<Employer name> Healthy Vending Options

Employee Survey

<Employer and/or wellness committee name> are looking for ways to make the environment for employees a healthier place to work. One of the strategies for doing this is to increase the number of “healthier” options* in our on-site vending machines / snack stations. In an effort to gauge employee interest in healthy vending / snack station choices, please complete this survey and let us know your opinion!

*“Healthier” options are typically lower in fat, calories, sodium, or sugar and may contain natural or whole grains.

1. **How often** do you purchase items from our on-site employee **vending machines**? (Choose one)
   - [ ] Daily
   - [ ] Couple times/week
   - [ ] About once/week
   - [ ] Monthly
   - [ ] Yearly
   - [ ] Never

2. **How often** do you purchase items from our on-site employee **snack stations**? (Choose one)
   - [ ] Daily
   - [ ] Couple times/week
   - [ ] About once/week
   - [ ] Monthly
   - [ ] Yearly
   - [ ] Never

3. **What type** of item do you typically purchase? (Check all that apply)
   - [ ] Diet Drink
   - [ ] Regular Pop
   - [ ] Water
   - [ ] Juice
   - [ ] Candy
   - [ ] Chips
   - [ ] Other
     If “other”, please describe: ______

4. Are you **satisfied** with the options that are currently available in the vending machines? (Choose one)
   - [ ] Yes
   - [ ] No, not enough healthy options
   - [ ] No, too expensive
   - [ ] No, other reason
     If “other reason”, please describe: ______

Please continue to next page.
5. **Are you satisfied** with the options that are currently available in the snack stations?  
(Choose one)  
☐ Yes  
☐ No, not enough healthy options  
☐ No, too expensive  
☐ No, other reason  

If “other reason”, please describe: _____

6. Would you use vending **more often** if there were more “healthier” options available, such as fresh fruit, vegetables, low-cal snacks, or whole grain products? (Choose one)  
☐ Yes  
☐ Maybe  
☐ No  
☐ Unsure

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**Question 6 relates to onsite vending machines. Continue to customize additional survey questions based upon existence of vending machines and/or snack stations.**

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7. Which of the following would help you **better identify** the “healthier” choices? (Select all that apply)  
☐ Stickers posted near the price  
☐ Post Nutrition Info near vending machine  
☐ Signs/Posters in break rooms  
☐ Unsure/Other  

Other ideas: ______

8. Would you be more likely to purchase a “healthier” option from the vending machine if the healthier item were cheaper than less nutritious items? (Choose one)  
☐ Yes  
☐ Maybe  
☐ No  
☐ Unsure

9. If **fresh produce** (whole fruits and vegetables) were offered in the vending machines, would you purchase it? (Choose one)  
☐ Yes  
☐ Maybe  
☐ No  
☐ Unsure

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Please continue to next page.
10. Below are some vending machine options available through our vendor, <vendor name>,
Please check off which items you would possibly purchase if available at work.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Chewy Granola Trail Bar</td>
<td>Nutrigrain Apple &amp;</td>
<td>Baked Lays Crisps BBQ</td>
<td>Sun Chips Garden Salsa</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cinnamon Bar</td>
<td>Flavor</td>
<td></td>
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<tr>
<td>Chewy Strawberry Yogurt</td>
<td>Nutrigrain Blueberry Bar</td>
<td>Baked Lays Crisps Regular Flavor</td>
<td>Wheat Thins</td>
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<tr>
<td>Bar</td>
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<tr>
<td>Fiber One Chewy Oats Bar</td>
<td>Nutrigrain Raspberry Bar</td>
<td>Baked Ruffles Cheddar Flavor</td>
<td>Wheat Thins Veggie Flavor</td>
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<tr>
<td>Fiber One Peanut Bar</td>
<td>Nature Valley Sweet &amp;</td>
<td>Rold Gold Tiny Twists</td>
<td>100 Calorie Lorna Doone Cookies</td>
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<td></td>
<td>Salty Almond Bar</td>
<td>Pretzels</td>
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<tr>
<td>Fig Bar – Low Fat</td>
<td>Chocolate Special K Bar</td>
<td>Smart Pop popcorn 94%</td>
<td>Snackwell Cookies</td>
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<tr>
<td></td>
<td></td>
<td>Fat Free</td>
<td>Vanilla flavor</td>
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</tr>
<tr>
<td>Kashi Trail Mix Bar</td>
<td>Strawberry Special K Bar</td>
<td>Snyder’s mini pretzels</td>
<td>100 Calorie Oreo Cookie thin crisps</td>
<td></td>
</tr>
<tr>
<td>Nature Valley Sweet &amp;</td>
<td>Baked Lays chips</td>
<td>Snyder’s cheddar cheese</td>
<td>Kar’s Yogurt Apple Nut Trail Mix</td>
<td></td>
</tr>
<tr>
<td>Salty Nut Bar</td>
<td>Sour Cream</td>
<td>mustard pretzels</td>
<td></td>
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</tr>
<tr>
<td>Nature Valley Oats &amp;</td>
<td>Bake Lays chips</td>
<td>Snyder’s honey</td>
<td>Quaker Chewy Fruit ’n Crunch Straw Bar</td>
<td></td>
</tr>
<tr>
<td>Honey Bar</td>
<td>Cheddar Cheese</td>
<td>mustard pretzels</td>
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<tr>
<td></td>
<td></td>
<td>Snyder’s Old Tyme</td>
<td>100 Calorie Chips</td>
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<td></td>
<td></td>
<td>Pretzels</td>
<td>Ahoy thin crisps</td>
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</tbody>
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11. Are there any other “healthy” vending machine foods that you would like to see offered?

Please List: ______

12. If a healthy snack station was created, would you be willing to help keep the station stocked with healthy items (such as purchasing healthy snack items outside of work time)?

- Yes
- Maybe
- No
- Unsure

13. Other comments or thoughts on improving the availability of healthy foods at the workplace ______

Thank you!

<Committee Name>
<Contact name>
<Contact information>