Appendix F: School Food Environment Assessment

This instrument will differ slightly for use in non-FFVP schools where Part A will be used for observations of a free snack program (if offered).

School Food Environment Assessment – FFVP School

Date: _____   **Time: _____**   **Observer Initials: _____**   **School ID#: _____**

A. FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)

1. Before the students arrive, **photograph:** (see instructions)

☐ FFVP serving area(s) *(include all food served)*   ☐ Entire FFVP area *(include the eating area)*

2. Where is FFVP **served**:

☐ **Classroom**   (*describe method of **delivery**_____*)

☐ **Cafeteria**   (*describe method of **service**_____*)

☐ **Playground**   (*describe method of **service**_____*)

☐ **Other**   (*specify all that apply*)

☐ Kiosk	☐ Vending machine	☐ Hallway	☐ Office
☐ School store	☐ Food cart	☐ Snack bar	☐ Other:_____

3. **Service lines**:   ☐ Not applicable, *OR*

Line length *(specify approx. number of students in longest lines)*_____

Most of the time the lines are:

☐ Progressing steadily   ☐ Progressing slowly   ☐ Hardly moving

4. Number of **points of service** *(distinct places where distributed to students):* ☐ Not applicable, *OR*

☐ One   ☐ Two   ☐ Three   ☐ Four   ☐ Five   ☐ Other: _____

5. Where is FFVP **eaten**:

☐ **Classroom**

☐ **Cafeteria**

☐ **Playground**

☐ **Other**   (*specify location _____)*

6. Who **serves to students**?

☐ **Foodservice staff**

☐ **Parents**

☐ **Teachers**

☐ **Student helpers**

☐ **Other** (*specify* _____*)*

7. **Overall serving/eating environment:** *(mark all that apply)*

☐ Cheerful, inviting ☐ Noisy, chaotic

☐ Clean, well-maintained ☐ Dirty, dingy, not well-maintained

☐ Organized, orderly ☐ Crowded, disorderly

On a scale of 1 (most inviting, clean, organized and appealing) to 5 (most unpleasant, dirty, chaotic and crowded) **rate the appeal** of the serving/eating environment:

☐ One (best) ☐ Two ☐ Three ☐ Four ☐ Five (worst)

8. Record any other observations about the **serving or eating environment**(s).

9. Enter each fruit/vegetable in the table below: (*juice cannot be served as part of FFVP; if mixture, list each component separately in the first column and for each write name of mixture (e.g. fruit kabobs) in the Mode of Presentation column.*

List each fruit/vegetable	Whole/Sliced/Halved/Peeled/ Sectioned/Mashed/Pureed	Mode of Presentation/Packaging (i.e. plates/utensils, pre-packaged)	Portion Size	Appeal +,0,-

Note with a "+" any of the above items that are unusually appealing, with a "-"are unappealing, and with "0" any items that look fine but are not especially appealing.

10.	**Overall**, do the **fresh fruits** look fresh, crisp, ripe and otherwise in **good condition**? *(not wilted, brown, bruised, or over-ripe)* ☐ Yes ☐ Somewhat ☐ No ☐ Not served
11.	**Overall**, do the **fresh vegetables** look fresh, crisp, ripe and otherwise in **good condition**? *(not wilted, brown, bruised, or over-ripe)* ☐ Yes ☐ Somewhat ☐ No ☐ Not served
12.	Is any other type of **food or condiment** served with the FFVP? ☐ No ☐ Dip (*describe*: _____) ☐ Other (*describe*: _____)
13.	Is a staff member **actively promoting fresh fruit or vegetable** choices? ☐ No ☐ Yes *(specify how)*_____ **Who?** ☐ Foodservice staff ☐ Teacher ☐ Principal ☐ Other (*describe*: _____)
14.	Record any other observations about the **fruits or vegetables served**.
15.	Describe the overall **foodservice staff attire**: ☐ Excellent *(professional and clean)* ☐ Nothing notable *(plain but clean)* ☐ Some areas of concern (*stained, dingy, worn*) ☐ No uniform
16.	Describe the overall **staff** (foodservice, monitor, teacher, principal) **attitude:** ☐ Engaging with students *(smiling, interactive, encouraging)* ☐ Neutral/Normal *(interact enough to process their meal)* ☐ Impolite, impatient or negative with students ☐ Unable to observe

17. How does the overall staff attitude compare to the staff attitudes during NSLP/SBP services?

☐ Same   ☐ Better (*specify how*   ☐ Worse (*specify how*

_____)   _____)

18. How many of the students are **taking the fruit(s)**?   ☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Few *(25-50%)*   ☐ Very few *(<25%)*

19. How many of the students are **taking the vegetable(s)**?   ☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Little *(25-50%)*   ☐ Very few *(<25%)*

20. Compared to how much **fruit** was available, how much was **taken by students/distributed by staff**?

☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Little *(25-50%)*   ☐ Very little *(<25%)*

21. Compared to how much **vegetable** was available, how much was **taken by students/ distributed by staff**?

☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Little *(25-50%)*   ☐ Very little *(<25%)*

22. Are the students **eating the fruit(s) that they take**?   ☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Little *(25-50%)*   ☐ Very little *(<25%)*

23. Are the students **eating the vegetable(s) that they take**?   ☐ Unable to observe

☐ Most *(76-100%)*   ☐ Some *(51-75%)*   ☐ Little *(25-50%)*   ☐ Very little *(<25%)*

24. If more than one type of fruit/vegetable is offered, which one(s) are **most frequently selected and eaten** by students? (*Note only those that are clearly more popular than others & confirm with staff*)

☐ Only one type offered

☐ All options about equally popular

☐ One or some more frequently selected and eaten than others (list top 3 choices in order)

(list: (1)_____, (2)_____, (3)_____)

25. Pick up a copy of the current FFVP **monthly menu**. Note any differences with actual foods served and any substitutions.

☐ No difference

☐ Different fruit offered (*write in substitution*:_____)

☐ Different vegetable offered (*write in substitution*:_____)

☐ Other (*describe*:_____)

26. Anything notable about **student behaviors, attitudes or response** to the FV being served?

B. SCHOOL LUNCH

1. Before the students arrive, **photograph:** (see instructions)

   ☐ Lunch serving area(s) *(include all food served)* ☐ Entire lunch area *(include the eating area)*

2. Where are the **formal** serving/eating areas?

   ☐ Indoors ☐ Outdoors ☐ In classroom

   Is outdoor serving area covered?

   ☐ Yes ☐ No

3. Is there sufficient **formal** seating and tables?

   ☐ **Insufficient** (not all students able to sit on appropriate seating and/or students have to sit very close together to fit)
   ☐ **Crowded** (but all students can sit comfortably if they want to)
   ☐ **Ample** (room to easily accommodate all students)

4. How is lunch **served**: *(mark all that apply)*

   ☐ **Counter or speed line (s)** (students select options as they move along a counter or island)
   ☐ **Multiple service windows/stations** (with no distinctive themes even if serving unique options at each station)
   ☐ **Food court style** (multiple service windows or stations each with a distinctive theme)
   ☐ **Fruit/salad bar**
   ☐ **Grab-N-Go** (pre-boxed/bagged for quick pick up)
   ☐ **Other** (*describe*:_____)

5. **Service lines**:
   Line length **(***specify approx. number of students in longest lines*)_____

   Most of the time the lines are:

   ☐ Progressing steadily ☐ Progressing slowly ☐ Hardly moving

6. Number of **points of service** *(distinct places where food distributed to students):*

   A la carte_____ Meal _____ Both _____

7. **Overall serving/eating environment**. *(mark all that apply)*

Indoor:	☐ Cheerful, inviting	☐ Noisy, chaotic
	☐ Clean, well-maintained	☐ Dirty, dingy, not well-maintained
	☐ Organized, orderly	☐ Crowded, disorderly

On a scale of 1 (most inviting, clean, organized and appealing) to 5 (most unpleasant, dirty, chaotic and crowded) **rate the appeal** of the **indoor** serving/eating environment:

☐ One (best)	☐ Two	☐ Three	☐ Four	☐ Five (worst)

Outdoor:	☐ Cheerful, inviting			☐ Noisy, chaotic	
	☐ Clean, well-maintained			☐ Dirty, dingy, not well-maintained	
	☐ Organized, orderly			☐ Crowded, disorderly	
	On a scale of 1 (most inviting, clean, organized and appealing) to 5 (most unpleasant, dirty, chaotic and crowded) **rate the appeal** of the **outdoor** serving/eating environment:				
	☐ One (best)	☐ Two	☐ Three	☐ Four	☐ Five (worst)

8. **Nutrition promotion materials/education** present in **<u>cafeteria</u>?** *(mark all that apply; circle those related to fruits or vegetables)*   ☐ None   ☐ Not applicable

☐ Nutrition posters #: ____   ☐ Taste testing   ☐ Staff providing education
☐ Nutrition displays #: ____   ☐ Staff encouraging student ☐ Other:_____

9. **Nutrition promotion materials/education** present in **<u>classroom</u>?** *(mark all that apply; circle those related to fruits or vegetables)*   ☐ None   ☐ Not applicable

☐ Nutrition posters #: ____   ☐ Taste testing   ☐ Staff providing education
☐ Nutrition displays #: ____   ☐ Staff encouraging student ☐ Other:_____

10. **Nutrition promotion materials/education** present at **<u>other foodservice areas</u>?** *(mark all that apply; circle those related to fruits or vegetables)* ☐ None   ☐ Not applicable

☐ Nutrition posters #: ____   ☐ Taste testing   ☐ Staff providing education
☐ Nutrition displays #: ____   ☐ Staff encouraging student ☐ Other:_____

11. Number the sequence of the lunch items (in the serving line) from first to last.
    ____ N/A, why? _____

    ____ Juice

    ____ Milk

    ____ Main lunch selections

    ____ Fresh fruit(s)

    ____ Canned fruit(s)

    ____ Fresh vegetable(s)

    ____ Other vegetable(s) (*describe*: _____)

    ____ Condiment(s)

    ____ Other (*describe:* _____)

12. Enter each fruit/vegetable/juice in the table below: ☐ Check if SALAD BAR

List each fruit, vegetable and juice	Fresh/Canned/ Frozen/ Dried Fried/Baked	Whole/Sliced/Halved Peeled/Sectioned/ Mashed/Pureed	Mode of Presentation/Packaging (i.e. fruit basket)	Portion Size	Appeal +,0,-

Note with a "+" any of the above items that are unusually appealing, with a "-"are unappealing, and with "0" any items that look fine but are not especially appealing.

13. **Overall**, do the **fresh fruits** look fresh, crisp, ripe and otherwise in **good condition**? *(not wilted, brown, bruised, or over-ripe)*

☐ Yes ☐ Somewhat ☐ No ☐ Not served

14. **Overall**, do the **fresh vegetables** look fresh, crisp, ripe and otherwise in **good condition**? *(not wilted, brown, bruised, or over-ripe)*

☐ Yes ☐ Somewhat ☐ No ☐ Not served

15. Is a staff member **actively promoting fresh fruit or vegetable** choices?

☐ No

☐ Yes *(specify how)*_____

Who? ☐ Foodservice staff ☐ Teacher ☐ Principal ☐ Other (*describe*:

_____)

16.	Describe the overall **foodservice staff attire**: **same as above**			
	☐ Excellent *(professional and clean)*	☐ Nothing notable *(plain but clean)*	☐ Some areas of concern (*stained, dingy, worn*)	☐ No uniform

17.	Describe the overall **staff** (foodservice, monitor, teacher, principal) **attitude:**
	☐ Engaging with students *(smiling, interactive, encouraging)*
	☐ Neutral/Normal *(interact enough to process their meal)*
	☐ Impolite, impatient or negative with students
	☐ Unable to observe

18.	Are the students **eating the fruit(s) that they take**?	☐ Unable to observe		
	Fresh fruit: ☐ Most *(76-100%)*	☐ Some *(51-75%)*	☐ Little *(25-50%)*	☐ Very little *(<25%)*
	Other fruit: ☐ Most	☐ Some	☐ Little	☐ Very little

19.	Are the students **eating the vegetable(s) that they take**?	☐ Unable to observe		
	Fresh vegetable: ☐ Most *(76-100%)*	☐ Some *(51-75%)*	☐ Little *(25-50%)*	☐ Very little *(<25%)*
	Other vegetable: ☐ Most	☐ Some	☐ Little	☐ Very little

20.	Pick up a copy of the current lunch **monthly menu**. Note any differences with actual foods served and any substitutions.
	☐ No difference
	☐ Different fruit offered (write in substitution:_____)
	☐ Different vegetable offered (write in substitution:_____ _____)
	☐ Other (*describe*:_____)

21.	Anything notable about **student behaviors, attitudes or response** to the FV being served?

Time: _____   **Observer Initials:** _____   ☐ Not applicable

C. COMPETITIVE FOODS SOLD TO STUDENTS ON CAMPUS

1. Competitive Food Venues *(mark all that apply)*

Venue	Sold on campus?	Location	Number of venues	Time accessible to students
A la carte:	☐ No ☐ Yes→	☐ Cafeteria ☐ Hallway ☐ Other *(describe:* _____*)*		☐ Before school ☐ Recess/Snack/Break times ☐ Lunchtime ☐ After school
Vending machine:	☐ No ☐ Yes→	☐ Cafeteria ☐ Hallway ☐ Other *(describe:* _____*)*		☐ Before school ☐ Recess/Snack/Break times ☐ Lunchtime ☐ After school
Food cart:	☐ No ☐ Yes→	☐ Cafeteria ☐ Hallway ☐ Other *(describe:* _____*)*		☐ Before school ☐ Recess/Snack/Break times ☐ Lunchtime ☐ After school
School store:	☐ No ☐ Yes→	☐ Cafeteria ☐ Hallway ☐ Other *(describe:* _____*)*		☐ Before school ☐ Recess/Snack/Break times ☐ Lunchtime ☐ After school
Other: (*describe*:_____)	☐ No ☐ Yes→	☐ Cafeteria ☐ Hallway ☐ Other *(describe:* _____*)*		☐ Before school ☐ Recess/Snack/Break times ☐ Lunchtime ☐ After school

2. **Competitive Foods Sold** *(mark all that apply)*

	A la Carte	Vending Machine	Food Cart	School Store	Other
A. Beverages					
Sweetened soda (regular)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Diet soda	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other diet drinks	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Juice (100% juice)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Juice (50% juice)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Juice drinks (lemonade, punch, fruit blends, tea blends)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Water (spring, flavored, sparkling, mineral)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Water or sparkling water with juice (<50%)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Hot chocolate	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Yogurt drinks	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Energy or sports drinks (Red Bull, Gatorade)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other beverage *(specify:_____)*	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
B. Dairy					
Whole milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Reduced fat (2%) white milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Low fat (1%) white milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Fat- free (1/2% or skim) white milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Low fat (1%) flavored milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Fat- free (1/2% or skim) flavored milk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Yogurt	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Cheese	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other dairy *(specify:_____)*	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
C. Baked Goods - Dessert					
Cake type (brownies, cupcakes, Twinkies)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Cake type (lower/reduced fat)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Cookies	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Cookies (lower/reduced fat)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Pastries (pies, turnovers, toaster pastries)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Donuts	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other baked goods/desserts	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other baked goods/desserts (lower/reduced fat)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
D. Bread or Grain Products					
Regular bread (bread, rolls, bagels)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Other bread (biscuits, croissants, hot pretzels)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Muffins	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Muffins (lower/reduced fat)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Tortillas	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Granola bars	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Granola bars (lower/reduced fat)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Cereal/cereal bars (including fruit/cereal bars)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Pretzels	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
Crackers/cracker sandwiches (peanut butter or cheese)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

	A la Carte	Vending Machine	Food Cart	School Store	Other
Crackers/cracker sandwiches (lower/reduced fat)	1	2	3	4	5
Graham crackers (all types/flavors)	1	2	3	4	5
Other bread or grain products *(specify:_____)*	1	2	3	4	5
E. Frozen Desserts					
Frozen non-dairy (fruit bars, Jell-O pops, Popsicles)	1	2	3	4	5
Ice cream (bars, Fudgesicles, scoops, cups, sundaes, ice cream sandwiches)	1	2	3	4	5
Low-fat frozen desserts (frozen yogurt, ice milk, sherbet)	1	2	3	4	5
Milkshakes/smoothies	1	2	3	4	5
Other frozen desserts *(specify:_____)*	1	2	3	4	5
F. Fruit					
Canned or cooked fruit	1	2	3	4	5
Fresh fruit	1	2	3	4	5
Fruit salad (fresh)	1	2	3	4	5
Fruit salad (canned)	1	2	3	4	5
Dried fruit	1	2	3	4	5
G. Meat/Meat Alternate Entrees/Mixed Dishes					
Breakfast burrito	1	2	3	4	5
Breakfast pizza	1	2	3	4	5
French toast/French toast sticks	1	2	3	4	5
Waffles/waffle sticks	1	2	3	4	5
Hot dog/corn dog	1	2	3	4	5
Hamburger/cheeseburger	1	2	3	4	5
Veggie burger	1	2	3	4	5
Chicken patty/nuggets (breaded)	1	2	3	4	5
Grilled sandwiches	1	2	3	4	5
Cold sandwiches with meat (ham, bologna, tuna)	1	2	3	4	5
Cheese sandwiches	1	2	3	4	5
Burritos (not breakfast-type)	1	2	3	4	5
Taco	1	2	3	4	5
Nacho chips with salsa	1	2	3	4	5
Nacho chips (with meat, beans or cheese)	1	2	3	4	5
Mozzarella sticks	1	2	3	4	5
Meal-sized salad (chef's, grilled chicken)	1	2	3	4	5
Pizza (not breakfast-type)	1	2	3	4	5
Pasta (spaghetti, macaroni and cheese, pasta salad)	1	2	3	4	5
Soup with beans or meat (chicken, clam chowder, minestrone)	1	2	3	4	5
Other Mexican food	1	2	3	4	5
Chinese food	1	2	3	4	5
Other entrees/mixed dishes *(specify:_____)*	1	2	3	4	5
H. Vegetables					
Fried potatoes (including pre-fried, oven baked, French fries, tater tots, potato skins)	1	2	3	4	5
Salad - side (tossed, potato, three bean, raw vegetables)	1	2	3	4	5
Vegetable (cooked)	1	2	3	4	5

	A la Carte	Vending Machine	Food Cart	School Store	Other
Vegetable soup	☐1	☐2	☐3	☐4	☐5
Other vegetable *(specify:_____)*	☐1	☐2	☐3	☐4	☐5
I. Snacks					
Chips (corn, potato, puffed cheese, tortilla)	☐1	☐2	☐3	☐4	☐5
Chips (lower/reduced fat/baked)	☐1	☐2	☐3	☐4	☐5
Nuts and seeds (almonds, sunflower seeds, trail mix)	☐1	☐2	☐3	☐4	☐5
Fruit roll-up or dried fruit snack	☐1	☐2	☐3	☐4	☐5
Popcorn	☐1	☐2	☐3	☐4	☐5
Meat snacks (jerky, salami, pork rinds)	☐1	☐2	☐3	☐4	☐5
Candy with chocolate	☐1	☐2	☐3	☐4	☐5
Candy without chocolate	☐1	☐2	☐3	☐4	☐5
Energy bars (Balance bars, Power bars, Luna bars)	☐1	☐2	☐3	☐4	☐5
Other snacks *(specify:_____)*	☐1	☐2	☐3	☐4	☐5
J. Other foods *(specify):*					
	☐1	☐2	☐3	☐4	☐5
	☐1	☐2	☐3	☐4	☐5