School Nutrition Environment Observation

School: __________________________ Grades in School: _______ Date: _______

LEA: ____________________________ Time: __________________________

Observer: ________________________ Grade(s) Observed: ___________________

Instructions: Schedule time to observe various spaces inside and outside of the school cafeteria. Plan to observe service to a group of students (e.g., a lunch period, a grade). Take photographs as noted by the camera icon.

SCHOOL-WIDE NUTRITION PROMOTION

1. What types of displays, posters, banners, flyers, school supplies, or other nutrition promotion occur outside of the cafeteria (dining area and service line)? Describe the item and message, food or food groups promoted, and location of item.

   a. _______________________________ Food: __________ Location: ______________
   b. _______________________________ Food: __________ Location: ______________
   c. _______________________________ Food: __________ Location: ______________
   d. _______________________________ Food: __________ Location: ______________
   e. _______________________________ Food: __________ Location: ______________

2. Note any areas that have the potential to be used to promote nutrition and physical activity:
   __________________________________________________________________________
   __________________________________________________________________________

FOOD SERVICE MENU

3. Where is the weekly/monthly menu posted/shared? Check all that apply.
   ☐ Main office  ☐ Dining area  ☐ District website
   ☐ Classroom  ☐ Serving line  ☐ Other (Specify): __________________________
   ☐ Hallway  ☐ Sent home  ☐ Other (Specify): __________________________
   ☐ Announcements  ☐ School website  ☐ Other (Specify): __________________________

4. Photograph the sign that describes the day’s reimbursable meal. 📷

5. Collect a copy of the weekly/monthly menu and attach it to this form.

6. At what time did this lunch period begin and end? _______:_______ - _______:_______
**FOOD SERVICE LINE**

7. a. At what time did service to the first child in line start? _______:_______
   b. At what time did this child sit down to eat? _______:_______

8. a. At what time did service to the last child in line start? _______:_______
   b. At what time did this child sit down to eat? _______:_______

9. At what time did students have to finish eating to clean up? _______:_______

10. Record any observations about the line service process, including notes on student behavior, organization of the offerings, service speed, number of students, etc.:

_____________________________________________________________________________________
_____________________________________________________________________________________

11. From a child’s vantage point, are fruit and vegetable items in the cafeteria offered in such a way that they are easy for students to eat (e.g., small pieces, precut)?

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<tr>
<th>Vegetables</th>
<th>Easy to see?</th>
<th>Self-serve?</th>
<th>Easy to reach?</th>
<th>Fruit</th>
<th>Easy to see?</th>
<th>Self-serve?</th>
<th>Easy to reach?</th>
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</tbody>
</table>

12. Is each item labeled?
   - [ ] Yes  - [ ] No

13. Are food items labeled by meal component?
   - [ ] Yes  - [ ] No

14. Describe the a la carte selection in the cafeteria?
   - [ ] There is no a la carte selection. (Skip to Question 16).
   - [ ] The a la carte items are always available.
   - [ ] The a la carte items are only available after meal service.

15. If so, which of the following foods are offered on the a la carte menu in the cafeteria? Check all that apply.
   - [ ] Fruits
   - [ ] Pretzels
   - [ ] White milk
   - [ ] Flavored milk
   - [ ] Plain water
   - [ ] Baked goods (e.g., muffins, cookies)
   - [ ] Vegetables
   - [ ] Chips
   - [ ] 100% Juice
   - [ ] Entrée items
   - [ ] Ice cream
   - [ ] Yogurt
   - [ ] Other beverages
   - [ ] Other: ____________________________
16. Photograph each serving line, including the a la carte areas, condiment areas, salad bars, etc. Take photos at the eye level of students.
  □ Yes □ No

**STUDENT-STAFF INTERACTIONS**

17. What messages are non-food service staff (e.g., monitors, teachers, volunteers) communicating to students? Check all that apply.
  □ Offering condiments □ Eat more (overall) □ Eat more fruits and vegetables
  □ Eat less (overall) □ Eat more whole grains □ Other: ____________________________
  □ Eat more of specific foods: _______________ □ Other: ____________________________
  □ Eat less of specific foods: _______________ □ Other: ____________________________

18. How are food service staff communicating with students about selecting fruits and vegetables? Observe 10 students doing through the line. Tally the number of times you observe the following behaviors.
  a. Directing students to select ONE fruit or vegetable: __________
  b. Directing students to select ONE OR MORE fruits or vegetables: __________
  c. Encouraging students to select MORE THAN ONE fruit or vegetable: __________
  d. Not communicating to students about fruit or vegetable selections: __________

**CAFETERIA NUTRITION PROMOTION**

19. What nutrition or health messages are displayed in the dining area?
  □ Eat a variety of foods □ Eat more whole grains □ Other: ____________________________
  □ Eat more fruits □ Eat/drink more dairy □ Other: ____________________________
  □ Eat more vegetables □ Be physically active □ No messages in the dining area

20. What nutrition or health messages are displayed in the service line?
  □ Eat a variety of foods □ Eat more whole grains □ Other: ____________________________
  □ Eat more fruits □ Eat/drink more dairy □ Other: ____________________________
  □ Eat more vegetables □ Be physically active □ No messages in the service line

21. Describe the availability of nutrition information for each food.
  □ Nutrition information (e.g., Nutrition Facts) posted □ Nutrition information is available upon request
  □ Nutrition highlights (e.g., High in fiber) posted □ Nutrition information not posted, not available

22. Photograph 10 trays that students are about to discard.

Comments: __________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

____________________________________________________________________________________