

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 during a lunch period. Take photographs as noted by the camera icon.

SCHOOL-WIDE NUTRITION PROMOTION

1. What types of displays, posters, banners, flyers, 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:

FOOD SERVICE MENU

3. Where is the weekly/monthly menu posted/shared? Check all that apply.

- | | | |
|--|---|---|
| <input type="checkbox"/> Main office | <input type="checkbox"/> Dining area | <input type="checkbox"/> District website |
| <input type="checkbox"/> Classroom | <input type="checkbox"/> Serving line | <input type="checkbox"/> Other (Specify): _____ |
| <input type="checkbox"/> Hallway | <input type="checkbox"/> Sent home | <input type="checkbox"/> Other (Specify): _____ |
| <input type="checkbox"/> Announcements | <input type="checkbox"/> School website | <input type="checkbox"/> 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 lunch period begin and end? _____:_____ - _____:_____
7. a. At what time did service to the first student in line start? _____:_____
- b. At what time did this student sit down to eat? _____:_____
8. a. At what time did service to the last student in line start? _____:_____
- b. At what time did this student 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 student'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)?

Vegetables	Easy to see?	Self-serve?	Easy to reach?	Fruit	Easy to see?	Self-serve?	Easy to reach?
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N
_____	Y/N	Y/N	Y/N	_____	Y/N	Y/N	Y/N

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 Plain water Baked goods (e.g., muffins, cookies)
- Vegetables Chips Flavored milk 100% Juice Other: _____
- 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.

- | | |
|--|---|
| <input type="checkbox"/> Offering condiments | <input type="checkbox"/> Eat more (overall) |
| <input type="checkbox"/> Eat more fruits and vegetables | <input type="checkbox"/> Eat less (overall) |
| <input type="checkbox"/> Eat more whole grains | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat more of specific foods: _____ | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat less of specific foods: _____ | <input type="checkbox"/> 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?

- | | | |
|---|--|---|
| <input type="checkbox"/> Eat a variety of foods | <input type="checkbox"/> Eat more whole grains | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat more fruits | <input type="checkbox"/> Eat/drink more dairy | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat more vegetables | <input type="checkbox"/> Be physically active | <input type="checkbox"/> No messages in the dining area |

20. What nutrition or health messages are displayed in the service line?

- | | | |
|---|--|--|
| <input type="checkbox"/> Eat a variety of foods | <input type="checkbox"/> Eat more whole grains | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat more fruits | <input type="checkbox"/> Eat/drink more dairy | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Eat more vegetables | <input type="checkbox"/> Be physically active | <input type="checkbox"/> No messages in the service line |

21. Describe the availability of nutrition information for each food.

- | | |
|---|--|
| <input type="checkbox"/> Nutrition information (e.g., Nutrition Facts) posted | <input type="checkbox"/> Nutrition information is available upon request |
| <input type="checkbox"/> Nutrition highlights (e.g., High in fiber!) posted | <input type="checkbox"/> Nutrition information not posted, not available |

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



Comments: _____
