

Making Health Easier: Healthy Snacking in Philadelphia, PA PSA (:60)

[Announcer] When the city of Philadelphia brought healthier options to vending machines, it helped government employee Saundra McGeathey make healthier choices.

[Saundra McGeathey] It's tough because you're eating out on the road. It's not an ideal environment where you can sit down and have a lunch that's wholesome and hearty. Sometimes the vending machine is a friend. And if you're behind schedule, you're just going to eat on the go!

[Announcer] With these new options, a quick fix for Saundra went from candy bars to dried fruit, rice cakes, or nuts.

[Saundra McGeathey] Once I was introduced to the healthier snacks in the vending machine, I was able to substitute the snacks that were not as healthy with the healthier snacks.

[Announcer] Because of the healthy vending program, Saundra has seen some healthy results.

[Saundra McGeathey] I almost eliminated the saturated or trans fats. It's a help with the high cholesterol and reducing weight. I've noticed, and the scale has noticed too. So I'm happy about that.

[Announcer] Visit makinghealtheasier.org to find out how *you* can make changes where *you* live. That's makinghealtheasier.org.