NPS Snack Shop - Survey Protocol

These measures are designed to rate the nutrition environments of snack shops, gift stores, visitors centers (that sell food or beverage), snack carts, specialty shops, snack kiosks, and concession stands. Restaurants and stores should be captured by RESTAURANTS and STORES tools, respectively. 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.

Cover Page

Shop Type:

- ○ Snack shop
- ○ Gift store
- ○ Visitors center
- ○ Cart (ex: hot dog or popcorn cart)
- ○ Specialty shop (ex: ice cream, coffee)
- ○ Other: _____

Rater ID: | |

Park ID: | | - | | - | | -

Shop ID: | | - | | | |

1. Record the category of the snack shop on the cover page (see definitions below).
2. Record Rater ID, Park ID, Snack Shop ID
3. Record the date, start and end times of the site visit.

Classifying Shops:
A. Snack shop – a small shop that sells only snack foods, quick serve items (e.g. pizza slices, prepared sandwiches/salads, no assembly required), and beverages. Snack shops may have up to 10 main items (e.g. hot dogs, pizza slices) in which little preparation/assembly is required. If more than 5 main items are featured, please use the NPS Restaurants tool.

B. Gift store – a store that primarily sells gifts, trinkets and memorabilia – but also sells snack food and beverages

C. Visitors Center – a National Park Service visitors' center that sells food or beverages

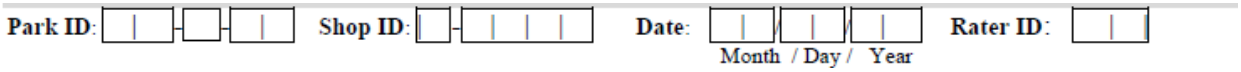
D. Snack cart- a portable shop or cart (i.e. on wheels) that only sells snack foods and quick serve items (e.g. popcorn, slushies, pretzels, pizza, ice cream). If snack kiosk is adjacent to another snack kiosk, consider the cluster as one snack kiosk for the scan.

E. Specialty Shops

a. **Coffee/Pastry -** This category includes shops where coffee and/or pastries are the main items sold. (Examples: Caribou Coffee, Dunkin' Donuts)

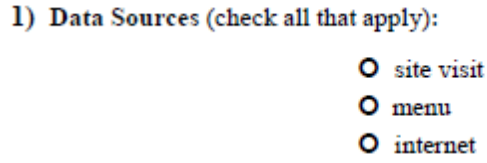
b. **Ice Cream -**This category contains restaurants where ice cream or similar types of food such as smoothies, yogurt, etc. are the main items sold. A single serving is prepared for immediate consumption. (Example: Baskin Robbins)

For this protocol, a picture of the item from the survey is followed by instructions



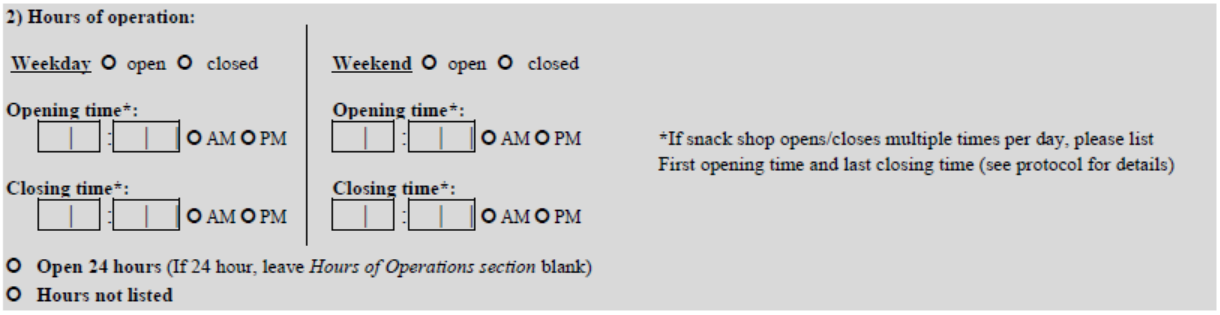
Record the following at the top of all pages of the form:

1. Park ID
2. Shop ID
3. Today's date
4. Rater ID



Data sources: Site visit/Menu/ Interview

1. Record all data sources that you use in completing data collection for this snack shop



2. Hours of Operation

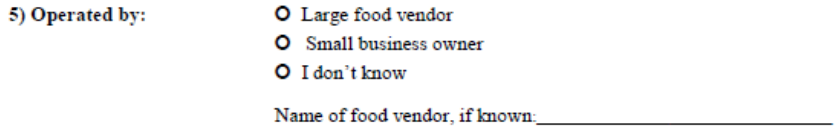
- Is the snack shop open or closed on a "typical" weekday or "typical" weekend day as indicated below?
  - Weekday is defined as Monday, Tuesday, Wednesday, Thursday, Friday

- 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 snack shops opens/closes multiple times per day, please list the first opening time and the last closing time (Example: 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 snack shop is open 24 hours, leave the rest of Section 4 blank.
-Mark if the hours are not listed

3. Access
- Record whether snack shop is accessible by car or other motorized vehicle or if it accessible by foot only.

4. Size of snack shop
-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.



5. Shop Operator:
-Record if shop is operated by a large food vendor or concessioner (e.g. Aramark, Forever Resorts, Delaware North, etc) or a small business owner. Record the name of concessioner or shop operator in comments section. If this information is unavailable, mark "Don't Know."

ITEM 1 - PROMOTION

Promotion	Select One	Comments
1) a. Is **nutrition information** for items available?	O yes O no	
b. Are **healthy items identified** on menu or brochure with icons or labels?	O yes O no	
c. Do signs/table tents/displays **highlight healthy** menu or shop options?	O yes O no	
d. Do signs/table tents/displays promote **healthy** eating?	O yes O no	
e. Do signs/table tents/displays promote **unhealthy** eating?	O yes O no	
f. Do signs/table tents/displays promote **overeating** (all-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors on menu or signage)?	O yes O no	
g. Do signs/table tents/displays promote **water** consumption?	O yes O no	
h. Do signs/table tents/displays promote **free refills** on sugar-sweetened beverages?	O yes O no	
i. Do signs/table tents/displays *promote* **local**/regional/or state grown/produced items?	O yes O no	
j. Do signs/table tents/displays *promote* **sustainable** farming practices or sustainably produced items?	O yes O no	
k. Do signs/table tents/displays *promote* **organic** items?	O yes O no	
l. Do menus *identify* **local**/regional/or state grown/produced items with icons or labels?	O yes O no	
m. Do menus *identify* **sustainably** farmed/produced items with icons or labels?	O yes O no	
n. Do menus *identify* **organic** items with icons or labels?	O yes O no	
o. Other? _____	O yes O no	

a. Is nutrition information for items available
- i. Record if nutrition information is available in a brochure/sign/menu that is prominently displayed

b. Are healthy items identified on the menu or brochure
- i. Example: heart healthy items marked with a heart
- ii. Example: light or low-calorie items identified as such

c. Signs/table tents/displays highlight healthy menu or shop 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 shop
  1. Example: "Try a low-fat option—We feature salads made with fat-free dressing"
  2. Example: "Eat healthy: Try our Brown Rice"

d. 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!"

e. 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

f. 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

g. 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"

h. Signs/table tents/displays promote free refills on sugar drinks or diet drinks

i. Signage promoting free refills from fountain stations or from menu on sugar drinks (e.g. non-diet soda, sweetened tea, juice drinks)
ii. Diet drinks = those sweetened with artificial sweetener (ex: diet coke, diet sierra mist)
iii. If no fountain station or area for beverage self-service, mark not applicable (N/A)

i. 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"

j. 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"

k. 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"

l. Menus identify local/regional/or state grown/produced items with an icon/label

i. Local/regional/state grown items are identified on the menu
   1. Example: Local items marked with a pea pod

m. Menus identify sustainable farming practices or sustainably produced items

i. Example: Sustainable seafood marked with a fish icon

n. Menus identify organic items with an icon/label

i. Example: Organic items marked with a USDA Organic icon

o. Other signage in snack shop

i. Can pertain to facilitators, barriers, or nutrition information

BEVERAGE REVIEW

2. Is plain drinking water available? (Mark yes or no)

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

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 (see picture, to right)----------→

-Water pitcher

Example: water jug/pitcher

-Water fountain

Example: Stand alone device that dispenses water for immediate consumption

-Other water source

-None

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

i. 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?

ii. Mark if **all** sources listed in 2a. are working

d. Record the number brands of bottled water available

iii. E.g. #brands (Dasani, Aquafina, Evian, Figi)

e. Record if multiple sizes of water available

iv. For instance, more than one size of bottled water (e.g. 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/h. Record brand, price & bottle size of a 20 oz (preferably) bottle of plain water & reusable water bottle. Pick the cheapest brand available. If two brands are the same price, pick the brand that's name starts with the letter closest to A in the alphabet.

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

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3. **Record the healthy or low calorie beverages available**
    - **a.** Diet soda
        - i. Record price and bottle/cup size of diet drink. Choose the least expensive diet drink. If two drinks are the same price, choose the one for which the first letter of the brand name comes closest to A in the alphabet
    - **b.** Unsweetened tea (example: Diet Snapple)
    - **c.** 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. Record price and bottle/cup size of diet drink. Choose the least expensive diet drink. If two drinks are the same price, choose the one for which the first letter of the brand name comes closest to A in the alphabet
    - **g.** 1% Low-fat or skim cow's milk (unflavored)
    - **h.** Dairy alternative (soy, almond or 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

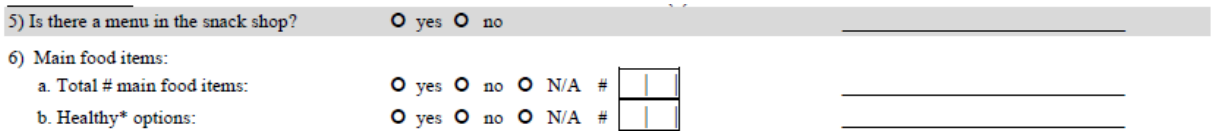
4) Sugar sweetened beverages available?	O yes	O no	
a. Soda	O yes	O no	Price $. Bottle/Cup size oz/ml
b. Sweetened tea	O yes	O no	
c. Sports drink (>10cal/8 oz)	O yes	O no	
d. Flavored water (>10cal/8 oz)	O yes	O no	
e. Energy drink (>10cal/8 oz)	O yes	O no	
f. Juice-flavored drink (not 100% juice)	O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

4. **Record the sugar sweetened beverages available**
    - **a.** Regular (non-diet, sweetened with sugar) soda
    - **b.** Sweetened tea

c. Sports drinks (>10cal/8 oz)
   i. Example: Gatorade, Powerade
d. Flavored waters (>10cal/8 oz)
   i. Example: Vitamin water
e. Energy drinks
   i. Example: Red Bull, Monster
f. Juice-flavored drink (NOT 100% juice)
   i. Example: Lemonade, CRANBERRY JUICE
g. Flavored milk (cow)
   i. Example: Chocolate milk
h. Flavored dairy alternative milk (soy, almond or rice)
   i. Example: Vanilla soy milk
i. Coffee drink (>10cal/8oz)
   i. Example: Starbucks frapuccino
j. 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

MENU REVIEW:


5) Is there a menu in the snack shop? O yes O no _____

6) Main food items:
a. Total # main food items: O yes O no O N/A # | |
b. Healthy* options: O yes O no O N/A # | |

5. Is a menu available (paper or posted)?

6a. 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. **Definition of a main item**--It must be distinctly different, either in ingredients, proportion of ingredients, or preparation method and 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.

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

ii. 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.

iii. 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.

iv. 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.

v. 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.

vi. Example: A dozen hot wings offered in BBQ, Honey Mustard or Lemon Pepper *(count as 3 entrées, not 1)*

vii. 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.

viii. Example: Build your own omelet (with choice of ingredients) *(Count as 1 entrée)*

ix. 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.

6b. Healthy main item 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". Then follow the steps below to count whether the options meet the NEMS definition of "healthy".

<u>If nutrition information is available:</u>

b. 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).

c. 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).

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

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

<u>If nutrition information is **not** available:</u>

f. 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

7) Main salads:

a. Total # main salads: O yes O no O N/A # | |

b. Healthy salad options: O yes O no O N/A # | |

c. Low-fat/fat-free salad dressings: O yes O no O N/A # | |

7a) 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, as is typical in an Italian restaurant.

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)

4b. 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:

b. Record the number of **main dish salads** that meet **all three** of the following criteria:

i. ≤ 800 calories

ii. ≤ 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).

c. If there are none that meet the criteria, write a "0" in the # box

If nutrition information is **not** available:

d. Record the number of main dish salads with ≤ two high-fat ingredients (see **Supplementary Information** below for list).

e. If there is no low-fat or fat-free dressing available, then the salads cannot be counted as healthy options.

f. 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)

4c. Main dish salads: Low-fat or fat free salad dressings

a. Record whether the restaurant has **low-fat or fat free salad** dressings.
    a. Dressings can be counted as low-fat or fat-free based on being labeled as such (don't check nutrition facts)
b. If yes, record how many there are. If none, mark "no" and write "0" in the #box.
c. 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.

8) For sandwiches, is 100% wheat or whole grain bread available? O yes O no ON/A

8. If sandwiches are available, record if 100% whole wheat or whole grain bread or wraps are available

9) Fruits (without added sugar) O yes O no # | |

10) Non-fried vegetables (without sauce) O yes O no # | |

9 & 10) Fruits & Vegetables<u>Fruits:</u>

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)

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

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

11) 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

Grab and Go Items:

12. Chips

12) a. Chips	O yes O no	Size ☐☐oz/g	Price $☐.☐☐
b. Baked chips or low-fat pretzels	O yes O no	Size ☐☐oz/g	Price $☐.☐☐

- Record whether chips (fried) and baked chips or low-fat pretzels are available (yes/no).
- Note: Baked chips & low-fat pretzels 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.
- If possible, compare items of the same brand (Baked Lays® or Baked Tostitos® versus regular Lays or regular Tostitos).
- List the prices for the smallest size bag available
- Record size and price of each item available

13. CANDY/GRANOLA BARS

13) a. Candy bar O yes O no Size ☐☐oz/g Price $☐.☐☐ _____

b. Healthy* granola/energy bar O yes O no Size ☐☐oz/g Price $☐.☐☐ _____

- Record candy bars and healthy granola/energy bars available
  - Examples: Clif, PowerBar, Luna, Quaker, Nature Valley
- Healthy granola/energy bars must meet the following criteria (see Appendix B, below):
  - ≤ 300 calories per serving
  - ≤35% calories from total sugars
  - ≤35% calories from total fat
  - ≤10% calories from saturated fat
- Record size and price for each item available

14) Healthy* snack items:		# of varieties	* Healthy as defined by nutrition criteria in protocol
a. Dried fruit	O yes O no		
b. Trail mix	O yes O no		
c. Nuts	O yes O no		
d. Seeds	O yes O no		
e. Jerky	O yes O no		
f. Low-fat cookies	O yes O no		
g. Bagels	O yes O no		
h. Granola bars	O yes O no		
i. Energy bars	O yes O no		
j. Yogurt	O yes O no		
k. Low-fat cheese	O yes O no		
l. Frozen yogurt	O yes O no		
m. Frozen fruit bars (100% fruit)	O yes O no		
n. 100-calorie snack packs	O yes O no		
o. Other: _____	O yes O no		

14) Healthy snack items

a. List whether any listed items meet "healthy" snack food criteria in Appendix B
b. Write in the # of varieties that are "healthy"
   a. Example: If there are 4 types of trail mix, list 4
   b. Example: If there are 2 Luna, 1 Clif, and 3 Powerbars that meet criteria, list 6
c. Do NOT count different sizes of the same item as 2 separate items, but DO count two flavors as 2 separate items

APPENDIX B

Using the sample policies noted earlier in this guide, which are based on expert recommendations, we created a quick reference chart to make it easy to identify foods that meet those recommendations.

1. Find the number of calories on the product's Nutrition Facts label.
2. Find the same number of calories in the "Calories" column on the chart below.
3. Move across the row and compare the numbers in this row for each nutrient (total fat, saturated fat, trans fat, sugar, and sodium) with the numbers for those nutrients on the product's Nutrition Facts label.
4. If the number on the Nutrition Facts Label is the same as or less than the number on the chart, the food meets recommendations.

CHEAT SHEET FOR VENDING ITEMS

Calories	Total Fat (9 calories per gram)	Saturated Fat (9 calories per gram)	Trans Fat	Sugar (4 calories per gram)	Sodium
	Grams	Grams	Grams	Grams	Milligrams
75	≤3	≤1	0 calories, ≤0.5 g	≤2	≤ 200 mg per portion as packaged
100*	≤4	≤1		≤9	
125	≤5	≤1		≤11	
150	≤6	≤2		≤13	
175	≤7	≤2		≤15	
200	≤8	≤2		≤18	
225	≤9	≤3		≤20	
250	≤10	≤3		≤22	
275	≤11	≤3		≤24	
300	≤12	≤3		≤26	
Calculations	(Total calories x 0.35) ÷ 9 cal/g	(Total calories x 0.10) ÷ 9 cal/g	N/A	(Total calories x 0.35) ÷ 4 cal/g	N/A

*Highlighted row is used in the example below.

Example:

This product has 100 calories. Using the row for 100 calories in the chart above, compare the grams of fat, saturated fat, trans fat, sugar and sodium on this label with the numbers in the chart.

Does the nutrient meet recommendations? ☑ Yes ☒ No

- ☑ FAT – Product label says 1.5g, which is less than the 4g shown in the chart.
- ☑ SATURATED FAT – Product label says 0g, which is less than the 1g shown in the chart.
- ☑ TRANS FAT – Product label says 0g, which is less than the 0.5g shown in the chart.
- ☒ SUGAR – Product label says 12g, which is more than the 9g shown in the chart.
- ☑ SODIUM – Product label says 200mg, which is equal to the 200mg shown in the chart.

Does the overall product meet recommendations? No.
Why? Because the product contained too much of one of the nutrients (sugar).
If the product contained only 9 grams of sugar, the same as shown in the chart, would the product then meet recommendations? Yes, because all five nutrients would be within the recommended ranges.

Nutrition Facts
Serving Size 2 crackers (14g)
Servings Per Container About 21

Amount Per Serving
Calories 102 Calories from Fat 14

% Daily Value
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 70mg 3%
Total Carbohydrate 21g 8%
Dietary Fiber Less than 1g 3%
Sugars 12g
Protein 2g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

15) Less healthy* snack items:		# of varieties
a. Fruit snacks (not 100% fruit)	O yes O no	
b. Chips	O yes O no	
c. Snack bars*	O yes O no	
d. Popcorn*	O yes O no	
e. Cookies	O yes O no	
f. Candy (and candy bars)	O yes O no	
g. Ice cream	O yes O no	
h. Frozen desserts	O yes O no	
i. Danish	O yes O no	
j. Muffins	O yes O no	
k. Other: _____	O yes O no	

15) Less healthy snack items:

a. List any of the above items that do <u>not</u> meet "healthy" snack criteria in Appendix B

b. Write in the # of varieties that are "less healthy"

- **a.** Example: If there are 4 flavors of danish, list 4
- **b.** Example: If there are 2 Ben & Jerries, 1 Hershey, and 1 choco-taco, list 4

c. Do NOT count different sizes of the same item as 2 separate items

16) Bulk candy available?	# of bins	Price	per	quantity (ex: ounce)
O yes O no		Price $☐.☐☐		_____

16) Record if a bulk candy area is available

a. Make note of the number of bins and the price per quantity

b. E.g. $4.99 per pound

_____

Pricing

17. Total price of individual items compared to combo meal	O more O less O same O NA	_____ _____
18. Healthy main items compared to less healthy ones	O more O less O same O NA	_____ _____
19. Healthy snack items compared to less healthy ones	O more O less O same O NA	_____ _____
20. Other? _____	O more O less O same O NA	_____ _____

17. 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
- Example: Burger + fries + soda as a combo, vs. burger + fries + soda separately

b. Healthy entrees compared to regular

- Identify if healthy meal options are more expensive, the same, or less than regular meal options.
  - Based on the healthy meal options you identified in Items #6b, are similar menu items more expensive, the same, or less expensive?
  - If there are no healthy items or no menu in snack shop, mark NA.

c. Healthy side items compared to regular side items

- Similar criteria as question 14
- If nutrition information is available, use the following to determine if healthy

d. Other

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