

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.

- | | | |
|------------------------------------|---|---|
| <input type="checkbox"/> Office | <input type="checkbox"/> Dining area | <input type="checkbox"/> Announcements |
| <input type="checkbox"/> Classroom | <input type="checkbox"/> Serving line (if applicable) | <input type="checkbox"/> Other (Specify): _____ |
| <input type="checkbox"/> Hallway | <input type="checkbox"/> 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 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)?

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 a la carte. 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 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.

- | | |
|--|---|
| <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 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?

- | | | |
|---|--|---|
| <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, if applicable?

- | | | |
|---|--|--|
| <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 |
| <input type="checkbox"/> Not applicable | | |

21. Describe the availability of nutrition information for each food, if applicable.

- | | |
|---|--|
| <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 or plates that students are about to discard.

Comments: _____

