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Healthier vending machine options

LAS VEGAS – The vending machine doesn't have to kill your healthy eating habits.

The Southern Nevada Health District has partnered with the Clark County Parks & Recreation Department and First Class Vending to develop and provide healthier options for vending machines. Vending machines in several county recreational facilities throughout the Valley now offer healthier snacks and beverages.

The county's efforts are part of the Healthy Vending Initiative spearheaded by the Southern Nevada Health District and funded, in part, by the Centers for Disease Control and Prevention's Community Transformation grant received by the Clark County School District. The health district is a project partner and worked with staff from the parks and recreation department and First Class Vending to establish nutritional guidelines and standards for snacks and beverages, such as the availability of non-carbonated beverages with little or no added sugar, or snacks with less sugar, less salt and less fat.

"We commend Clark County Parks & Recreation and First Class Vending for their efforts" said Aurora Buffington, Southern Nevada Health District health educator/registered dietician. "Giving people an opportunity to make healthier selections at the vending machine is important, especially in locations where children and families come to be active."

Vending machines that are part of the initiative are located at the following locations:

Cambridge Recreation Center & Water Park
3930 S. Cambridge, Las Vegas 89119

Desert Breeze Community Center
8275 Spring Mountain Rd., Las Vegas 89117

Hollywood Aquatic Center
1550 S. Hollywood Blvd., Las Vegas 89142

Hollywood Community Services Center
1650 S. Hollywood Blvd., Las Vegas 89142

Paradise Community Center
4775 S. McLeod Dr, Las Vegas 89121

Spirit Mtn. Recreation Center
1975 Arie Ave., Laughlin 89029

Sunset Park Admin Offices
2601 E. Sunset Rd., Las Vegas 89102

Walnut Recreation Center & Water Park
3075 N. Walnut Rd., Las Vegas 89115

"Healthy vending options let people know that they don't have to choose between snacks they love and snacks that are good for them," said Candy Rutledge, Clark County Parks & Recreation Department senior program administrator. "People are more conscientious about their diets and they are looking for more healthy options, even at the vending machine."

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Healthier vending machine options – add one

For additional information about healthy vending alternatives, or for additional information, visit the health district's Get Healthy Clark County website, www.GetHealthyClarkCounty.org.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube: www.youtube.com/SNHealthDistrict or Twitter: www.twitter.com/SNHDinfo. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.