



## Rhode Island Healthy Schools Coalition

### SCHOOL NUTRITION & PHYSICAL ACTIVITY SURVEY

Attached is a survey that you can use to help you “take inventory” of your school’s nutrition and physical activity environments. This tool provides your School Team with a compilation and description of what food and physical activity opportunities are available to students during the school day.

Although this survey is quite comprehensive, your school may have other food sales, service areas, or physical activity opportunities to investigate. However, once completed, this tool provides an excellent starting point for your school Team to plan and strategize how to improve the nutrition and physical activity environments to help your children build better habits for a healthier lifetime.

#### **Survey Tips:**

1. Use the entire survey if you would like to comprehensively evaluate both nutrition and physical activity in each school within your district.

#### **OR**

Choose sections of the survey that apply to the areas you would like to investigate.

2. Have more than one individual in each school complete the survey and then sit down together to compare answers, discuss discrepancies, and prepare a final document to present to the school Team and/or school officials.

#### **OR**

Designate one individual to complete the survey and prepare a final document for presentation to the school Team and/or school officials.

3. Everyone, please keep in mind that the completed survey highlights positive aspects of the school’s nutrition and physical activity environment, as well as helps you to zero in on areas where improvements can be made.

*This document can be customized for your specific school needs. If you would like an electronic copy of this Word Document and/or if you have questions, would like to share information or need assistance in evaluating the results of your survey, contact:*

*Dorothy Brayley, Executive Director of Kids First and Chair, RI Healthy Schools Coalition at 401-751-4503 or kids1st@gjs.net*

# SCHOOL NUTRITION AND PHYSICAL ACTIVITY SURVEY

School Name _____	Grades _____
Completed by _____	Date _____
Title _____	Phone _____

## VENDING

1. Are there vending machines located in the school (include cafeteria)? Yes No

If yes: How many? \_\_\_\_\_  
Complete the chart below.

Machine "Name" or Brand	Type of Products (list main Items)	Price Range (lowest/highest)	Machine Location	Profits go to:	On Timer? Specify times available to buy

## NUTRITION POLICY

2. Does the school have a nutrition policy? Yes No

If yes, attach a copy.

### **SCHOOL STORES / FUNDRAISERS**

3. Is there a school store? Yes No

If yes: What are the store's hours of operation? \_\_\_\_\_  
Who/what do the profits go to? \_\_\_\_\_  
Complete the chart below.

List Food Item Sold	Selling price

4. Have there been food fundraisers in the last two years? Yes No

If yes, complete the chart below.

List/Describe Food Items Sold	Selling price	Who/What Do Profits Go To

### **CLASSROOM**

5. Is nutrition/healthy eating taught in the classroom? Yes No

If yes, elaborate what grade levels, as part of which subject and what is taught?

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6. Are students allowed to consume snacks and beverages in the classroom? Yes No  
 a. Is there any school-wide policy or rule? Yes No  
 If yes, please specify or attach the policy or rule \_\_\_\_\_  
 b. Are there a variety of classroom rules or policies? Yes No  
 If yes, please list or attach specific classroom policies or rules \_\_\_\_\_
7. Are students offered food or food coupons as a reward or a performance incentive in classrooms? Yes No  
 a. If yes, please approximate how many classrooms in your school participate in this type of program \_\_\_\_\_  
 b. If yes, briefly describe reward program(s) and specify the kinds of foods or coupons offered \_\_\_\_\_
8. Does the school provide a list/recommendations of acceptable snacks and beverages that can be consumed in school? Yes No  
 If yes, attach copy of the list/recommendations list.

### **CAFETERIA / MEAL SERVICE**

9. What is the enrollment at the school? \_\_\_\_\_
10. Is the school an open or closed campus? Open Closed
11. Does the school participate in the School Breakfast Program? Yes No  
 If yes, what is the Average Daily Participation at breakfast? \_\_\_\_\_
12. Is there an alternative breakfast service? Yes No  
 If yes, note what type of alternative service \_\_\_\_\_
13. Does the school participate in the National School Lunch Program? Yes No  
 If yes, what is the Average Daily Participation at lunch? \_\_\_\_\_
14. How many serving periods are there for lunch? \_\_\_\_\_
15. How long is each of the serving periods for lunch? \_\_\_\_\_
16. What times are the serving periods for lunch? \_\_\_\_\_

17. Is there a “federally funded” After-school Snack Program? Yes No

If yes, what snacks are provided? List food items for one week.

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18. What is the average participation in the After-school Snack Program? \_\_\_\_\_

19. Are there other after school programs? Yes No

If yes: Do they serve snacks? Yes No  
What snacks are provided? List food items for one week.

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### **FOOD SERVICE FACILITY / STAFF**

20. Does the food service facility use deep fat fryers? Yes No

21. Has food service staff had (or are there plans for) training in healthier food preparation?  
Yes No

Please describe \_\_\_\_\_

### **MENUS**

22. Does the school food service publish menus? Yes No

If yes, please attach a sample school lunch & school breakfast menu.

23. Where and how are menus distributed and/or published? \_\_\_\_\_

24. Do the menus include any type of nutrition information or healthy eating tips? Yes No

If so, please describe \_\_\_\_\_

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**BEVERAGE OFFERINGS IN THE CAFETERIA** (Excluding Vending Machines)

25. List types and flavors of beverages offered and locations in the cafeteria.

Type of Beverage & Flavor (ex. Milk, chocolate)	Fat percentage	Total Calories per Container	Container Size (# ounces)	Location (ex. Main serving line, a la carte line, snack cart, etc.)

**A LA CARTE**

26. Is there a separate a la carte line?    Yes    No

27. How many a la carte service lines are available to the students? \_\_\_\_\_

28. What items are available on the a la carte lines?

Food Item	Selling price	# Days per Week Item is Sold

29. How are refrigerated foods displayed on the a la carte line?

30. Are they in a glass door refrigerator?    Yes    No

If no, please describe \_\_\_\_\_

31. Are healthier options available?    Yes    No

If yes:    Please list healthier items \_\_\_\_\_

Are they attractively displayed? Yes No Please describe \_\_\_\_\_

Do they sell out before the end of last lunch? Yes No

32. Is milk sold in cartons or plastic bottles?    Cartons    Bottles

33. Does the milk sell out before the end of last lunch?    Yes    No

34. Is juice sold? Yes No

35. Is it 100% juice? Yes No If not, what is the percentage of fruit juice? \_\_\_\_\_%

36. Is fresh fruit or fresh-cut fruit available? Yes No

If yes, please describe the fresh fruit selections, how they look, their accessibility, attractiveness of display, etc. \_\_\_\_\_  
\_\_\_\_\_

37. Are fresh salads available? Yes No

If yes, please describe the salad selections, how they look, their accessibility, attractiveness of display, etc. \_\_\_\_\_  
\_\_\_\_\_

38. Are freshly made sandwiches and wraps available? Yes No

If yes, please describe the sandwich/wrap selections, how they look, their accessibility, attractiveness of display, etc. \_\_\_\_\_  
\_\_\_\_\_

39. Are any whole grain breads or products available? Yes No

### **SCHOOL ENVIRONMENT**

40. Are posters/notices posted to promote a healthy school environment in the school and in the cafeteria? Yes No

If yes: Please list locations \_\_\_\_\_

Do the posters/notices have messages that include good nutrition and physical activity? Yes No

41. Are teachers allowed to have beverages i.e. soda, coffee in the classroom? Yes No

42. Do teachers participate in physical activity with the students? Yes No

If yes, please list examples: \_\_\_\_\_

### **PHYSICAL ACTIVITY**

43. Does the school have a qualified physical education specialist?

44. Approximately what percentage of physical education instructional minutes is dedicated to physical activities for students? \_\_\_\_\_%

Please list the source of this information \_\_\_\_\_

