## Fast Map





Adapted from OSNAP (Out of School Physical Activity and Nutrition) Initiative by Harvard School of Public Health Prevention Research Center

## **Action Steps for Reducing Sodium in Vending at Your Organization**

Refer to your organization's individual Sodium Reduction Report to identify healthy snack challenges. Then use the following questions and suggested action steps to overcome those challenges. The ALL symbol are strategies for everyone, no matter how you answer the question. Items in bolded caps with the word "SEE" in front refer to additional resources to help you meet your Sodium Reduction Goals.

## Questions

your Site?

ALL

## **Suggested Action Steps**

Replace items that are more than 200mg of sodium per serving with similar healthy items suggested on your Sodium Reduction Report and Healthy Food Distribution List. For example, you can choose the cracker brand with less than 200mg of sodium per serving and replace regular crackers with low-sodium ones. SEE: HEALTHY FOOD DISTRIBUTION LIST Fill 4 out of 6 vending slots with low-sodium items that contain less than or equal to 200mg sodium per serving. Work with your vendor to make sure low-sodium options are stocked at eye level to promote healthier snack consumption. SEE: HEALTHY FOOD DISTRIBUTION LIST and HBSR TOOLKIT: Appendix B, REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM NO **REDUCTION POLICIES.** Work with your vendor to review contracts and encourage them to stock vending machines with low-sodium snacks that have less than or equal to 200mg sodium per serving. When the contract is due for renewal include specific language around healthy snacks. SEE: HEALTHY FOOD DISTRIBUTION LIST and HBSR TOOLKIT: Appendix B, REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM REDUCTION POLCIES. Excellent! Continue to serve healthier snack options. Make sure all low-sodium healthy items are being promoted and priced Are 100% competitively (below high sodium options). SEE: SWAP THE SALT SIGNAGE, HBSR Toolkit: Appendix B, Getting Buy-in at your of the snacks offered Teach staff and visitors to identify low-sodium snack items by checking the nutrition facts label for less than or equal to low-200mg of sodium and noting the serving size per package. SEE: SALT AND HEART HEALTH TIPSHEET, SODIUM FAQs sodium (≤200mg)? Use signage and educational campaigns to promote healthier snacks over unhealthier options. Educate staff and visitors on the benefits of reducing sodium intake. SEE: SWAP THE SALT SIGNAGE, SALT AND HEART HEALTH TIPSHEET, SODIUM FAQS Advertise and and promote only low-sodium opions. Place signs near snack access points (vending machines, staff break rooms and waiting rooms). SEE: SWAP THE SALT SIGNAGE, HBSR TOOLKIT: Getting Organizational buy-in from your organization. ALL Offer taste tests of healthy low-sodium snacks to staff and visitors. SEE: WAYS TO PROMOTE HEALTHY FOOD IN YOUR **ORGANIZATION** Identify and promote snacks that are low in calories, sugar, saturated fat, and high in fiber. SEE: HEALTHY FOOD DISTRIBUTION LIST and BPHC PROCUREMENT GUIDELINES, WAYS TO PROMOTE HEALTHY FOOD IN YOUR ORGANIZATION Require all snack donations be low-sodium options (<200mg). SEE: HEALTHY FOOD DISTRIBUTION LIST, REACH GUIDE TO HEALTHY **BEVERAGES AND SODIUM REDUCTION POLICIES** Price healthier snacks competitively, (below similar unhealthier options). Advertise and promote only low-sodium items. SEE: SWAP THE SALT SIGNAGE, WAYS TO PROMOTE HEALTHY FOOD IN YOUR ORGANIZATION 1. Convene with internal team to review and discuss your Sodium Reduction Report. NO Using the Sodium Reduction goals, create a policy stating your organization will provide healthier low-sodium snack options and eliminate high sodium snacks. SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM REDUCTION POLICIES Do you have a healthy Great! Make sure your food policy is up to date and meets your Sodium Reduction goals. Monitor the policy to ensure it's YES food policy being followed during events, meetings and celebrations. SEE: HEALTHY GATHERINGS TIPSHEET in place at

Communicate this policy to all staff, patrons and visitors. The HBSR toolkit reccommends the best way to communicate

healthy policies. SEE: REACH GUIDE FOR WRITING HEALTHY BEVERAGE AND SODIUM REDUCTION POLICIES