

# SUGAR SMART

## BRIEFING

### What is healthier vending?

Healthier products meet orange or green traffic light front of pack nutritional labelling for all criteria. Colour-coded nutritional information tells you at a glance if the food has high (red), medium (amber) or low (green) amounts of fat, saturated fat, sugars and salt.

The more green on the label, the healthier the choice. Amber means neither high nor low. But any red on the label means the food is high in fat, saturated fat, sugar or salt and these are the foods that should be avoided.

Below you will find two examples of healthier vending standards in place.

### NHS England Improving staff health and wellbeing CQUIN

The 'Improving staff health and wellbeing' CQUIN, introduced in 2016-17, has been extended and updated for 2017-19. Indicator 1b, 'Healthy food for NHS staff, visitors and patients' remains and has been extended. This applies to all food sold in hospitals, including in vending.

- a. The banning of price promotions on sugary drinks and foods high in fat, sugar or salt
- b. The banning of advertisements on NHS premises of sugary drinks and foods high in fat, sugar or salt
- c. The banning of sugary drinks and foods high in fat, sugar or salt from checkouts
- d. Ensuring that healthy options are available at any point including for those staff working night shifts

Three additional changes have been introduced for 2017-19:

For drinks

- 2017/18: 70% of drinks lines stocked must be sugar free (less than 5 grams of sugar per 100ml).
- 2018/19: 80% of drinks lines stocked must be sugar free (less than 5 grams of sugar per 100ml).
- In addition to the usual definition of sugar sweetened beverages also includes energy drinks, fruit juices (with added sugar content of over 5g) and milk based drinks (with sugar content of over 10grams per 100ml).

For confectionary and sweets

- 2017/18: 60% of confectionery and sweets do not exceed 250 kcal.
- 2018/19: 80% of confectionery and sweets do not exceed 250 kcal.

For pre-packed sandwiches and other savoury pre-packed meals

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- 2017/18: At least 60% of pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta, salads) available contain 400kcal (1680 kJ) or less per serving and do not exceed 5.0g saturated fat per 100g
- 2017/18: At least 75% of pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta, salads) available contain 400kcal (1680 kJ) or less per serving and do not exceed 5.0g saturated fat per 100g

## Irish Health Service Executive standards

The Irish Health Service Executive has standards in place concerning vending that all organisations can look to for best practise. It differentiates between 'Better Choice Items' and 'Other Choice Items' and lays out that the ratio of 'Better Choice' to 'Other Choice' in vending machines should be 60:40. This classification of products is useful but there is no reason why Sugar Smart pledgees should not go beyond the 60:40 target and aim for 100 per cent better choice.

	Better Choice Items	Other Choice Items
Energy	≤150kcal per packet	≤250 kcal per packet
Total fat	≤20g/ 100g	Not restricted
Saturated fat	≤5g / 100g	Not restricted
Sugar	≤15g/ 100g	Not restricted
Salt/ sodium	≤1.5g/0.6g /100g	Not restricted

Furthermore:

- No soft drinks, energy drinks, sports drinks and fruit/vegetable drinks with added sugars (or sugar products) can be included in the 'Better Choice' selection.
- Milk and water will be the only drinks that can be included in the "Better Choice" items.
- Packets of unprocessed nuts and dried fruit are exempt from sugar and fat criteria. Items containing nuts and dried fruit as an ingredient must meet sugar and fat criteria.