

## Demographics

Evaluator Name

*Note: Name of organization sponsoring the audit*

Evaluator Email

Date Facility Evaluated (mm/dd/yyyy)

Type of Audit

Practice

Individual Data Collection

College / University Name (write "Not Applicable" if your institution is a high school)

High School Name (write "Not Applicable" if your institution is a college / university)

State

## Type of Environment

Elementary  
school



Secondary  
school



College /  
University



Worksite



Hospital



Community



## Facility Location

On-campus



Off-campus



## Venue Structure (point-of-purchase)

Free Standing: Each dining  
establishment has its own cash  
register



Food Court: Variety of dining  
establishments with shared cash  
registers and seating



Dining Hall: Meal plans (pre-paid)



## Dining Type

Fast food / Cafe



Food truck / Food  
cart



Sit-down restaurant



Dining hall /  
Cafeteria / Buffet



Delivery



## Name of Facility

Facility ID from enumeration sheet (eight digits: venue structure, dining type, location, audit number) - *no spaces, commas, or dashes*

## Facility Zip Code

## Number of hours facility is open

Example: 2 hours = 2 bars

Hours/day

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

Tuesday

Saturday

Sunday

Time facility was evaluated

Was data entered into Qualtrics ONLINE at the facility?

Yes

No

Accessibility

Dining facility accessibility and distance from geographic campus center (Select all that apply)

Accessible only by cars
  Accessible by public transportation
  Bikeable distance
  2/3 mile to 1 mile
  2/3 mile (10-minute walk)
  Not Applicable - delivery

Distance of facility from geographical center of campus

Note: The leader of your team will provide a central location.

> 5.2 miles
  3.9-5.1 miles
  2.6-3.8 miles
  1.3-2.5 miles
  < 1.2 mile
  Not Applicable - delivery

Parking available (Select all that apply)

No parking-facility in the middle of campus
  Very limited parking (i.e. permit only)
  Meter parking and/or pay lot/garage
  Street parking
  Establishment has own parking lot/sufficient spaces
  No parking - drive thru
  Not Applicable - delivery



## Healthy Entrees

Which of the following most closely describes the menu at this establishment?

		General item descriptions and/or detailed item		
Detailed item descriptions that primarily promotes unhealthy choices	Detailed item descriptions that slightly promotes unhealthy choices	descriptions that equally promote healthy and unhealthy choices	Detailed item descriptions that slightly promotes healthy choices	Detailed item descriptions that primarily promotes healthy choices
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many healthy distinct lean meat options are available?

*Note: Don't forget to look at the appetizers, salads, and entrees*

- *Healthy Descriptors*
  - Baked / broiled / roasted
  - Grilled / smoked
  - Sauteed / stir-fried
  - Steamed / boiled / poached
  - Labeled "lean" or "extra lean"
  - No breading or sauce
  - Not fried
- *Types of meat*
  - Skinless poultry (chicken, turkey)
  - Lamb / beef / pork: tender or sirloin only
  - Wild game (venison, bison, rabbit, duck, emu, goat, ostrich)
  - Fish / seafood
  - Deli meat (poultry, ham, roast beef) = one option

None



1-2 options



3-4 options



5-6 options



≥7 options

Not Applicable-  
all vegetarian

and/or no entrees

How many healthy vegetarian and vegan entree options are available? (i.e., These options may be indicated by the following, but not limited to)

- Labeled or in a separate section - "vegetarian", "veggie", "vegan", "meatless", etc.
- Entree that does not contain meat / poultry / fish
- Entree that may have eggs and/or cheese

None

1-2 options

3-4 options

5-6 options

≥7 options

Not Applicable - no entrees

Comments for Questions 1 through 22

### Healthy Side Dishes

How are side dishes included with the meal? (Select all that apply)

- Entrees automatically come with a side that cannot be substituted
- Entrees automatically come with a side, if requested some can be substituted
- Entrees automatically come with a side and allowed substitutions are noted
- Sides can be selected by consumer from list of standard portions
- Sides and portion are selected by the consumer from a list (side is not automatically selected / offered)
- Not Applicable - no sides

What types of fruit is available

None

Only processed (added sugars / syrup) and dried fruits available

One fresh fruit available with no added sugars / syrup

Two fresh fruits available with no added sugars / sugars

≥3 fresh fruits available with no added sugars / syrup

How many vegetable side options are available?

- Includes:
  - Hot vegetables
  - Vegetable soups
  - Prepared salads
  - Vegetable toppings for pizza = one option
  - Do NOT include salad bar offerings in this category
  - Do NOT include french fries, or other fried vegetable options
- *Healthy Descriptors:*
  - Fresh
  - Baked / broiled / roasted
  - Grilled / steamed
  - Sautéed / stir-fried
  - Light or no mayo / sauce
  - Broth-based
  - Labeled low-fat

None

1-2 options

3-4 options

5-6 options

≥7 options

Not Applicable -  
no sides

How many labeled whole grain options are available?

- Bread products (bagels, bread, English muffins): count as one option or a maximum of two options if there is extensive variety.
- Count each unique options available in main or side dishes (may also be found in pancakes, pizza or tortillas):
  - Amaranth / barley / buckwheat
  - Millet / oats / quinoa

- Teff / triticale / sorghum
- Brown or wild rice
- Wheat

None     1-2 options     3-4 options     5-6 options     ≥7 options     Not Applicable - no grains

How many healthy cereal varieties are available?

- High fiber (<10% of the Daily Value) AND low sugar (<10 g sugar per serving unless cereal contains dried fruit)
  - Examples of acceptable cereals include: plain Cheerios, Fiber One, and plain oatmeal

None     1-2 varieties     3-4 varieties     5-6 varieties     ≥7 varieties     Not Applicable - no cereals

How many fresh vegetables are available in the salad bar?

- Not canned vegetables or contained in recipes

None     1-4     5-8     9-12     ≥13     Not Applicable - no salad bar

The lettuce in the salad bar was fresh and appealing.

Strongly disagree     Disagree     Neutral     Agree     Strongly agree     Not Applicable - no salad bar

How many healthy additions (excluding vegetables) are available in the salad bar?

- Healthy additions include:

- Fruit with no added sugar / syrup
- Low-fat dairy: yogurt, cottage cheese
- Lean meats: tuna, chicken
- Meat alternatives: legumes, beans, tofu
- Prepare salad with light / no mayo or light / no dressing
- Low- or non-fat dressings
- Dressings with healthy fat (i.e. olive oil)
- Nutrient-dense items (at least 3 food groups: healthy fats / whole grains / legumes / fruits / vegetables / low-fat dairy)

None  
1-4  
5-8  
9-12  
 $\geq 13$   
Not Applicable -  
no salad bar  

How are high fat sauces, condiments and/or salad dressings served?

Placed  
automatically on  
entrees or  
sandwich  
Placed  
automatically on  
side dish  
Placed  
automatically on  
salad  
Served on the  
side by request  
Self-served or  
served on the  
side  
automatically  
Not Applicable -  
no condiments  

## Healthy Beverages

How many healthy beverage categories are available?

- *Examples:*
  - Complementary water
  - Bottled water (not flavored)
  - Carbonated, seltzer, or flavored water
  - Non-fat or 1% milk
  - Non-fat or 1% flavored milk
  - Low-fat milk alternatives (i.e. soy / rice / almond)



- 100% fruit or vegetable juice
- Unsweetened tea or coffee
- Zero calorie flavored tea
- Diet drinks
- Zero sugar drinks
- Zero calorie drinks
- Do NOT include alcohol

None

1-2 options

3-4 options

5-6 options

≥7 options

## Healthy Desserts

How many healthy dessert categories (NOT individual flavors) are available?

- *Examples:*
  - Fresh fruit
  - Smoothies
  - Soft-serve frozen yogurt
  - Low-fat ice cream
  - Low-fat ice cream novelties
  - Low-fat non-dairy desserts
  - Low-fat yogurt
  - Sherbet
  - Angel food cake
  - Low fat cookies / cakes
  - Mini dessert sizes
  - Nutrient-dense items (at least 3 food groups: healthy fat / whole grains / legumes / fruits / vegetables / low-fat dairy)

None



1 option



2 options



3 options



≥4 options



Not Applicable - no desserts



### Nutrition Information

#### Nutrition Information

No information provided



Information provided online only



Information not visible on-site: provided in take-away sources, by request, and/or via scannable link / kiosk



Information visible on-site: provided at point of purchase, menu, and/or menu board



Information provided in multiple locations



#### Menu planning: Nutrient analysis tools

No menu planning tools available



Nutrition information provided on menu only



Simple nutrient analysis tool that shows nutrient content of menu choice(s)



Dynamic nutrient analysis tool that shows nutrient content based on selected portion sizes of menu choice(s)



Dynamic nutrient analysis tool that shows nutrient content based on changes to ingredients (i.e. removing sauces, adding vegetables) and portion sizes of menu choice(s)



#### Substitutions (Select all that apply)

No substitutions are allowed



Some substitutions require an extra fee



Substitutions are available / marketed in terms of dietary restriction (gluten-free)



Some substitutions are free of charge



Ability to make substitutions is advertised or promoted



#### Is information available about potential food allergens?

##### Top 8 allergens:

- Milk

- Eggs
- Fish
- Shellfish
- Tree nuts
- Peanuts
- Wheat
- Soybean

<p>No information provided</p> <input type="radio"/>	<p>Information provided online only</p> <input type="radio"/>	<p>Information not visible on-site: provided in take-away sources, by request, and/or via scannable link / kiosk</p> <input type="radio"/>	<p>Information visible on-site: provided at point of purchase, menu, and/or menu board</p> <input type="radio"/>	<p>Information provided in multiple locations</p> <input type="radio"/>
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How many gluten-free/sensitive options are indicated on the menu?

None	1-2 options	3-4 options	5-6 options	≥7 options	<p>Not applicable- all contain gluten and/or no gluten-free/sensitive options</p> <input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

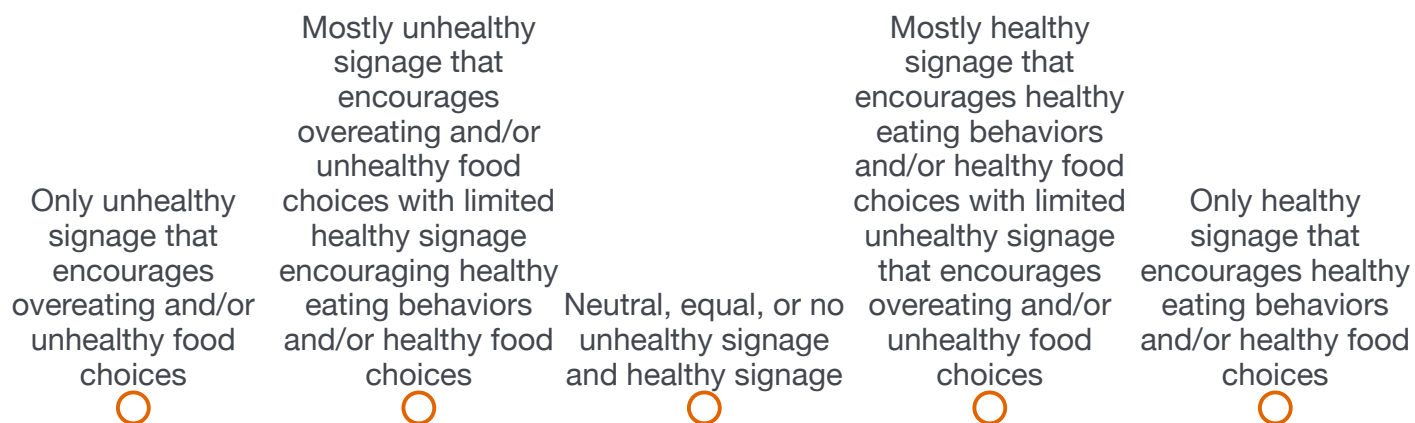
Comments for Questions 24 through 39

### Healthy Eating Facilitators and Barriers

Signage (i.e. posters / art work, printed napkins, advertisements, table signs)

- Healthy signage may promote:
  - Dietary guidelines
  - 5-a-day, low-fat

- Meatless Mondays
- Nutrient-dense items
- Eating patterns - moderation, balance, variety, etc.
- Unhealthy signage may promote:
  - Overeating (i.e. all-you-can-eat)
  - Meal deals (i.e. \$5 footlong)
  - Large portions (i.e. supersize)
  - High saturated fat and/or calorie-dense options



## Menu board / labeling

- Healthy labels may promote:
  - Weight Watchers
  - Low-calorie / low-fat / light
  - Healthier choices
  - Guiding Stars, American Heart Association
- Unhealthy labels may promote:
  - Overeating
  - Adding extra fats (i.e. unlimited high fat add-ons)
  - Lots of free side dishes

Only unhealthy labels that encourage overeating and/or unhealthy food choices

Mostly unhealthy labels that encourage overeating and/or unhealthy food choices with limited healthy labels encouraging healthy eating behaviors and/or healthy food choices

Neutral, equal, and/or no labels to encourage unhealthy or healthy choices

Mostly healthy labels that encourage healthy eating behaviors and/or healthy eating food choices with limited unhealthy labels that encourage overeating and/or unhealthy food choices

Only healthy labels that encourage healthy eating behaviors and/or healthy food choices

Main entree portion sizes (Select all that apply)

There are no supersize or extra-large portions sizes available

There are small, medium, and large portion sizes available

Option to share portions available (i.e "Dinner for Two")

Option for smaller portion size available

There is no additional charge to spilt or share a meal

Not Applicable - no entrees

Cup sizes: Fountain beverages

>3 cup sizes available larger than 16 oz OR Every size available is larger than 16 oz

3 cup sizes available larger than 16 oz

2 cup sizes available larger than 16 oz

1 cup size available larger than 16 oz

Largest cup size available is 16 oz or smaller

≤16 oz or smaller

Not Applicable - no fountain beverages

Fried food: Entree and side dish options

- *Examples of fried food descriptors:*
  - Fried / pan-fried / deep-fried
  - Battered / crispy

≥7 options

5-6 options

3-4 options

1-2 options

None

General facility pricing system (Select all that apply)

All-you-can-eat buffet or meal card swipe for all-you-can-eat <input type="radio"/>	Combo meals (add a side and/or drink at a reduced price) <input type="radio"/>	One meal card swipe for one portioned meal <input type="radio"/>	Items are priced individually <input type="radio"/>	Items priced by weight <input type="radio"/>	Not Applicable <input type="radio"/>
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Price comparisons of comparable menu items: Individually-priced

Healthy options are priced higher than unhealthy options with additional charge to make healthy substitutions <input type="radio"/>	Healthy options are priced higher than unhealthy options with no additional charge to make healthy substitutions <input type="radio"/>	Healthy and unhealthy options are priced equally <input type="radio"/>	Healthy options are priced lower than unhealthy options with additional charge to make healthy substitutions <input type="radio"/>	Healthy options are priced lower than unhealthy options with no additional charge to make healthy substitutions <input type="radio"/>	Not Applicable - no items are individually priced (i.e. dining hall/buffet) <input type="radio"/>
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Price comparisons of comparable menu items: Priced by weight (per pound)

Most healthier options are priced higher <input type="radio"/>	Many healthier options are priced higher <input type="radio"/>	Healthy and unhealthy options are priced equally <input type="radio"/>	Many healthier options are priced lower <input type="radio"/>	Most healthier options are priced lower <input type="radio"/>	Not Applicable - nothing priced by weight <input type="radio"/>
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Comments for Questions 39 through 48

Sustainability

Sustainability information: Online and/or on-site (i.e. signs, labels)

- Sustainable practice include:
  - Organic
  - Local
  - Fair-trade
  - Cage-free
  - Composting

- No sustainability  
information on-site  
or online
- Sustainability  
information online  
only
- Information for one  
sustainable practice  
on-site
- Information for two  
sustainable  
practices on-site
- Information for  $\geq 3$   
sustainable  
practices on-site

Which of the following best describes the plates and flatware used in this establishment?  
(Select all that apply)

- Disposable  
plates
- Disposable  
flatware
- Reusable plastic  
plates
- Reusable China
- Reusable plates  
with nutrition  
information
- Not applicable -  
delivery

Which of the following best describes the to-go containers and trays used in this establishment? (Select all that apply)

- Paper to-go  
containers
- Styrofoam /  
plastic  
disposable to-go  
containers
- Reusable to-go  
containers
- Reusable trays
- Trayless
- Not applicable  
sit-down

Comments for Questions 50 through 52

