



Memo: Healthy Alternatives Vending Machines

From Student Party SAM
To the University Council
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One of Tilburg University's three impact themes is 'Enhancing Health and Well-being', which aims to improve the health and well-being of Tilburg University staff and students. A subsection of the Healthy Campus project is 'Food and Drinks'. The Healthy Campus group have previously made major steps in elaborating the options of food and drink in the main restaurant on our campus, together with caterer Sodexo. However, food offered in vending machine remains unhealthy.

This is valid for the vending machines around campus as well as the vending machine in the sportscenter. Especially the sugary snacks offered in the sportscenter is a high irritation factor for students making use of these facilities. After a workout, students are in higher need of a piece of fruit or a healthy bar. Student Party SAM is not for completely abolishing the option for an unhealthy snack. Nevertheless, a healthy alternative should be offered.

The company that provides the vending machines for the university (MAAS), already has an array of healthy snack in their assortment. This should easily allow for the university to change the snacks that are offered in the vending machine. On the website of MAAS the following is stated:

“Every MAAS vending machine always offers variety and choice from various quality products. We believe that everyone should be able to make their own choice, which they want during the day. Depending on the wishes of the customer, the need for the number and type of products per location is determined. This determines the ratio between products that are more responsive to health and products that are more in line with enjoyment per vending machine.”

To see to the issue, Student Party SAM has highlighted the current snacks available in the vending machines: .

- Variety of crisps (croky)
- Variety of sweets (Autodrop, Haribo, Redband, Katja)
- Variety of chocolates (kitkat, milka, mars, snickers, bounty, maltesers)
- Variety of cookies (kanjers, gevuldekoek, wafels, sultanas)
- Wasa crackers

As can be seen from the assortment above, there are no real healthy options for students to snack on during the day. We would also highlight that this is also the case for the sportscenter, where most students are more in need of a healthy snack than unhealthy. Student Party SAM hopes to see a change in the assortment of snacks in the vending machine in the future.