



Healthy
Communities
Study

How Communities
Shape Children's Health

**SSA ATTACHMENT 15
HEALTHY COMMUNITIES STUDY**

**HEALTHY COMMUNITIES STUDY
SCHOOL FOOD ENVIRONMENTAL ASSESSMENT PROTOCOL
SCHOOL LUNCH OBSERVATIONS**

The following document contains the school food environmental assessment protocol for the school lunch observations. School lunch observations will be conducted in up to four schools (two elementary and two middle schools) per community from which the sample of children/families was recruited. The Battelle community liaison will observe the school's lunch period and complete an observation form; a total of four questions regarding the lunch period will also be asked of a member of the school's food service staff to supplement the observations.

To be asked of Food Staff on Site

2. How many minutes are the lunch period(s)?	_____ minutes
3. How many minutes, on average, would you estimate a student spends in line to get lunch? Do not count waiting for made or cooked-to-order items.	_____ minutes
4. During the lunch period how much time is set aside for eating vs. playing/recess?	<input type="checkbox"/> Not distinctly separated (Skip Question 5).....1 -OR- _____ minutes eating _____ minutes playing
5. Is play time/recess before or after when students eat lunch?	<input type="checkbox"/> Before1 <input type="checkbox"/> After.....2

DURING THE LUNCH SHIFT

Food Observations					
	Reimbursable meal item	Whole grain option (≥ 50% WG)	A la carte Venue	Vending Machine	Other Competitive Food Venue
Entrée/Mixed Dish Items					
Burritos	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Chicken burgers	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Chicken pieces/ nuggets (breaded and fried)	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Hamburgers/Cheeseburger	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Hot dogs/Corn dogs	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Meat and potato	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Meat and rice/noodles/Asian-style	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Nacho chips with Salsa	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Nachos (with meat, beans, and/or cheese)	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Pasta with meat	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Pasta with cheese (no meat) / pasta salad	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Pizza	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Quesadillas	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Ramen-type soup / cup of noodles	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Sandwiches grilled/hot (not burgers)	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Sandwiches, cold	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Sandwich Bar	Y / N	Y / N	Y / N	Y / N	Y / N
Salad Bar	Y / N	Y / N	Y / N	Y / N	Y / N
Number of fresh fruits / vegetables: _____					
Pre-made Salads (meal/entrée sized)	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Soups, Chilis, Stews with beans and/or meat, including minestrone	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Tacos	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Wraps	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Yogurt, Plain	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Yogurt, Flavored	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Other Entrée: _____	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Other Entrée: _____	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Other Entrée: _____	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Other Entrée Bar: _____	Y / N : ___	Y / N	Y / N	Y / N	Y / N
Total grain products, 100% (100% whole wheat bread, pasta or tortillas, brown rice, corn tortillas)					

Total grain products, not 100% ___					
Beverages					
Diet beverage	Y / N		Y / N	Y / N	Y / N
Juice(100%) no added sweeteners	Y / N		Y / N	Y / N	Y / N
Juice, sweetened	Y / N		Y / N	Y / N	Y / N
Milk – white, whole or 2%	Y / N		Y / N	Y / N	Y / N
Milk – flavored, whole or 2%	Y / N		Y / N	Y / N	Y / N
Milk – white, 1% or nonfat	Y / N		Y / N	Y / N	Y / N
Milk – flavored, 1% or nonfat	Y / N		Y / N	Y / N	Y / N
Soda, regular	Y / N		Y / N	Y / N	Y / N
Sport drinks	Y / N		Y / N	Y / N	Y / N
Water, bottled, unsweetened	Y / N		Y / N	Y / N	Y / N
Other sweetened beverages (any beverage with added caloric sweetener not already listed)	Y / N		Y / N	Y / N	Y / N
Other beverage: _____	Y / N		Y / N	Y / N	Y / N
Other beverage: _____	Y / N		Y / N	Y / N	Y / N
Fruit					
Fruit, dried	Y / N : ___		Y / N	Y / N	Y / N
Fruit, fresh	Y / N : ___		Y / N	Y / N	Y / N
Fruit, frozen, canned or cooked	Y / N : ___		Y / N	Y / N	Y / N
Vegetables/Salad					
Fried potatoes (including pre-fried, oven baked, French fries, tater tots, potato skins)	Y / N : ___		Y / N	Y / N	Y / N
Salads, side (tossed, raw vegetables)	Y / N : ___		Y / N	Y / N	Y / N
Vegetables, other fried	Y / N : ___				
Vegetables, fresh	Y / N : ___		Y / N	Y / N	Y / N
Vegetables, processed, i.e. canned, frozen	Y / N : ___		Y / N	Y / N	Y / N
Cereals/Desserts/Snacks					
Candy/chocolate	Y / N		Y / N	Y / N	Y / N
Cake	Y / N				
Cake type (brownies, cupcakes, Twinkies)		Y / N	Y / N	Y / N	Y / N
Cake type (lower/reduced fat)		Y / N	Y / N	Y / N	Y / N
Cereal frosted or flavored		Y / N	Y / N	Y / N	Y / N
Cereal not frosted or flavored		Y / N	Y / N	Y / N	Y / N
Chips (corn, potato, puffed cheese, tortilla)	Y / N	Y / N	Y / N	Y / N	Y / N
Chips (lower/reduced fat, baked)	Y / N	Y / N	Y / N	Y / N	Y / N
Cookies	Y / N	Y / N	Y / N	Y / N	Y / N
Cookies (lower/reduced fat)	Y / N	Y / N	Y / N	Y / N	Y / N
Corn nuts			Y / N	Y / N	Y / N
Crackers, regular		Y / N	Y / N	Y / N	Y / N
Crackers / Pretzels (lower/reduced fat)		Y / N	Y / N	Y / N	Y / N
Frozen non-dairy (fruit bar, Jell-O Pops, Popsicles)			Y / N	Y / N	Y / N
Frozen desserts, Low fat (yogurt, sherbet, ice milk)	Y / N		Y / N	Y / N	Y / N
Frozen desserts, other: _____	Y / N		Y / N	Y / N	Y / N
Fruit roll-up or fruit snacks with added sugar			Y / N	Y / N	Y / N
Granola bar/cereal bar/energy bar/snack bar		Y / N	Y / N	Y / N	Y / N
Ice Cream (bar, Fudgesicles, scoops, cups, sundaes, sandwiches)	Y / N		Y / N	Y / N	Y / N
Meat snacks (jerky, salami, pork rinds)			Y / N	Y / N	Y / N
Milkshake			Y / N	Y / N	Y / N
Muffins		Y / N	Y / N	Y / N	Y / N
Muffins (low/reduced fat)		Y / N	Y / N	Y / N	Y / N
Nuts and seeds (almond, sunflower seeds)			Y / N	Y / N	Y / N
Pastries (donuts, pies, turnovers, toaster pastries)		Y / N	Y / N	Y / N	Y / N
Pastries (lower/reduced fat)		Y / N	Y / N	Y / N	Y / N
Pastries, other: _____	Y / N	Y / N	Y / N	Y / N	Y / N
Popcorn, air popped or low fat			Y / N	Y / N	Y / N
Popcorn, butter or flavored			Y / N	Y / N	Y / N

Trail mix, without candy			Y / N	Y / N	Y / N
Trail mix, with candy			Y / N	Y / N	Y / N
Other dessert/snack: _____	Y / N	Y / N	Y / N	Y / N	Y / N
Other dessert/snack: _____	Y / N	Y / N	Y / N	Y / N	Y / N
Other foods: _____	Y / N	Y / N	Y / N	Y / N	Y / N
Other foods: _____	Y / N	Y / N	Y / N	Y / N	Y / N

Other Observations

1. In what forms is unsweetened water available free of charge in the dining or serving areas?
Please ✓ all that apply.
 - Water fountain.....1
 - Pitcher.....2
 - Bottles.....3
 - Dispenser.....4
 - Other.....5
 - None.....0

2. Presence of *indoor* dining areas
Please ✓ only one.
 - None (no indoor dining areas provided)...**SKIP TO Q. 6**.....0
 - Informal (students can eat inside but no seating AND tables provided for this purpose)...**SKIP TO Q. 5**.....1
 - Formal (indoor eating area with seating AND tables provided for this purpose).....2

3. Size of formal *indoor* dining area
 - Big enough to seat all students.....1
 - Too small to seat all students.....2

4. Crowding in formal *indoor* dining area
 - Too crowded.....1
 - Not too crowded.....2

5. Indoor dining décor / ambiance:
Please ✓ only one.
 - Exceptional.....1
 - Pleasant (*clean, cheerful, inviting*).....2
 - Acceptable (*clean, well-kept, but sparse*).....3
 - Some areas of concern (*dirty, dingy, needs repairs, very worn etc.*).....4

6. Presence of *outdoor* dining areas
Please ✓ only one.
 - None (no outdoor dining areas provided)...**SKIP TO Q. 10**.....0
 - Informal (students can eat outside but no seating AND tables provided for this purpose)...**SKIP TO Q. 9**.....1
 - Formal (outdoor eating area with seating AND tables provided for this purpose).....2

7. Size of formal *outdoor* dining area
 - Big enough to seat all students.....1
 - Too small to seat all students.....2

8. Crowding in formal *outdoor* dining area
 - Too crowded.....1
 - Not too crowded.....2

9. Outdoor dining décor / ambiance:
Please ✓ only one.
 - Exceptional.....1
 - Pleasant (*clean, cheerful, inviting*).....2

- Acceptable (*clean, well-kept, but sparse*).....3
- Some areas of concern (*dirty, dingy, needs repairs, very worn etc.*).....4

10. In their interactions with students, some staff were:
Please ✓ all that apply.

- Engaging (smiling, interactive, encouraging).....1
- Pleasant but not engaging.....2
- Neutral (interact enough to process the students' meals).....3
- Impolite, impatient, or negative with students.....4
- Unable to observe.....5

LUNCH OBSERVATION FORM

Sources and References

- 1) UC Berkeley Atkins Center for Weight and Health (CWH) school nutrition environment observation forms (not published)
- 2) U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS). School Nutrition Dietary Assessment (SNDA) Study III, Pre-Visit Questionnaire and Menu Survey – Reimbursable Meals Form. Retrieved on November 14, 2010 from <http://www.fns.usda.gov/oane/MENU/Published/CNP/cnp.htm>