



WHY REFRESH THE FRIDGE?

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 food and drink 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 food and drink, wherever they spend their time. It's time to refresh the fridge, 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 'Refresh the fridge' with the following 'bite' sized actions:

- **Give healthy drinks the spotlight** – healthiest drinks, including plain or sparkling water, flavoured waters with no added sugar and some reduced fat flavoured milks, available in top half of fridge.
- **Reduce sugary drinks** – sugary drink varieties such as soft drinks, energy drinks and sports drinks available on bottom row of fridges only.

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.

GIVE HEALTHY DRINKS THE SPOTLIGHT – WHAT'S INVOLVED?

The 'Give healthy drinks the spotlight' bite includes making healthier drinks available in the top half of the fridge, including:

- plain, still or sparkling water, including tap water
- flavoured waters with no added sugar
- plain or flavoured milks (preferably reduced fat)
- 100% fruit juice (250ml or less) and coconut water with no added sugar
- artificially sweetened or 'diet' drinks, with no added sugar
- kombucha, with <1g sugar per 100g.

To give healthy drinks the spotlight, follow our three simple steps:

1. REVIEW

2. PLAN

3. ACT

CELEBRATE!



STEP ONE: REVIEW

Start by reviewing what healthy drinks are currently available at the facility.

This will help identify which drinks should be increased and moved to the most prominent part of the fridges or vending machines – this is generally the top half, but for those easily accessed by children you may consider placing these drinks in the lower half.

Consider all the healthy drinks available including those sold in the café or kiosk and any vending machines.





STEP TWO: PLAN

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

Choose from many healthier drink options that can be included in the facility's food service.

You can use the free product assessment tool, [FoodChecker](#), to find healthier drinks to replace some of the sugary drinks.

Just select the 'quick product check' button, then search or assess products in the category 'drinks'. All drinks classified as **GREEN** or **AMBER** are considered healthier drink options and are suitable for supply in your facility's food service.

You also need to learn how the drinks are purchased. Find out where the facility's food service purchases its drinks from for the café or kiosk and/or vending machines. It could be:

- a major brand drink supplier
- a local distributor or wholesaler.

Once you know where the facility purchases its drinks from, contact the supplier to discuss and determine healthier drink options the facility can purchase.

TIP!

If there is a contract or agreement in place, discuss with the supplier what flexibility there is and how healthier options could be included in the existing contract.

If the facility uses a major brand drink supplier, the good news is they are generally open to modifying the types of drinks in their fridges or vending machines to offer mainly healthier options, as well as **removing branding associated with sugary drinks** and **promoting their water brands instead**.

If the contract is set, you might need to wait to influence the contract when it comes time for renewal. Or consider using a different supplier that can offer the healthier drinks you want.





STEP THREE: ACT

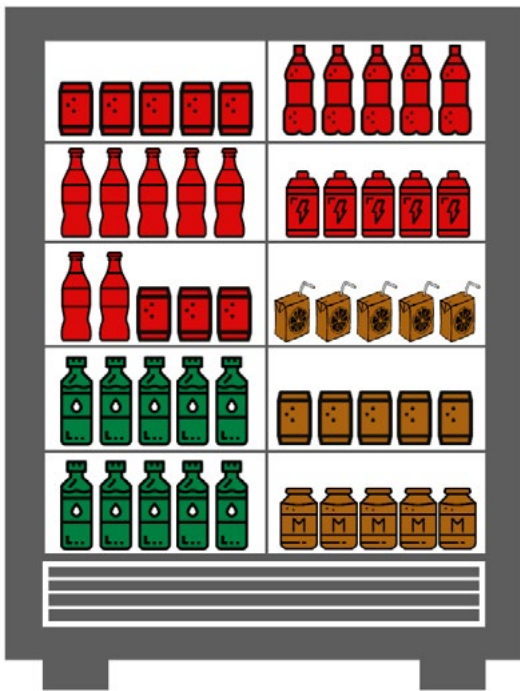
Now you've done all the groundwork, it's time to put it into action.

Here's a great example of giving healthy drinks the spotlight.

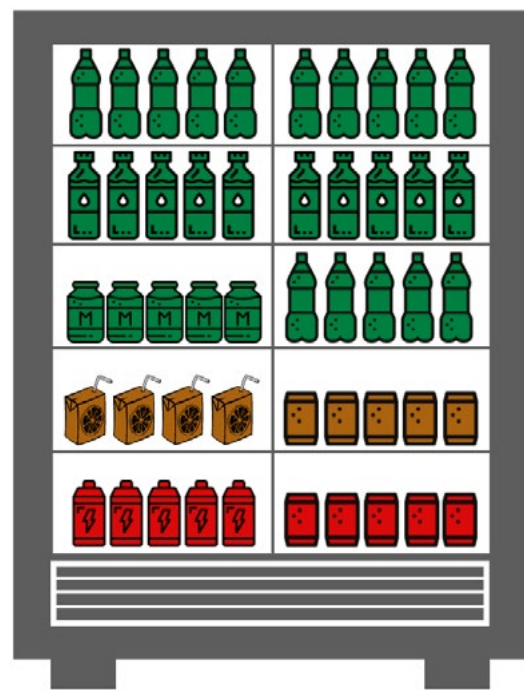
Vic Kids' Community Centre reviewed the drinks in their kiosk fridge and found that they had mostly sugary drinks available and in the most prominent positions (sugary drinks are highlighted in red). Next, they identified healthier options they could make available (highlighted in green and amber) from their supplier. Vic Kids' Community Centre decided to remove or replace the soft drinks/sugary drinks and change the layout of the fridge as follows:



Before: typical drinks fridge



After: healthy drinks fridge



Once you've identified new healthier drinks to stock, work with the facility staff or vending machine supplier to move the healthier drinks to the top rows.

- The healthiest drinks, such as plain or flavoured waters with no added sugar and plain or flavoured milks, should go in the top half of the fridge or vending machine (at eye level).
- Other drinks such as artificially sweetened/diet drinks, kombucha and fruit juices should go above the sugary drinks, but below the healthiest drinks mentioned.

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 fridges or vending machines easily accessed by children – this would mean putting the healthiest drinks in the bottom half of the fridge or machine (at their eye level), and the sugary drinks in the top row.

You may need to initially remind the staff or vending supplier about these requirements each time they restock the fridge or machine. Providing them with a visual planogram (layout, see example above) of how the fridge or machine should look can be helpful.

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 drinks are priced and promoted.

- Promote the healthier drinks in meal deals together with healthier food options e.g. chicken and salad wrap and water for \$6.
- Price healthier drink options competitively so they are the cheaper choice e.g. lower the price of healthier options or increase the price of less healthy options.
- Put up posters advertising the new healthier drink options available.

Remember, this is just one of the ‘bites’ you can do to refresh the fridge. Check out [‘Reduce sugary drinks’](#) for how to offer less sugary drinks in the facility.





CELEBRATE

Great job! You've finished the 'Give healthy drinks the spotlight' 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

