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Nutrition Services School Questionnaire

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Nutrition Services School Questionnaire

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Special Instructions

NOTE: THROUGHOUT THIS QUESTIONNAIRE, TEXT THAT APPEARS IN ALL CAPITAL LETTERS WILL NOT BE READ ALOUD TO RESPONDENTS.

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING COMPUTER ASSISTED PERSONAL INTERVIEW TECHNOLOGY. THE INTERVIEWER WILL READ THE QUESTIONS ALOUD AND TYPE RESPONSES TO THE QUESTIONS INTO THE LAPTOP COMPUTER. THE INTERVIEW PROGRAM WILL 1) DISPLAY THE CORRECT TENSE OF VERBS, 2) PROVIDE ALTERNATE ANSWERS TO QUESTIONS (E.G., NOT APPLICABLE, DON'T KNOW), 3) NAVIGATE COMPLEX SKIP PATTERNS, AND 4) PERFORM OTHER USEFUL FUNCTIONS. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

Breakfast and Lunch Organization

- 1. What is your job title at the school? (In which role do you spend more time?)
 - Principal
 Asst. Principal/Other School
 - 3) School Secretary
 - 4) Physical Ed Teacher

Administrator

- 5) Athletic Director
- 6) Health Ed Teacher
- 7) Other Teacher
- 8) Food Service Manager
- 9) Commercial Food Service Provider
- 10) Other School Nutrition Services Staff

- 11) School Counselor
- 12) Social Worker
- 13) Psychologist
- 14) Other Mental Health/Social Services Provider
- 15) Nurse
- 16) Health Aide
- 17) Physician
- 18) Other Health Services Provider
- 19) SBHC Health Services Staff
- 20) SBHC Mental Health/Social Services Staff
- 50) Other Staff

During this interview, I will ask about nutrition services that schools may offer. If I ask you about things that do not apply to your school or that your school does not do, please bear with me. Please answer the questions based on how you usually do things at your school.

First, I would like to ask a few general questions about the nutrition services program at your school.

59.	Does your school offer breakfast to students?
	Yes1
	No2 → SKIP TO Q8
60.	Does your school
	Yes No
	aOffer a la carte breakfast items to students?1
	bParticipate in the USDA reimbursable School Breakfast Program?
	cOffer any other breakfast meals to students 12
61.	Where does your school serve breakfast? MARK ALL THAT APPLY
	In the cafeteria1
	In classrooms2
	In other locations (specify)3
IF Ç	4 IS 2 <u>ONLY</u> , SKIP TO Q6.
62.	Are students allowed to bring breakfast into classrooms?
	Yes1
	No2
63.	How long do students usually have to eat breakfast once they are seated?
	Minutes
The	next set of questions asks about food variety and availability at breakfast at your school.
64.	Each day for breakfast, are students at your school offered whole grain foods?
	Ves 1

T		_	_1	١.
L	u	n	С	n

No......2

65.	Does your school offer lunch to students?
	Yes1
	No2
	HIS SCHOOL DOES OFFER BREAKFAST (Q2 IS "YES") BUT NOT LUNCH IS "NO"), SKIP TO Q18.
	HIS SCHOOL DOES NOT OFFER BREAKFAST (Q2 IS "NO") OR LUNCH IS "NO"), SKIP TO Q82.
66.	Does your school
	Yes No
	a. Offer a la carte lunch items to students?1
	bParticipate in the USDA reimbursable
	National School Lunch Program?1
	cOffer any other lunch meals to students?2
67.	What time do you usually start serving lunch to students?
	Hour
	Minute
68.	What time do you usually stop serving lunch to students?
	Hour
	Minute
69.	How long do students usually have to eat lunch once they are seated?
	Minutes

		Yes	No
	a. 2 or more different entrees or main courses?	1	2
	b2 or more different		ed vegetables?
	c2 or more different frui		of 100% fruit juice?
71.	Each day for lunch, are students at your school offered a vegetari	an entree o	r main course?
	Yes1		
	No2		
72.	Each day for lunch, are students at your school offered whole gra	in foods?	
	Yes1		
	No2		
SHO	OW CARD 1		
73.	Which of the following statements on this card best describes the your school? Would you say	sale of dee	p fried foods at
	Deep fried foods are sold each day at lunch, either as part of a meal or as a la carte items?1		
	Deep fried foods are sold at lunch, but fewer than five days per week?2		
	Deep fried foods are not sold at lunch?3		
74.	When salad dressing is offered to students, are they able to select	a low-fat d	lressing?
	Yes1		
	No2		

The next set of questions asks about food variety and availability at lunch at your school.

75.	Currently, does an outside food service management company operate the nutrition services program at your school?
	Yes1
	No2 → SKIP TO Q20
76.	Does the food service management company provide
	Yes No
	ANSWER A AND B IF Q2 IS "YES" ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE C.
	a. A la carte breakfast items?12
	bBreakfast meals?1 2
	ANSWER C AND D ONLY IF Q8 IS "YES" ONLY. OTHERWISE, SKIP TO Q20.
	cA la carte lunch items?
	dLunch meals?1 2
77.	Does your school offer brand-name fast foods from companies such as Pizza Hut or Taco Bell?
	Yes1
	No2 → SKIP TO Q22
78.	In a typical week, on how many days are brand-name fast foods offered to students
	Days/Week
	ANSWER A AND B IF Q2 IS "YES" ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE C.
	a. As a la carte breakfast items?
	bFor breakfast meals?
	ANSWER C AND D IF Q8 IS "YES" ONLY. OTHERWISE, SKIP TO Q22.
	cAs a la carte lunch items?

Lunch	_						1	
		1	1	1	1	_	٠ŀ	•
			ш	ш				

d......For lunch meals? _____

Food Ordering

Which group has primary responsibility for deciding Would you say	which foods to order for your school?				
Staff working at the district food authority office?1	→SKIP TO THE INTRODUCTION TO Q25				
School staff?2					
Food service management company staff?3					
Someone else?4					
No primary group?5					
During a typical school week, how many half-pints o ordered for your school?	f the following types of milk are				
	Half-Pints				
a. Whole white milk					
b2%	or one and a half-percent white milk				
	.1% or half-percent white milk				
d	Skim white milk				
eWhole	chocolate or other whole flavored milk				
hSkim chocolate or other flavored milk					
i	Buttermilk				
j	Lactose-free milk				
k	Soy milk				
1	Any other type of milk				
	food grown in a school garden?				
	Staff working at the district food authority office?				

Food	Orc	lering	נ
I OOU	O_{1}	1011115	۰

School does not have a school garden.....3

Food Preparation

Next, I would like to ask about preparation of food at your school. As you answer these questions, please think about the actual cooking of the food, not just the reheating of food that was previously prepared.

82.	Is any food actually prepared at your school for studen	ats' breakfasts or lunches?
	Yes1	
	No2	→SKIP TO THE INTRODUCTION TO Q33
83.	Not counting the reheating of prepared foods, which g cooking foods for students at your school? Would you	
	Staff working at the district food authority office?1	→SKIP TO THE INTRODUCTION TO Q33
	School staff?2	
	Food service management company staff?3	
	Someone else?4	
	No primary group?5	
84.	Are you able to answer questions about food preparation	on procedures at your school?
	Yes1	
	No2	→SKIP TO THE INTRODUCTION TO Q33

SHOW CARD 2

I would like to ask about substituting one type of ingredient for another.

Using this card, please tell me how often the following practices were used when preparing food for your school.

85. During the past 30 days, how often...

	Never	Rarely	Some- times	J
aWere non-stick used instead of grease or oil?		L	3	4
bWas vegetable shortening, butter, or margarine?			3	4
cWere part-skin used instead of regular cheese?			3	4
dWere skim, low dry milk used instead of whole milk?	-		3	4
eWere ground turk used instead of regular ground beef?			3	4
fWere cooked drie soy products, or other meat extenders used instead of meat?			3	4
gWere fresh or frinstead of canned?			3	4
hWere low-sodium instead of regular canned vegetables?			3	4
iWere other instead of salt?			3	4
jWere low-fat mayonnaise, or sour cream used instead of regular mayonnaise, sour cream, or				
creamy salad dressings?	1	2	3	4

Sometimes a school will reduce the amount of an ingredient rather than replace it with another ingredient. Please tell me how often during the past 30 days the following techniques were used when preparing food for your school.

86. During the past 30 days, how often was...

		Never	Rarely	Some- times	J
a.	The amount of sugar called for in recipes reduced or were				
	low-sugar recipes used?	1	2	3	4
	bThe amount in recipes reduced or were	of fats and o	ils called for		
	low-fat recipes used?	1	2	3	4
	cThe amo	ount of salt c	alled for		
	low-sodium recipes used?	1	2	3	4

There are several ways to reduce fat when preparing meat and poultry. Please tell me how often during the past 30 days each of the following techniques was used when preparing food for your school.

87. During the past 30 days, how often was...

		Never	Rarely	Some- times	J
a.	Meat roasted, baked, or broiled, rather than fried?	1	2	3	4
	bMeat of so fat would drain?			3	4
	cFat dr 2			•••••	
	dF or lean meat used?			3	4
	eSki or skinless poultry used?		1 0	3	4
	fSolid fa or poultry broth?			3	4

g	.Fat skimmed off warm b	roth, soup.		
•			2	1
stew, or gravy?		∠		4

There are several ways to reduce fat when preparing vegetables. Please tell me how often during the past 30 days each of the following techniques was used when preparing vegetables for your school.

88. During the past 30 days, how often were...

		Never	Rarely	Some- times	Almost Always or Always	
а.	Potatoes boiled, mashed, or baked rather than fried or deep fried?	1	2	3	4	
	bOther vegetab			••••••		· • • • • • • • • • • • • • • • • • • •
	cVegetables pubutter, margarine, or a cheese	repared wi	thout using			
	or creamy sauce?	1	2	3	4	

HACCP-based recipes are those that include critical control points, such as cooking, and associated critical limits, such as time and temperature, in their directions. They are designed to reduce the risk of food contamination and bacterial growth that could lead to foodborne illness. For example, HACCP-based recipe directions might read, "Cook the chicken to at least 165 degrees Fahrenheit for at least 15 seconds."

89. During the past 30 days, how often did your school use Hazard Analysis and Critical Control Points (HACCP) -based recipes?

Never	1
Rarely	2
Sometimes	3
Almost always or always	4

Food Variety and Availability

Next, I'd like to ask about the different a la carte items students are offered in the cafeteria. Do not count items available in a vending machine, school store, canteen, or snack bar.

90. During a typical week, are students at your school offered...

	Yes No
a.	100% fruit juice or 100% vegetable juice?1
	bSoda pop or fruit drinks that are not 100% juice? 12
	cSports drinks, such as Gatorade [®] ?2
	d
	eSugar-sweetened beverages, such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight?
	f
	gFruit?1 2
	hBread sticks, rolls, bagels, pita bread, or other bread products?
	iWhole grain bread products such as bread sticks, rolls, or bagels?
	jLow-fat cookies, crackers, cakes, pastries, or other low-fat baked goods?
	kCookies, crackers, cakes, pastries, or other baked goods that are not low in fat?
	lLow-fat or nonfat yogurt?2
	mPizza, hamburgers, or sandwiches?2
	nFoods containing peanuts or peanut butter?
	oLettuce, vegetable, or bean salads?2
	pVegetables with low-fat dip?

	qDeep fried French fried potatoes?2
	rOven baked French fried potatoes?
	t
(Q3.	3 continued)
	Yes No
	uOther kinds of candy?1 2
	vSalty snacks that are low in fat, such as pretzels, baked chips, or other low-fat chips?1
	wSalty snacks that are not low in fat, such as regular potato chips or cheese puffs?1
	xSnacks that are low in sodium, such as pretzels, crackers, or chips?
	yLow-fat or fat-free ice cream, frozen yogurt, or sherbet? 12
	zIce cream or frozen yogurt that is not low in fat? 12
	aaFrozen water ices or slushes that do not contain juice? 12
91.	At your school, are students able to get butter or margarine
	Yes No
	a. In the serving line or on the tables?2
	bIf they ask for it?1 2
92.	Is salt available to students
	Yes No
	a. In the serving line or on the tables?
	bIf they ask for it?1 2
93.	Does your school have a self-serve salad bar?
	Yes1

No......2

School Cafeterias

94.	Does your school have a cafeteria?		
	Yes1		
	No2	→SKIP TO THE INTRODUCTION TO Q52	
95.	At your peak meal time, how full is the cafeteria compacapacity? Would you say it is	pared to the maximum seating	
	Less than 50% full?1		
	50 to 75% full?2		
	76 to 100% full?3		
	Over capacity?4		
96.	During the past 12 months, have students visited the category food preparation, or other nutrition-related topics?	afeteria to learn about food safety,	
	Yes1		
	No2		
97.	Do all nutrition services staff at your school receive be are allowed to prepare or serve food?	asic food safety training before the	,
	Yes1		
	No2	→SKIP TO Q42	
98.	Is basic food safety training provided in a language otl	her than English, as appropriate?	
	Yes1		
	No2		
	No language other than English necessary3		
99.	Is a certified food safety manager present while food is	s being	
		Yes No	
	a. Prepared?		
	b		

100.	During the past 12 months, how often did the health department inspect the cafeteria?
	Never1
	1 time2
	2 times
	More than 2 times4
101.	During the past 30 days, has any school nutrition services staff member conducted a formal food safety self-inspection of the cafeteria, for example using the USDA's Manager Self-inspection Checklist?
	Yes1
	No2
102.	Does your school use an electronic point of sale system for foods or beverages sold in the cafeteria?
	Yes1
	No2 → SKIP TO Q47
103.	Does this system allow parents to restrict the type of foods or beverages their student can purchase?
	Yes1
	No2
104.	During the past 12 months, how often was food stored in plastic, glass, or metal containers with tight lids so that it was inaccessible to pests?
	Never1
	Rarely2
	Sometimes3
	Almost always or always4
105.	Does your school's nutrition services program have a written plan for feeding students who rely on the school meal programs in the event of an unplanned school dismissal or school closure?
	Yes1
	No2

106.	5. Does your school's nutrition services program have a written plan for			
			Yes	No
	a.	Implementation of a risk-based approach to food safety, for example a HACCP-based program?	1	2
		bFeeding students w		
107.	То	protect students with food allergies, does your school		
			Yes	No
	a.	Provide a separate allergen-free table or tables?	1	2
		bUse special sanitation and dining area?		
		cIdentify students with foo		in the serving line?
		dMake food ingredient l		l labels available?
		eMake changes in the with food allergies?		
108.		es the cafeteria have a handwashing facility or hand sanitizing s dents' use?	station avai	lable for
	Ye	s1		
	No)2		

Promotion

Next, I'll ask about things that might be done at your school to encourage students to eat meals provided at your school.

109.	During the past 12 months, has your school		
		Yes	No
i	a. Collected suggestions from students about		
	the school nutrition services program?	1	7

•	Collected suggestions from students about the school nutrition services program?
	b
	cCollected suggestions from students' families about the school nutrition services program?
	dConducted taste-tests with students?
	eConducted taste-tests with students' families?

110.	Does your school have a committee that includes students who provide suggestions for the
	school nutrition services program?

1......2

Yes1	
No2	

111. Currently, does the school nutrition services staff make changes in the foods offered to any...

	Yes	No	N/A	
a	Students with chronic healtl	n conditions,		
such as diabetes?	1	2	3	
b	Students who are vege	tarians?	••••	
	3			

112. During the past 12 months, has your school...

			Yes	No
	a.	Provided menus to students?	1	2
		bProvided students wi and caloric content of foods available to them?		
		cPlaced posters or healthy eating habits on display in the cafeteria?		
		dPlaced posters or healthy eating habits on display in the school?		
		eIncluded nutriti school announcements?	on services	topics during 2
		fIncluded articles abo program in a school newsletter, newspaper, website, or other publication?		
113.	Du	uring the past 12 months, has your school		
			Yes	No
	a.	Provided menus to families of all students?	1	2
		bProvided families of on the nutrition and caloric content of foods	all students	with information
		available to students?	1	2
		cProvided families of on the school nutrition services program?		
		dMet with a parents' of to discuss the school nutrition services program?		
		eInvited family members	s of all stude	ents to a school meal?

Collaboration

Now, I'd like to ask about procedures that your school might use to involve students, families, and other community members in your nutrition services program.

114.	Du	ring the past two years, have		
			Yes	No
	a.	Students helped develop, communicate, or implement nutrition services policies or activities?	1	2
		bStudents' families he or implement nutrition services policies or activities?	-	<u> </u>
		cCommunity members or implement nutrition services policies or activities?		
115.		oring the past 12 months, have the school nutrition services stafold od nutrition, healthy eating habits, or food safety to	f talked o	r taught about
			Yes	No
	SC	NSWER A AND B FOR MIDDLE SCHOOL AND HIGH CHOOL ONLY. OTHERWISE, SKIP TO THE STRUCTIONS BEFORE C.		
	a.	A health education lesson class at your school?	1	2
	b.	Any other class at your school?	1	2
		NSWER C AND D FOR ELEMENTARY SCHOOL ONLY. THERWISE, SKIP TO Q59A.		
		cStudents at your schoolesson or unit?		
		dStudents at your school as		ny other lesson or unit?
		n going to ask you about collaboration among nutrition serviced lagency staff.	s staff and	l other school
59a.		uring the past 12 months, have the school nutrition services staf trition services activities with health education staff from your		on school
	Ye	es1		
	No)2		
	Scl	hool does not have health education staff3		

59b.	What about with physical education staff from your school?
	Yes1
	No2
	School does not have physical education staff3
59c.	What about with health services staff from your school?
	Yes1
	No2
	School does not have health services staff3
59d.	What about with mental health or social services staff from your school?
	Yes1
	No2
	School does not have mental health or social services staff
60.	During the past 12 months, have the school nutrition services staff worked on school nutrition services activities with staff or members from Yes No N/A
	a. A county cooperative extension office?1
	b
	c
	dA local mental health or social services agency?
	eAlliance for a Healthier Generation
	fA health organization, such as the American Heart Association or the American Cancer Society?1
	gA food commodity organization, such as the Dairy Council or produce growers association?1
	hA non-governmental organization promoting farm-to-school programs, such as the National Farm-to-School Network?1
	i

j.	A local business12
(Q60 Cont	
k	A local youth organization, such as the Boys
aı	d Girls Clubs?2
l.	A local service club, such as the Rotary
C	ub2

Food Service Manager

116.		rrently, does someone at your school oversee or lool food service manager?	coordinate nutr	ition servic	res, such as a
	Yes	s	1		
	No		2		
117.		your school, what is the minimum level of education vice managers?	ation required f	or <u>newly hi</u>	ired food
	Hig	gh school diploma or GED	1		
		sociate's degree in nutrition or related field	2		
		dergraduate degree in nutrition or related field	3		
		aduate degree in nutrition or related field	4		
	No	requirement	5		
118.		I read the following list of qualifications, please wly hired food service managers at your school.	tell me if each	is required	for
				Yes	No
	a.	A Registered Dietitian, or RD, credential from the American Dietetic Association		1	2
		b			
		c			
		dThe s services training program provided or sponsore by the state	uccessful comp d	letion of a	school nutrition
		e			
				•	

119.	119. Are all nutrition services staff at this school required to earn continuing education on nutrition services?	
	Yes1	
	No2 →SKIP TO THE	
	Q66 INSTRUCTIONS BEFORE	
120.	How often are all nutrition services staff at this school required to earn continuing education credits on nutrition services?	
	Every year1	
	Every 2 to 3 years2	
	Every 4 to 5 years3	
	More than every 5 years4	
	Other time frame5	
	No specified time6	
(Q61	OMEONE AT THIS SCHOOL DOES NOT COORDINATE FOOD SERVICE IS "NO"), SKIP TO Q83. Are you the person who oversees or coordinates nutrition services at your school?	
	Yes1	
	No	
SHC	OW CARD 3	
122.	Looking at this card, please tell me who you work for. MARK ALL THAT APPLY	
	School district1	
	This school2	
	Food service management company3	
	Other4	

Now, I'd like to ask you some questions about your educational background.

124. Do you have an undergraduate degree?

Yes......1

125.	What did you major in? MARK ALL THAT APPLY	
	Business1	
	Education2	
	Food service administration or management	
	Home economics or family and consumer science4	
	Nutrition or dietetics5	
	Other (Specify)6	
126.	Did you have an undergraduate minor?	
	Yes1	
	No2	→SKIP TO Q73
127.	What did you minor in? MARK ALL THAT APPLY	
	Business1	
	Education2	
	Food service administration or management	
	Home economics or family and consumer science4	
	Nutrition or dietetics5	
	Other (Specify)6	
128.	Do you have a graduate degree?	
	Yes1	
	No 2	→SKIP TO O75

129.	In what area or areas? MARK ALL THAT APPLY
	Business1
	Education2
	Food service administration or management
	Home economics or family and consumer science4
	Nutrition or dietetics5
	Other (Specify)6
130.	Do you have a School Nutrition Specialist credential from the School Nutrition Association?
	Yes1
	No2
131.	Do you have a School Nutrition Association certification? (Certifications could include Level 1, Level 2, Level 3, or Trainer.)
	Yes1
	No2
132.	Do you have a Registered Dietitian, or RD, credential from the American Dietetic Association?
	Yes1
	No2
133.	Are you a certified dietary manager?
	Yes1
	No2
134.	Are you a certified food safety manager?
	Yes1
	No2

P ¹	rofe	essional group?
Y	es ((Specify)1
N	о	2
SHOW	/ C /	ARD 4
develop	pme	the list printed on this card, please tell me if you received any professional ent on each topic during the past two years. This might include workshops, es, continuing education, graduate courses, or any other kind of in-service.
136. D	urir	ng the past two years, did you receive professional development on
		Yes No
a.	. N	Menu planning for healthy meals?1
	b	Cultural diversity in meal planning?
	••	2
	C.	Implementing the Dietary Guidelines for Americans
		n school meals?
	d 	Using the cafeteria for nutrition education?
	e	Nutrition services for students with special dietary needs?
		2
		Selecting and ordering food?
		2
	_	Healthy food preparation methods?
		Increasing the percentage of students participating 1 school meals?
		Making school meals more appealing?
		2
	j.	Customer service?1 2
	k	Competitive food policies to create a healthy
		ood environment?2
	l.	Financial management?
		า

135. Do you have any other food service certifications from a state agency or state-level

	mPersonnel management?
	nFacility design and layout, including equipment selection?
	oFood safety?1 2
	pProcedures for handling severe food allergy reactions?
	qFood preparation methods for students with food allergies?
(Q81 cor	ntinued)
	Yes No
	rUsing Hazard Analysis and Critical Control Points (HACCP)?
	sProcedures for responding to food recalls?
	tPersonal safety for nutrition services staff?
	uImplementing local wellness policies?
	vPromoting locally or regionally grown produce?
	wSourcing foods locally or regionally?1
	x
	ySkills to prepare fresh fruits and vegetables?
SHOW	CARD 4
	nich of these topics would you like to receive further professional development on? ARK ALL THAT APPLY
Me	enu planning for healthy meals1
Cul	ltural diversity in meal planning2
-	plementing the Dietary Guidelines or Americans in school meals3

	Using the cafeteria for nutrition education	4
	Nutrition services for students with special dietary needs	5
	Selecting and ordering food	6
	Healthy food preparation methods	7
	Increasing the percentage of students participating in school meals	8
	Making school meals more appealing	9
	Customer service	10
	Competitive food policies to create a healthy food environment	.11
	Financial management	12
	Personnel management	13
(Q82	? continued)	
	Facility design and layout, including equipment selection	14
	Food safety	15
	Procedures handling severe food allergy reactions	16
	Food preparation methods for students with food allergies	17
	Using Hazard Analysis and Critical Control Points (HACCP)	18
	Procedures for responding to food recalls	19
	Personal safety for nutrition services staff	20
	Implementing local wellness policies	21
	Promoting locally or regionally grown produce	22
	Sourcing foods locally or regionally	23
	Using produce from school gardens	.24
	Skills to prepare fresh fruits and vegetables	25
	None of these	26

- 138. My supervisor may wish to call you to ask about how I conducted this interview. Would you please tell me a telephone number where we might reach you starting with the area code?
 - () -
 - 1) Daytime or
 - 2) Evening/weekend

Thank you very much for taking the time to complete this interview today.