<u>**NPS Restaurant - Survey Protocol**</u>

These measures are designed to rate the nutrition environments of restaurants serving either lunch or dinner. Specialty shops such as coffee or ice cream shops, unless these shops serve lunch or dinner items (e.g., sandwiches), should be rated using the SNACK SHOPS tool. In addition, other establishments that may serve food but fall into an exclusions category are as follows:

Exclusions
-Establishments not open to the general public, or those where you have to pay a charge just to enter.
-Establishments NOT within the national park boundaries.
-Examples: schools, churches, convalescent homes, bars, clubs, or places excluding children 18 and under, movie theatres, hospitals, stores not preparing food to order or consume immediately (bakery, dairy store, store that sells coffee beans, etc.), workplace cafeterias

In these protocol instructions, each section of the survey is shown, followed by instructions for completing that section.

Restaurant Type:

o Sit-down   (order from waiter while sitting at table)
o Fast Casual   (order at counter then sit down)
o Other: _____

Restaurant Type:

1. Sit-down Restaurants category
This category includes traditional sit-down restaurants, and bars and pubs with full menus that are open to all ages.

      a. **Sit-down Restaurant**-Restaurant that offers full table service by wait staff, who take your order at the table.
      Examples: Applebee's, Beni Hana, Cheesecake Factory
      b. **Bars/Pubs** – A restaurant that sells a full range of alcoholic beverages, has a full menu and is open to all ages. These are to be listed under the **Sit-down Restaurants** heading.

2. Fast Casual Restaurant
A restaurant that is similar to fast-food in that it does not offer table service, but promises somewhat higher quality of food and atmosphere. You may order and pay at a counter. Often food is brought to your table.
      a. Examples: Boston Market, Chipotle Mexican Grill

3. Other
This may include fast food restaurants (order/pick up at the counter, never brought to table). Food is commonly cooked in bulk in advance and kept hot, or reheated to order.
Example: McDonald's.

COVER SHEET:

Rater ID: [|]

Park ID: [|]-[ ]-[|]-

Restaurant ID: [|-[| |]

Restaurant Name: _____

1. Record Rater ID, Park ID, Restaurant Name & ID

Site Visit:

Date: ___/___/___
Month Day Year

Start Time: [|] : [|]
○ AM   ○ PM

End Time: [|] : [|]
○ AM   ○ PM

2. Record the date, start and end times of the site visit.

Park ID: [|]-[ ]-[|] Restaurant ID: [|-[| | |] Date: [|]/[|]/[|] Rater ID: [|]

Record the following at the top of all pages of the form:
1. Park ID
2. Restaurant ID
3. Today's date
4. Rater ID

TYPE OF RESTAURANT:

1) Type of Restaurant: Code#: [|]

1) Record code from **Restaurant Code List** for type of restaurant, basing it on the main category of cuisine served (e.g., if it is a Chinese
vegetarian restaurant, code it as Chinese, not Vegetarian).

NEMS Restaurant Code List		
Code #	Type of Restaurant	Examples
01	General / Mixed / American	Applebees, Chili's, TGI Friday, IHOP, Waffle House
02	Burgers	McDonald's, Wendy's, Hardees
03	Chicken	KFC, Mrs. Winner's, Chick-Fil-A
04	Sub Sandwiches	Subway, Blimpie, Quiznos
05	Pizza	Pizza Inn, Pizza Hut, Mellow Mushroom
06	Bagel / Deli	Einstein's, Bagel Palace Deli
07	Seafood	Pappadeaux, Red Lobster
08	BBQ	Dusty's, Sonny's BBQ
09	Steakhouse	Outback Steakhouse, Ruth Chris' Steakhouse, Longhorn
10	Coffee Shops	Starbuck's, Seattle's Best Coffee, Caribou Coffee
11	Ice Cream/Frozen Yogurt Shops	Baskin Robbins, TCBY, Cold Stone Creamery, Baskin-Robbins
12	Donut Shops	Krispy Kreme, Dunkin' Donuts
13	Bakery/Pastry Shops	Mrs. Fields' Cookies, Cinnabon
14	Bars/Pubs	Taco Mac, ESPN Zone
15	Asian (mixed, other)	Mama Fu's, Chopsticks, Top Spice
16	Chinese	Red Pepper, The Golden Buddha, Panda Chinese
17	Thai	Thai Chili, Thaicoon
18	Japanese	Edo Steak House, Shogun, Fuji Japanese
19	Mexican	Chipotle, Pappasitos, Don Pablos
20	Italian	Sbarro, Olive Garden, Romano's Macaroni Grill
21	French	Petite Auberge, Le Madeleine
22	Indian	Touch of India, Himalayas Indian, Haveli
23	Greek, Middle Eastern	Athens Restaurant, Kyma, Basil's Mediterranean
24	Vegetarian	
25	Other	

2) Data Sources (check all that apply):

O site visit
O menu
O internet

2) Data sources: Site visit/Observation/ Interview/Internet
Record all the data sources that you use in completing the data collection form for this restaurant.

3) Hours of operation:

Weekday O open O closed   Weekend O open O closed

Opening time*:   Opening time*:
| | : | | O AM O PM | | : | | O AM O PM

Closing time*:   Closing time*:
| | : | | O AM O PM | | : | | O AM O PM

O **Open 24 hours** (If 24 hour, leave *Hours of Operations section* blank)
O **Hours not listed**

3) Hours of Operation
- Is the restaurant open or closed on a "typical" weekday or "typical" weekend day as indicated below?
>   - Weekday is defined as Monday, Tuesday, Wednesday, Thursday, Friday
>   - Weekend is defined as Saturday or Sunday
>   - If restaurant is opened Monday, Tuesday, Thursday, Friday, but closed Wednesday, record schedule most common among days open.

-Record the first hour open, and mark *am* or *pm*
-Record the last hour open, and mark *am* or *pm*
If a restaurant opens/closes multiple times per day, please list the first opening time and the last closing time (e.g. if it opens at 8a for breakfast/lunch, closes at 2p, then re-opens at 5p for dinner and closes at 10p – please list opening time as 8a and closing time as 10p)
-If the restaurant is open 24 hours, leave the rest of Section 4 blank.
-Mark if the hours are not listed

4) Access: O car O foot only

4) Access
Record whether restaurant is accessible by car or other motorized vehicle or if it accessible by foot only.

5) Seating available?   O yes O no
Number of tables = [| |]

5) Seating
-Mark whether tables are present.
-If tables are present, count the number of tables of any size. Count both exterior and interior tables. Count the counter seating as one table and note the number of counter seats in comments.
-If the snack shop is in a food court and has no tables, fill in seating capacity = 0 and note in comments that the restaurant is in a food court.

6) Operated by: O Large food vendor
                          O Small business owner
                          O I don't know

Name of food vendor, if known:_____

6) Restaurant Operator:
Record if restaurant is operated by a large food vendor or concessioner (e.g. Aramark, Forever Resorts, Delaware North, etc) or a small business owner. This information can often be found on signs/displays at the front of the establishment. Record the name of concessioner or restaurant operator in comments section. If this information is unavailable, mark "Don't Know."

Promotion

	Select One	Comments
1) a. Do signs/table tents/displays **highlight healthy menu or shop options?**	O yes O no	_____
b. Do signs/table tents/displays **encourage healthy eating?**	O yes O no	_____
c. Do signs/table tents/displays encourage **unhealthy** eating?	O yes O no	_____
d. Do signs/table tents/displays encourage **overeating** (all-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors on menu or signage)?	O yes O no	_____
e. Do signs/table tents/displays promote water consumption?	O yes O no	_____
f. 1)Do signs/table tents/displays promote free refills on _sugar_ drinks?	O yes O no	_____
2) Do signs/table tents/displays promote free refills on _diet_ drinks?	O yes O no	_____
g. Do signs/table tents/displays _promote_ local/regional/or state grown/produced items?	O yes O no	_____
h. Do signs/table tents/displays _promote_ sustainable farming practices or sustainably produced items?	O yes O no	_____
i. Do signs/table tents/displays _promote_ organic items?	O yes O no	_____
j. Do menus _identify_ local/regional/or state grown/produced items with icons or labels?	O yes O no	_____
k. Do menus _identify_ sustainably farmed/produced items with icons or labels?	O yes O no	_____
l. Do menus _identify_ organic items with icons or labels?	O yes O no	_____
m. Other? _____	O yes O no	_____

a. **Signs/table tents/displays highlight healthy menu or restaurant options**
   i. Signage may relate to nutritional value/type of food (grilled food, salads)
   ii. Please note that signage can be **inside** or **outside** the restaurant
      1. Example: "Try a low-fat option—We feature salads made with fat-free dressing"
      2. Example: "Eat healthy: Try our Brown Rice"
b. **Signs/table tents/displays encourage healthy eating**
   i. Signage that generally encourages making healthy choices
      1. Example: "Here's to Eating Well"
      2. Example: "Fruits and Vegetables—the Smart Choice!"
c. **Signs/table tents/displays encourage unhealthy eating**
   i. It can be related to nutritional value/type of food (promoting rich desserts and fried foods) or price (combo discounts)
      1. Example: "Try our cheesecake: Rich & creamy"
      2. Example: Posters featuring pictures of high-fat foods
      3. Example: Promotional signs or posters pushing combo discounts
      4. If bulk candy or similar encouragement of purchasing high quantity of high-fat/high-sugar foods is present, mark "yes" for unhealthy eating promotion
d. **Signs/table tents/displays encourage overeating**
   i. Related to quantity
   ii. Examples: All-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors
e. **Signs/table tents/displays promote water consumption**
   i. Signage that encourages drinking water

1. Example: "Here's to Drinking Water"
2. Example: "Water—The Healthy Choice"

f. 1) Signs/table tents/displays promote free refills on <u>sugar</u> drinks
   i. Signage promoting free refills from fountain stations or from menu on sugar drinks (e.g. non-diet soda, sweetened tea, juice-flavored drinks)
   ii. If no fountain station or area for beverage self-service, mark not applicable (N/A)

   2) Signs/table tents/displays promote free refills on <u>diet</u> drinks
   iii. Signage promoting free refills from fountain stations or from menu on <u>diet</u> drinks (e.g. diet soda, artificially sweetened tea/water)
   iv. If no fountain station or area for beverage self-service, mark not applicable (N/A)

g. Signs/table tents/displays promote local/regional/or state grown/produced items
   i. Local/regional/state grown items are highlighted
      1. Example: "Try our locally grown greens"
      2. Example: "Try our fish from our local Florida coast"

h. Signs/table tents/displays promote sustainable farming practices or sustainably produced items
   i. Sustainability Definition: Produced by a food system in which resources are used at the same rate of recovery
   ii. For this survey: mark whether signs/displays advertise "sustainably" produced items
      1. Example: "We only support sustainable seafood"
      2. Example: "Try our local produce from sustainable food systems"

i. Signs/table tents/displays promote organic items
   i. Organic Definition: Foods produced using methods that do not involve modern synthetic inputs (e.g. irradiation, additives, genetically modified organisms, or chemical additives)
   ii. For this survey: mark whether signs/displays advertise "organic" items
      1. Example: "We support our local organic farmers"
      2. Example: "Try our organic veggie burger"

j. Menus identify local/regional/or state grown/produced items
   i. Local/regional/state grown items are identified on the menu
      1. Example: Local items marked with a pea pod

k. Menus identify sustainable farming practices or sustainably produced items
   i. Example: Sustainable seafood marked with a fish icon

l. Menus identify organic items
   i. Example: Organic items marked with a USDA Organic icon

m. Other signage in restaurant
   i. Can pertain to facilitators, barriers, or nutrition information

MENU REVIEW:

2) Main Dishes/Entrees:				
a. Total # Main Dishes/Entrees	O yes	O no		#
b. Healthy Options	O yes	O no		#
c. Vegetarian Options:	O yes	O no	ON/A	#

2a) Total number of main food items (e.g. entrees, sandwiches)

    a. Count the total number of main dishes and entrees on the menu. (If no menu, mark "N/A") Include any entrees that are listed as specials that do not appear on the menu. If there are both lunch and dinner menu items listed on the same menu, do **not** count the entrees listed as "Lunch" items. Do not include main dish salads.

    b. Use the following guidelines:

    c. General rule of thumb: If an item is listed as a separate entree, count it. Do not think too hard about it.

    d. <u>**Definition of a main item**</u>**--**It must be distinctly different, either in ingredients, proportion of ingredients, or preparation method <u>and</u> differ in ways OTHER THAN JUST SIZE/QUANTITY

    e. An example of different proportion of ingredients: A cheeseburger and a double cheeseburger have proportionately different ingredients, making one higher in percent fat than the other. Proportionally, a double cheeseburger is higher in percent fat than a cheeseburger, because it has a smaller percentage of bread, lettuce and tomato (lower fat ingredients) than meat and cheese (higher fat and saturated fat ingredients). Thus, these would be two separate entrees.

    f. Count each type of entree only once. If the entree is offered in **different sizes** or in combination with another food, count it only once.

        ii. Example: Baby Back Ribs *(Count as one entrée)*
            ½ Rack Baby Back Ribs

        iii. Example: FAJITAS *(Count as 2 entrees, **not** 4)*
            Steak: Seasoned Steak Grilled to Perfection
            Chicken: Grill and Marinated Chicken Breast
            Combo: Grilled and Marinated Chicken Breast with Seasoned Steak
            Double: Your Choice of Chicken, Steak, or as a Combo

    g. If the entree is listed with an **option of "chicken or beef"** or similar choices, count each item as a separate entree.

        iv. Example: Curries: Choice of Chicken, Beef, or Pork *(Count as 12 entrees, **not** 4)*
            Panang
            Massaman
            Red Curry
            Pineapple Curry

    h. If entrees are listed together in a section, but are **distinctly different**, count each one as an entree.

        v. Example: *(Count as 5 entrees, not 1)*
            Blimpies Hot Subs—Grilled
            6 In: $3.99   6 In: Stacker: $5.19   12 In: $6.29
            Buffalo Chicken

Ultimate Club
Beef, Turkey & Cheddar
Pastrami Special
Reuben

i. If **various preparation** options, e.g., broiled, fried, or grilled, are available, count each preparation option as an entree.
  vi. Example: Farm-raised Catfish, grilled or breaded and pan-fried *(Count as 2 entrées, **not** 1)*

j. If the same entree is prepared with **different sauces**, count them as different entrees.
  vii. Example: A dozen hot wings offered in BBQ, Honey Mustard or Lemon Pepper *(count as 3 entrées, not 1)*
  viii. Example: Spaghetti with marinara sauce, meat sauce or Alfredo sauce *(count as 3 entrées, not 1)*

k. If an entree is **listed twice** in separate sections of the menu, count it twice.

l. **Soup** is counted as an entree if it is priced similar to other entrees.

m. Do not count the following as main dishes: Sushi, Dim Sum, Tapas

n. If a restaurant serves **brunch** items and there is no separate dinner menu, or if **breakfast** items are offered all day, count them as entrees.

o. Count "**build your own**" as one item.
  ix. Example: Build your own omelet (with choice of ingredients) *(Count as 1 entrée)*
  x. Example: Build your own pizza *(Count as 1 entrée)*

p. If the restaurant features a **buffet** or smorgasbord for one price, count as one entree. Note this in comments.

2b) Healthy main dish options If calorie and fat information or a healthy symbol or notation (e.g., *light fare, light*, *heart healthy*, *healthy*) are provided, mark "yes". If not, mark "no". Then follow the steps below to count whether the options meet the NEMS definition of "healthy".

If nutrition information is available:

a. Count the number of **entrees (except burgers and sandwiches)** that meet **all three** of the following criteria:
  a. ≤ 800 calories
  b. ≤ 30% of calories from fat (see % Fat Chart)
  c. If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat (see % Fat Chart).

b. Count the number of a la carte **burgers and sandwiches** that meet **all three** of the following criteria:
  a. ≤ 650 calories
  b. ≤ 30% of calories from fat (see % Fat Chart)
  c. If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat (see % Fat Chart).

  c. Add the numbers of entrees, burgers, sandwiches meeting the criteria and record in **#7b** on data collection form.

  d. If a menu does not have any healthy options, write "0" in the # box.

If nutrition information is **not** available:

  a. Record the number of entrees identified as "*light fare*," "*light*," "*heart healthy*," sometimes designated with a small heart symbol.

    a. If a menu does not have any healthy options, write "0" in the # box.

% FAT CHART

Count entrees and main dish salads with the following maximum amounts of calories and total fat (30% calories from fat) as healthful choices. Look at the nutritional information listed by each entrée. Find where each entrée falls in the calorie range listed. Then, see if the grams of fat given for that range are equal to or less than the fat content of the entrée. If the fat grams in the entrée are greater than the chart, it is not counted as a healthy option.

Calories	≤ grams of fat
≤ 179	5 grams
180 - 209	6 grams
210 - 239	7 grams
240 - 269	8 grams
270 - 299	9 grams
300 - 329	10 grams
330 - 359	11 grams
360 - 389	12 grams
390 - 419	13 grams
420 - 449	14 grams
450 – 479	15 grams
480 - 509	16 grams
510 – 539	17 grams
540 - 569	18 grams
570 - 599	19 grams
600 – 629	20 grams
630 – 659	21 grams
660 – 689	22 grams
690 – 719	23 grams
720 – 749	24 grams
750 – 779	25 grams
780 – 800	26 grams

If saturated fat data are available, then items must also have no more than 10% saturated fat calories to count as healthful. See chart below:

Calories	≤ grams of saturated fat
≤ 149	1 gram
150 – 239	2 grams
240 – 319	3 grams
320 – 419	4 grams
420 – 499	5 grams
500 – 589	6 grams
Remember, burgers and sandwiches ≤ 650 calories	
590 – 689	7 grams
690 –769	8 grams
770 – 800	9 grams

2c) Vegetarian choices:

  - Indicate whether any vegetarian options are on the menu

  - Vegetarian indicates no animal meat sources (ex: fish, pork, beef, chicken, turkey)

  - Eggs, cheese & butter may be present in vegetarian items

  - List any items that appear to be vegetarian (from menu) or are labeled as vegetarian

3) Main dish salads:

			#
a. Total # Main dish salads	O yes	O no	
b. Healthy Options	O yes	O no	
c. Low-fat or fat free salad dressings	O yes	O no	

3a. Total #Main dish salads
    a. Record the total number of main dish salads of any kind listed on the menu and mark "yes." See definition of main dish salad below. If there are no main dish salads on the menu, mark "no" and write "0" in the # box.

    b. **Definition of a Main Dish Salad:**
        a. A main dish salad is of sufficient **size** to be the central part of a meal (or a meal in itself) and typically contains at least one protein source as an integral ingredient (see list for examples).
        b. Do not count salads that are listed under the following sections of the menu or that are clearly smaller in size than the main dish salads (e.g., their price is half of the average main dish salad price): Appetizers, Side items, side orders, or sides, or Extras
        c. Do not count salads that are indicated for sharing
        d. Greek or Mediterranean salads should be counted as a main dish salad, if they meet the size/price criterion.
        e. If in doubt about the ingredients, and the **price** is similar to other main dishes on the menu, count it as a main dish salad.
        f. Do not count the following salads as a main dish, unless they have a high-protein ingredient (see *Protein Sources* below). Pasta salad, Caesar salad, House salad

Protein Sources
▪ Tofu
▪ Chicken or turkey (poultry)
▪ Fish or seafood
▪ Beef or pork (do **not** count bacon as a protein source)
▪ Vegetarian chili
▪ Pinto beans, soybeans, chickpeas (or hummus) or other legumes
▪ Egg (unless used only as a garnish)

3b. Main dish salads: Healthy options
    a. If calorie and fat information or a healthy symbol or notation (e.g., *light fare, light, heart healthy, healthy*) are provided, mark "yes". If not, mark "no". Follow the steps below to count whether the main dish salads meet the NEMS definition of "healthy" based on whether nutrition information is or isn't available.

If nutrition information is available:
    a. Record the number of **main dish salads** that meet **all three** of the following criteria:
        i. ≤ 800 calories
        ii. $\leq 30\%$ of calories from fat (see % Fat Chart)

> **iii.** If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat (see % Fat Chart).
>
> **b.** If there are none that meet the criteria, write a "0" in the # box

If nutrition information is **not** available:

> a. Record the number of main dish salads with ≤ two high-fat ingredients (see **Supplementary Information** below for list).
> b. If there is no low-fat or fat-free dressing available, then the salads cannot be counted as healthy options.
> c. If there are none that meet the criteria, or if the salad ingredients are not listed, write a "0" in the # box.

Supplementary Information: Main Dish Salads
Note: If a salad comes dressed, it cannot be counted as healthful, unless low-fat or fat-free dressing is an option on the menu (included in separate list of dressings).

Yes	No

▪ Grilled, chargrilled or charbroiled chicken breast salad
▪ Grilled fish or seafood salad
▪ Turkey breast or ham as ingredients
▪ Vegetable salad
	▪ Salads with three or more of the following:
	  • Avocado or guacamole
	  • Bacon
	  • Cheese
	  • Croutons
	  • Egg (if already have a protein source)
	  • Fried (crispy) noodles, tortilla strips (or similar fried garnishes)
	  • Nuts
	  • Olives
	  • Pesto
	  • Sausage or pepperoni
	  • Salami, bologna, pastrami, corned beef or other high-fat lunch meat (roast beef, okay)
	  • Sour cream
	▪ Mayonnaise-based salads such as tuna salad, chicken salad
	▪ Caesar salad
	▪ Salad topped with fried chicken or other fried meat
	▪ Salad in a fried shell (e.g., taco salad)

3c. Main dish salads: Low-fat or fat free salad dressings

> a. Record whether the restaurant has **low-fat or fat free salad** dressings. If yes, record how many there are. If none, mark "no" and write "0" in the #box.
> b. If nutrition information is available, check to see if any dressings qualify using the **fat chart.** Some do but may not be labeled as low-fat or fat free.

4) Restaurant has a salad bar?	O yes O no		
a. If yes, are healthy dressings available?	O yes O no O N/A #		

4) Restaurant salad bar: Record if the restaurant has a **salad bar** at the time of scan
   a. If restaurant has a salad bar, record if there are low-fat/fat-free dressings in the salad bar
   b. List low-fat/fat free dressings in comments if applicable

5) Side Items

a. Fruit (without sugar)	O yes O no	#
b. Fruit (with added sugar or syrup)	O yes O no	#
c. Healthy Vegetables (without sauce & not fried)	O yes O no	#
d. Less Healthy Vegetables (with sauce or fried)	O yes O no	#
e. French Fries	O yes O no	#
f. Chips	O yes O no	#
g. Baked chips or low-fat pretzels	O yes O no	#

5) Side Items
a) Fruits without added sugar/syrup:
   a. Record the number of fruit items without added sugar (see **Supplementary Information**)
   b. If there are no fruit items without added sugar, mark "no" and write "0" in the # box.
   c. Again, if there is nutrition information, check to make sure that fruit qualifies as sometimes there may be added sugar not noted on the menu.
   d. Fruit items can be either prepared or pre-packaged.

Supplementary Information: Fruits Without Added Sugar	
Yes	**No**
▪ Fresh fruit or canned fruit (in fruit juice) ▪ Fresh fruit compote ▪ Fresh fruit salad without dressing or on the side ▪ Fresh fruit with yogurt ▪ Fresh fruit plate with cottage cheese ▪ Fresh fruit on the salad bar	▪ Cinnamon apples ▪ Fruit canned in syrup ▪ Fruit salad with dressing ▪ Applesauce (unless specifically know that no sugar is added)

b) Fruit with added sugar
Record any fruits served that do NOT meet healthy nutrition criteria above

c) Vegetables:
   a. Look for any vegetables separately listed as "sides" or "extras" and see if they meet the NEMS criteria of non-fried vegetables without added sauce.

b. If there is indication of a **sauce** (e.g., steamed broccoli with buttery sauce), it does **not** count.
c. If vegetables are listed **separately** and not as part of an entrée (i.e., you have a choice of vegetables that are grouped below or above the entrée), these can be counted, if healthy.
d. **Salad** listed as a side when the restaurant has low-fat or fat free dressings counts.
e. If there is nutrition information available for the sides, make sure that the vegetable qualifies.
   a. For example, it might say "Steamed broccoli" but the nutrition information states 80 calories with 6 grams of fat which would mean that this item would not qualify as a non-fried vegetable.
f. Record the number of non-fried vegetables (also without sauce or breading) and mark "yes". (See **Supplementary Information below** for guidance.)
g. Vegetables can be either prepared or pre-packaged.
h. If there are no vegetables that meet the criteria, mark "no" and write "0" in the # box

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Supplementary Information: Non-fried Vegetables Without Added Sauce

Note: Do not count vegetables that are a part of a main dish, such as those found in stew or spinach lasagna. Do not count vegetables on the salad bar.

Yes	No
▪ Raw (e.g., sliced tomato) ▪ Steamed ▪ Grilled or chargrilled ▪ Baked ▪ Pickled	▪ Mixed dishes, such as lasagna, pot pie, stew, spinach calzone, or shepherd's pie ▪ Fried, stir-fried ▪ Breaded ▪ Au gratin ▪ Casserole ▪ Creamed ▪ Scalloped ▪ With sauce ▪ Glazed ▪ Sauteed ▪ Potatoes ▪ Pinto beans or other dried beans or peas

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d) Vegetables with sauce/fried
Record any vegetables served that do NOT meet healthy nutrition criteria above

e) French fries
a. Record whether French fries are available
b. If so, list the # of varieties available:
   a. Different cuts of potato each count as a variety
   b. French fries with different toppings count as a variety

i. Example: shoestring or waffle fries with option of adding cheese counts as 4 varieties

f-g) Chips & Baked Chips
- Record whether chips (fried) and baked chips or low-fat pretzels are available (yes/no).
- Note: Baked chips must have ≤ 3 grams fat/serving. Baked Lays® and Baked Tostitos® meet this criterion; however, Baked Doritos® do not.
- If baked chips and low-fat pretzels are both available, use the baked chips information for price and size comparison.

6) 100% wheat or whole grain bread available?	O yes O no	

6) Wheat bread
Record whether 100% whole wheat or whole grain bread is available (yes/no).

7) Desserts		
a. Ice Cream	O yes O no	#
b. Baked Goods	O yes O no	#
c. Frozen Yogurt	O yes O no	#
d. Frozen 100% fruit bars (no added sugar)	O yes O no	#
e. 100-calorie pack/low calorie/reduced fat cookies	O yes O no	#

7) Desserts
-Mark yes/no whether any listed items are present
- Write in the # of varieties
    a. Example: If there are 4 flavors of frozen yogurt, list 4
    b. Example: If there are 2 cookie, 1 chip, and 2 pretzel 100-cal snack packs, then list 5 varieties
-Do NOT count different sizes of the same item as 2 separate items, but DO count two flavors as 2 separate items

Beverage Review

a. What sources of free water are available?	O As part of fountain drink station
	O Water cooler (e.g. Igloo thermos)
	O Filtration device (e.g. small spigot)
	O Water pitcher
	O Water fountain
	O Other (specify: _____)
	O None

8. Is plain drinking water available?   (Mark yes or no)
a. What sources of free plain drinking water are available?
    -As part of fountain drink station
        Water is dispensed when pushing a button as part of station which includes other beverages (e.g. fruit drink, sodas)

-Water cooler
      Example: water jug visible on top of independent dispenser
-Filtration device
      Example: independent tap/dispenser, no visible
      water jug
      Example: UV water filtration device
      Example: small independent spigot ----------→
-Water pitcher
      Example: water jug/pitcher
-Water fountain
      Example: Stand alone device that dispenses water for immediate consumption
-Other water source
-None

See NPS Water protocol for pictures of each type of water source

b. Is there a fee associated with free water (e.g. charge for cup or ice)?	O yes O no O N/A
c. Are sources of free water **operational** at time of scan/survey?	O yes O no O N/A
d. How many **brands** of bottled plain water are available?	O 0 O 1-2 O 3-4 O ≥5
e. Are multiple sizes of bottled water available? (e.g. 20 oz and 1 Liter sizes)	O yes O no O N/A
f. Are reusable water bottles available for sale/rental?	O yes O no Comments: _____

b. Fee associated with free plain water
        xi.   Is there a charge for cup or glass for water, or charge for ice?
c. Are sources of free water operational at time of scan?
        xii.   Mark if **all** sources listed in 2a. are working
d. Record the number brands of bottled water available
        xiii.   Example: #brands (Dasani, Aquafina, Evian, Fiji) = 4
e. Record if multiple sizes of bottled water available
        xiv.   Example: 20 oz and 1 Liter sizes
f. Mark if reusable water bottles are available for sale or rental (e.g. stainless steel or hard plastic reusable/washable containers, example: Nalgene, Cambelbak). Comment on the price if available.

g. Price of bottled water (20 oz bottle, if possible)?	Brand_____	Price $☐ ☐ ☐	Bottle size	☐ ☐	oz/ml
h. Price of a reusable water bottle (smallest size available)? Brand_____		Price $☐ ☐ ☐	Bottle size	☐ ☐	oz/ml

g. List the brand, price and bottle size of a 20 ounce bottle of water. If multiple brands are present, pick the least expensive brand. If two brands cost the same amount, pick the brand that's name starts with the letter closest to A in the alphabet.
h. List the brand, price and bottle size of a reusable water bottle for sale, if present. If there are multiple bottles available, pick the least expensive bottle. If there are two small bottles that are the same price, pick the brand that's name starts with the letter closest to A in the alphabet.

9) Healthy or low calorie beverage available?	○ yes	○ no				
a. Diet soda	○ yes	○ no	Price $ ☐.☐	Bottle/Cup size ☐	oz/ml
b. Unsweetened tea	○ yes	○ no			
c. Artificially-sweetened flavored waters (≤10cal/8 oz)	○ yes	○ no			
d. Low-calorie sports drink (≤10cal/8 oz)	○ yes	○ no			
e. Low-calorie energy drink (≤10cal/8 oz)	○ yes	○ no			
f. 100% fruit juice	○ yes	○ no	Price $ ☐.☐	Bottle/Cup size ☐	oz/ml
g. 1% Low-fat or non-fat/skim (cow), unflavored	○ yes	○ no			
h. Dairy alternative milk (soy, almond, rice), unflavored	○ yes	○ no			
i. Coffee	○ yes	○ no			
j. Other: _____	○ yes	○ no			

9) Record the healthy or low calorie beverages available
   a. Diet soda
      i. Record the price and bottle/cup size of diet soda
      ii. Pick the diet soda that is the least expensive to record
   b. Unsweetened tea
   c. Artificially sweetened flavored waters (≤10cal/8 oz)
      i. Example: Aquafina Flavor Splash, VitaminWater Zero
   d. Diet or low-calorie sports drink (≤10cal/8 oz)
   e. Diet or low-calorie energy drink (≤10cal/8 oz)
      i. Example: low calorie Monster drink
   f. 100% fruit juice
      i. Mark if there is an 8 ounce or less size available
   g. 1% Low-fat or non-fat/skim cow milk (unflavored)
   h. Dairy alternative milk (soy, almond, rice), unflavored
   i. Coffee (≤10cal/8oz)
   j. Other

*Record the price and bottle/cup size of diet soda and 100% fruit juice. Pick the cheapest brand/variety available. If two are the same price, pick the variety whose name starts with the letter closest to A in the alphabet

10) Sugar sweetened beverages available?	○ yes	○ no				
a. Soda	○ yes	○ no	Price $ ☐.☐	Bottle/Cup size ☐	oz/ml
b. Sweetened tea	○ yes	○ no			
c. Sports drink (>10cal/8 oz)	○ yes	○ no			
d. Flavored water (>10cal/8 oz)	○ yes	○ no			
e. Energy drink (>10cal/8 oz)	○ yes	○ no			
f. Juice-flavored drink (not 100% juice)	○ yes	○ no			
g. Flavored milk (cow)	○ yes	○ no			
h. Flavored milk (soy)	○ yes	○ no			
i. Coffee drink (syrup/sugar added)	○ yes	○ no			
j. Other: _____	○ yes	○ no			

10) Record the sugar sweetened beverages available
   a. Soda
   b. Sweetened tea
   c. Sports drinks (>10cal/8 oz)
      i. Example: Gatorade, Powerade
   d. Flavored waters (>10cal/8 oz)
      ii. Example: Vitamin water

e. Energy/Coffee drinks
   iii. Example: Red Bull, Monster
f. Juice-flavored drink
   iv. Example: Lemonade, CRANBERRY JUICE
g. Flavored milk (cow)
   v. Example: Chocolate milk
h. Flavored milk (soy, almond, rice)
   vi. Example: Vanilla soy milk
k. Coffee drink (syrup/sugar addes)
   i. Example: Starbucks frapuccino
i. Other

*Record the price and bottle/cup size of soda and juice-flavored drink. Pick the cheapest brand/variety available. If two are the same price, pick the variety whose name starts with the letter closest to A in the alphabet

Facilitators/Barriers

	Select One	Comments
11) Facilitators		
a. Nutrition information available (ex: paper or posted menu)?	O yes O no	_____
b. Healthy items identified on menu with labels/icons?	O yes O no	_____
If yes, does the menu identify what makes the item "healthy"?	O yes O no	_____
c. Menu notations that encourage healthy requests (ex: whole wheat bread available upon request)	O yes O no	_____
d. Other? _____	O yes O no	_____

11a. Nutrition information
- Nutrition information must be listed for more than one item

11b. Healthy entrees identified
- Entrees must be: 1) in a separate section identified as healthier choices or 2) have a symbol with a footnote describing them as a healthier choice.
- **Do not** include low-carb or vegetarian notations.
- If healthy entrees are identified, record if the restaurant identifies standards for what constitutes a healthy item (e.g. healthy entrees <600 calories)

11c. Encourage healthy requests
- Do menu notations encourage healthy requests and indicate that it would make the selection a healthier choice?
  - Example: Under the "Low-Fat Meals" section, the menu says, "Ask your server for Fat-free Ranch Dressing for salads."
  - Example: "A lighter quantity of rice or beans is no problem—just ask!"
  - Example: Menu says, "Our sandwiches are topped with lettuce, tomato and cheese. For a lower-fat option, ask for lettuce and tomato only."

11d. Other
- Note any other facilitators and supports on the menu. If nothing to note, mark no.

12) Barriers

a. Large portion sizes encouraged? (ex: Super-size items on menu)	O yes O no		_____
b. Menu notations that discourage special requests (ex: *No substitutions* or charge for substitutions)	O yes O no		_____
c. All-you-can-eat or "Unlimited trips"	O yes O no		_____
d. Are any unhealthy items present at point-of-purchase? (ex: next to register)	O yes O no	O N/A	_____
e. Other? _____	O yes O no		_____

a. Large portion size encouraged?
- Does the restaurant promote large portion sizes on the menu?
  - Example: Super-sized items
  - Example: Giant spuds
  - Example: Colossal burger
  - Example: The Heap ("A heap of…")

b. Discourage special requests
- Do menu notations discourage special requests
  - Example: "No substitutions"
  - Example: "Extra charge for substitutions"

c. All-You-Can-Eat or Unlimited Trips
- Example: All-you-can-eat buffet including salad bar
- Example: "We keep bringing the food until you stay 'stop'"
- Does **not** include beverages.

d. Unhealthy items present at point of purchase?
- Example: Brownies next to cash register

e. Other barriers
- Record other barriers not previously noted and describe in comments. If nothing to note, mark no.
  - Example: free refills on bread or French fries

Pricing   C

13) Pricing

a. Sum of individual items compared to combo meal?	○ more ○ less	
	○ same ○ NA	
b. Healthy entrees compared to regular ones (see Q2 above)?	○ more ○ less	
	○ same ○ NA	
c. Healthy salads compared to regular ones (see Q3 above)?	○ more ○ less	
	○ same ○ NA	
d. Fruit compared to French fries?	○ more ○ less	
	○ same ○ NA	
e. Charged for shared entrée?	○ yes	
	○ no	
f. Other? _____	○ more ○ less	
	○ same ○ NA	

a. Combo meals
  - Identify if <u>combo meals</u> are more, the same, or less than purchasing individual items.
  - **Definition of Combo Meal**
    - A combo meal combines several menu items that would otherwise be sold separately.
    - It is not an entrée with side dish(es), but separate items with separate prices, put together as a "combo".
    - It may include a drink but not necessarily.
    - It does not matter if they offer diet drinks (since all McDonald's, Burger King, etc., do this also).
  - Example: Burger + fries + soda as a combo, vs. burger + fries + soda separately

b. Healthy entrees compared to regular
  - Based on the healthy meal options you identified in question #2 above, are similar menu items more expensive, the same, or less expensive?
  - If there are no healthy items, mark NA.

c. Healthy main salads compared to regular main salads
  - Based on the healthy salad options you identified in question #3 above, are similar menu items more expensive, the same, or less expensive?
  - If there are no healthy items, mark NA.

d. Extra charge for shared entrée
  - Example: Notation on menu-- "$1.50 plate charge for shared entrée"

e. Other
  - Note any additional pricing incentives that encourage overeating or healthy eating and describe in comments. If none, mark NA.

Kid's Menu

In general, stick to the kid's menu as the source of information for answering questions about the kid's menu. However, if not specifically stated on the kid's menu or if referred by the kid's menu to the full menu (e.g., can substitute any other side, but no sides are listed on the kid's menu), look on the full menu for:

1) 1% lowfat, skim or non-fat milk and 100% juice availability,
2) whether refills are free on unhealthy drinks, and
3) if there are healthy sides.

If any information is obtained from the full menu to answer a kid's menu question, please note "from full menu" in comments.

14) Kid's menu?	O yes O no
a. Is there an age limit?	O yes O no
If yes, what is the oldest age allowed to order from kids menu?	[ ]
b. Any healthy entrees?	O yes O no
c. Are there any healthy side items?	O yes O no

14. Kid's menu

Determine whether there is a kid's menu and record the information in **15**.

a. Age limit

- Record in **15a** the age limit listed on the menu. If there is no age limit, meaning adults can order from the kid's menu, mark "no".
- Record the oldest age at which a child can order from a kid's menu. Example: If kid's menu is for children ages 12 and under, than enter the number 12.

b. Healthy entrees

- Record in **15b** whether the kid's menu contains healthy entrees for lunch or dinner (e.g., grilled chicken sandwich or pasta with tomato sauce).
- Do not consider **breakfast** items.
- The kid's menu MUST identify that an entrée is healthy or prepared in a healthy way.

Use the following guidelines:

- Healthy **preparations** such as "grilled", "baked" or "broiled" generally are considered a healthy choice (e.g., grilled chicken).
- Preparations such as "**fried**" are **not** considered healthy. Unless otherwise noted, fish and chicken entrees should be considered fried (e.g., chicken fingers or chicken wings)
- Anything with "**cheese**", "butter" or a cream sauce as a significant ingredient (e.g., mac 'n cheese, cheese ravioli, pasta with butter) is **not** considered healthy.
- Anything with **red meat** is **not** considered healthy (e.g., hamburger, taco, hotdog).
- **Green salads** are considered a healthy entrée regardless of dressing, unless the protein source does not follow the guidelines above. For example, a salad with fried chicken as the protein source is not a healthy entrée.

- Only rate a **peanut butter and jelly** sandwich as healthy, if it can be "modified" to be made with whole wheat bread or all fruit preserves (lower sugar).
- **Pizza** is **n**ot considered healthy.
- Do **not** automatically consider an item as healthy if it is labeled as "healthy".
- Do **not** consider items promoted as low carbohydrates as "healthy" options

c. Healthy sides

Record in **15c** whether there are healthy side dishes (e.g., rice, salad, beans, low-fat yogurt, cottage cheese, applesauce, etc.).

Use the following guidelines:

- **Fruit or vegetables** are considered healthy unless things are added to them to make them unhealthy such as added sugar or butter (see Supplemental information: Fruits without added sugar and Non-Fried Vegetables without added sauce). Note that although applesauce does **not** count as fruit without added sugar for the full menu review, it does count as a healthy side for kids. Raisins would also count as a healthy side.
- **Beans/legumes** are considered healthy if they meet the following criteria: 1) Must have nutrition information available; 2) Less than or equal to 30% of calories from fat (see % Fat Chart); and 3) If saturated fat data are available, check to see if the items that meet the total fat criteria also have less than or equal to 10% of calories from saturated fat (see % Fat Chart). These criteria include all varieties of legumes/beans (e.g. kidney, black, lima, pinto) with the exception of green beans/string beans which are considered vegetables.
- **Green salads** are considered a healthy side regardless of the dressing.
- Raw **vegetables** served with dipping sauces or dressing (e.g., carrot sticks with ranch dressing) are considered healthy sides.
- **Baked chips** are considered healthy.
- **Mayonnaise** or oil-based sides (e.g., coleslaw, potato salad, etc.) are **not** considered healthy.
- Other sides where **oil or but**ter is typically added to the preparation are not considered healthy (e.g., garlic bread, mashed potatoes, stuffing or dressing, etc.)
- Sides with **cheese** as a primary ingredient are not considered healthy (e.g., macaroni casserole).

d. Can you substitute a healthy side for an assigned unhealthy one?	O yes	O no	O NA
1. If yes, is there an additional cost?	O yes	O no	O NA
e. Do any entrees that have assigned sides include an assigned healthy side?	O yes	O no	O NA
f. Is an unhealthy dessert automatically included in a kid's meal?	O yes	O no	
g. Are there any healthy desserts (either free or at additional cost)?	O yes	O no	

d. Healthy side substitutions
- Record in **15d** whether a healthy side item can be substituted for an unhealthy side item (e.g., french fries). An **assigned side** is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark "**NA**" when no entrees are assigned a specific side.
- Mark "**yes**" if two or more side options are assigned to a given entrée and at least one is healthy.
  o If you can substitute a healthy side for an assigned unhealthy side, record if there is an additional cost.

e. Assigned sides
- Record in **15e** whether any entrees that have assigned sides include an assigned healthy side (e.g., steamed veggies). An **assigned side** is one that is designated for a specific entrée on the menu (e.g., hamburger with french fries).
- Mark "**NA**" when no entrees are assigned a specific side.

f-g. Desserts
- Record in **15f** whether unhealthy desserts are automatically included in a kid's meal. Unhealthy desserts include ice cream-based desserts (e.g., sundaes, ice cream smoothies, milkshakes) and other sugar-based desserts (e.g., slushees). If a dessert is not specifically listed (e.g., labelled generically as a "special treat"), consider it an unhealthy dessert.

- Record in **15g** whether there are healthy desserts available, either free or at additional cost. Healthy desserts are fruit without added sugar or unhealthy topping, fruit with a healthy topping added (e.g., low-fat yogurt), or frozen yogurt.

h. 100% fruit juice	O yes	O no
1. If yes, is the portion less than 6 oz?	O yes	O no
i. 1% low-fat, skim or non-fat milk	O yes	O no
j. Sweetened or flavored milk (e.g. chocolate)	O yes	O no
k. Is water an option on the kid's menu?	O yes	O no
1. If yes, is there an upcharge for water?	O yes	O no
l. Are there any free refills on unhealthy drinks?	O yes	O no

h-l. Beverages

h) Record whether the restaurant serves 100% fruit juice
  o If serve 100% fruit juice, record if portion offered is less than 6 ounces.

i) Record whether the restaurant serves low-fat (1% or ½ %), skim or non-fat cow's milk.

j) Record whether the restaurant serves flavored or sweetened milk cow's milk

k) Record whether water is a beverage option on the kid's menu
  o If water is an option on kid's menu, record if there is an additional charge for water (i.e. $0.10 more for water in comparison to juice).

l) Record whether the restaurant has free refills for unhealthy drinks on the kid's menu (e.g. sugar sodas)

m. Is nutrition information (e.g. calories or fat) provided on the kid's menu?	O yes	O no
n. Is a toy automatically included in a kid's meal?	O yes	O no
o. Other healthful eating promotion? (e.g. cartoon character promoting healthy entrée/side)	O yes	O no
p. Other unhealthful eating promotion?	O yes	O no

m) Nutrition Information
  ▪ Record whether nutrition information is listed on the kid's menu.

n) Toy in kid's meal
  ▪ Record if toy is automatically included as part of kid's meal (e.g. Matchbox car, TV show/Movie figurines)

o) Other healthful eating promotion
  ▪ Record whether there are any healthy eating promotions on the kid's menu and describe in comments (e.g., substitute whole wheat pasta or order the steamed broccoli!).

p) Other unhealthful eating promotion
  ▪ Record whether there are other unhealthy eating promotions on the kid's menu other than what you have already noted (e.g., free dessert, cartoon character on menu promoting unhealthy items) and describe in comments.

Use the following guidelines:

- Cheaper price indicated for adding more food than if the additional food was purchased separately (e.g., Chillin' Fruit Freezers are 99¢ with the purchase of a Pepper Pal meal; $2.29 if purchased separately).

- Specific encouragement to add an unhealthy dessert at an inexpensive price (<$1.50) to the existing meal even when the full price of the dessert is not specified (e.g., Sundae 99¢ with kid's meal purchase).

- Inexpensive desserts that are not specifically encouraged do **not** count as an unhealthy promotion (e.g., $1.49 sundae is listed under dessert).

- Kids eat free or get a free kids meal with an adult meal purchased is **not** considered an unhealthy promotion.