Residential Child Care Institution (RCCI)
Nutrition Environment Observation

Facility: _______________________________ Ages/Grades in Facility: _____ Date: _______
LEA: _______________________________ Time: ___________________
Observer: ______________________ Ages/Grade(s) Observed: __________

Instructions: Use this form only in residential areas of an RCCI. If the RCCI has a school on premises, please use the school nutrition environment observation form. Schedule time to observe various spaces inside and outside of the dining area throughout the residential area or recreational facility, etc. Plan to observe dining service to a group of youth (during a lunch offered through the National School Lunch Program) Take photographs as noted by the camera icon.

FACILITY-WIDE NUTRITION PROMOTION

1. What types of displays, posters, banners, flyers, or other nutrition promotion occur outside of the dining area (in specific areas of residential area)? 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:
   __________________________________________________________________________
   __________________________________________________________________________

FOOD SERVICE MENU

3. Where is the weekly/monthly menu posted/shared? Check all that apply.
   □ Office                  □ Dining area                     □ Announcements
   □ Classroom              □ Serving line (if applicable) □ Other (Specify): __________________
   □ Hallway                □ 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.
FOOD SERVICE LINE

6. At what time did this dining service period begin and end? _______ : _______ - _______ : _______

7. a. At what time did service to the first youth start? _______ : _______
   b. At what time did this youth begin to eat? _______ : _______

8. a. At what time did service to the last youth start? _______ : _______
   b. At what time did this youth begin to eat? _______ : _______

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

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

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

<table>
<thead>
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<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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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 a la carte. Check all that apply.
   ☐ Fruits ☐ Pretzels ☐ White milk ☐ Plain water ☐ Baked goods (e.g., muffins, cookies)
16. Photograph each dining area, including the a la carte areas, condiment areas, salad bars, etc. Take photos at the eye level of youth.
   □ Yes □ No

YOUTH-STAFF INTERACTIONS
17. What messages are food service staff communicating to youth? Check all that apply.
   □ Offering condiments
   □ Eat more fruits and vegetables
   □ Eat more whole grains
   □ Eat more of specific foods: ________________
   □ Eat less of specific foods: ________________
   □ Eat more (overall)
   □ Eat less (overall)
   □ Other: ________________________________
   □ Other: ________________________________

18. How are food service staff communicating with youth about selecting fruits and vegetables? Observe 10 youths in the dining area. 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: _________

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

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

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

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