



Nutrition Counseling Services LLC

## Healthy Vending Machine Challenge

**Purpose Statement:** The purpose of this challenge is to choose healthy foods at the vending machine.

**Challenge Steps:**

- A. Take picture of the vending machine that you use.
- B. For one week, document your trips to the vending machine on the chart below.

Day	Food/Beverage	Is This Healthy? Y/N	Is there a Better Option? Y/N
1			
2			
3			
4			
5			
6			
7			

- C. Are there any healthy options in the vending machine? Visit the following website for ideas:  
<https://healthy.iu.edu/culture-wellness/healthy-vending/index.html>
- D. Are there healthier snacks that you can bring from home? Please list:  
\_\_\_\_\_
- E. For one week, only purchase healthy snacks/beverages from the vending machine or bring healthy snacks from home.

Day	Food/Beverage	Record <b>H</b> from home or <b>V</b> from vending machine
1		
2		
3		
4		
5		
6		
7		

What changes do you need to make to your diet? \_\_\_\_\_

**Return** this sheet and picture (if able) by email ([carol@eatinghealthier.net](mailto:carol@eatinghealthier.net)) or fax (704-734-0662).

Your Name: \_\_\_\_\_ Contact Number: \_\_\_\_\_