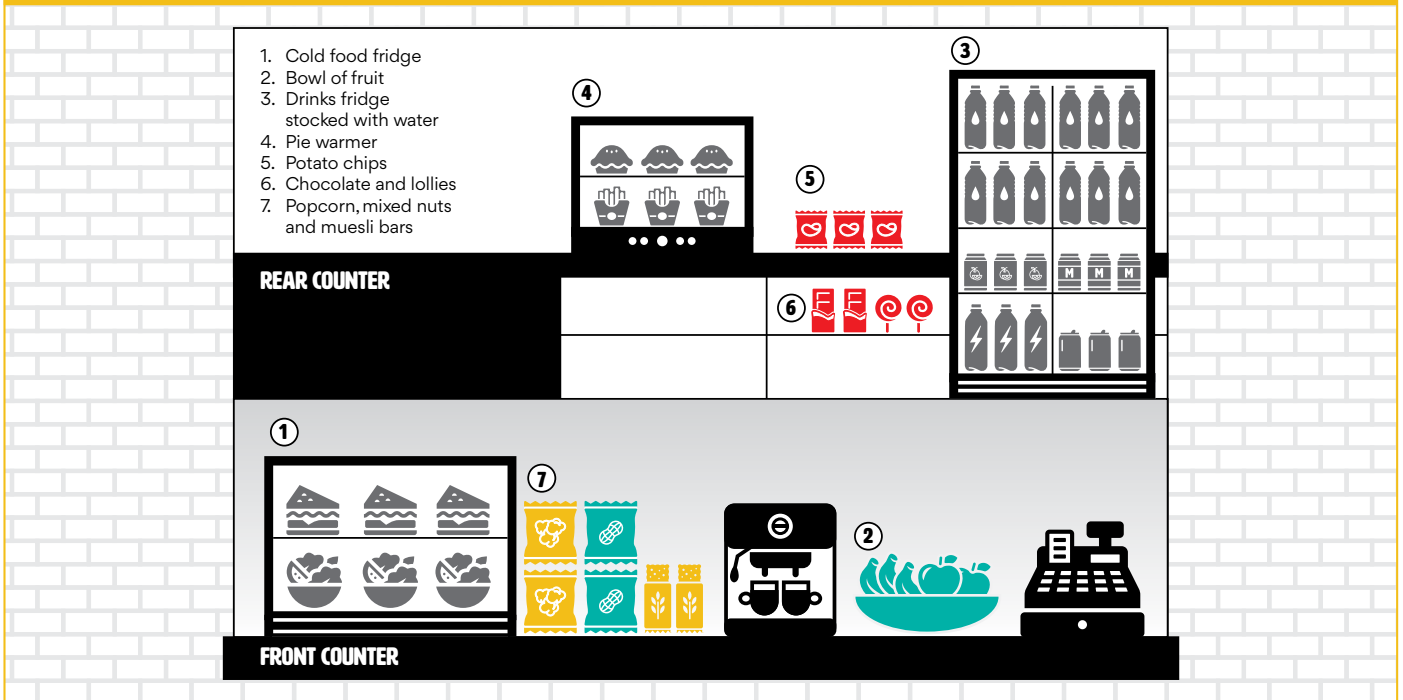
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FRONT COUNTER



AFTER



SUPPORTING SUCCESS

Think about the ways you can promote your new healthy options through the way they are placed, priced and promoted. You are more likely to have success by changing how snacks are priced and promoted

- Promote the healthier snacks in meal deals together with healthier drink options e.g. lightly salted popcorn and water for \$5.
- Price healthier snack options competitively so they are the cheaper choice e.g. lower the price of healthier options or increase the price of less healthy options.

Remember, this is just one of the 'bites' you can do to switch up the snacks. Check out ['Switch to healthier snacks'](#) for how to provide more healthy snack options in the facility.





CELEBRATE

Great job! You've finished the 'Keep confectionary and unhealthy snacks out of sight' bite for Vic Kids Eat Well. Make sure to share the good news with the facility, and plan how you will continue your great work in the other action areas of Vic Kids Eat Well.

FOR FURTHER HELP

Vic Kids Eat Well tech team

For advice or assistance regarding program support and delivery, setting engagement and website database issues

- 1300 185 725
- vickidseatwell@cancervic.org.au

Your local Health Promotion Officer

For on the ground support

Full name: _____

Job title: _____

Organisation: _____

Contact no. _____

Email: _____



If you are having trouble accessing this document, please email vickidseatwell@cancervic.org.au or call **1300 185 725**

Vic Kids Eat Well is supported by the Victorian Government, and is delivered by Cancer Council Victoria's Achievement Program, in partnership with Nutrition Australia's Healthy Eating Advisory Service

