NPS Store - Survey Protocol

NPS Nutrition Environment Survey for Stores and Convenience Stores
These measures are designed to rate the nutrition environments of grocery and convenience stores in National Parks. There are other establishments that may offer food products to purchase that fall into an exclusions category (see below) and may be enumerated but not necessarily rated. However, based on your survey purposes, you may decide to set different exclusion criteria.

Exclusions
Establishments that are not open to the general public, or those where you have to pay a charge just to enter. Establishments that sell a limited variety of food and are not mainly food or convenience stores.
☐ Drug stores (CVS, Walgreen's, etc.)
☐ Snack shops and gift stores (use NPS Snack Shop Survey)

Instructions
The basic principle of these measures is to gather information on comparable items across stores and types of food, so when possible, rate items within the same brand or exactly as specified.

Layout
The majority of the measures have a similar layout.
1. There are "healthier" and "regular" options listed. The healthier option is always listed first.
2. Bold thick lines divide the healthier and regular options.
3. For the measures that have healthier and regular options, the preferred item, which is the item that you would ideally like to rate if it is available, is listed first. The preferred item is followed by alternate items that are in shaded grey boxes.
4. For the milk and water measures, there is a section titled "Reference Brand". This refers to the brand name of the food items that will be rated.

Availability
1. Before recording any information, first look for the preferred healthier item and the comparable regular item of the same brand.
2. If only one is available, look for the first healthier alternate listed to see if a comparison within the same brand is possible.
3. Once a comparable pair is identified, record the information. You may choose to include recording the information for the one item that is available, in addition to the alternate comparable pair information. If so, write in comments "no comparable pair".
4. If a comparable pair cannot be found, record a healthier and regular item that are as similar as possible.
☐ If an item is sold out, write "sold out" in the Comments section and record any available information. Continue down the list until an item is available or the list has been exhausted.

Pricing

1. *If price is not available*, ask an employee at the cash register or at customer service. Wait until all of the measures have been completed before asking the price of the items that are needed.

There may be exceptions to this (i.e., you are in the produce section and there is no price shown but an employee is working there), so use your judgment.

2. *Do not use a sale price* unless it is the only price posted and write "sale price" in comments.

Preparation

At the top of each page, fill in the following:

☐ Rater ID
☐ Store ID
☐ Park ID
☐ Date

Cover Page

On the cover page, fill in the following:

☐ Rater ID
☐ Store ID
☐ Park ID
☐ Store Name
☐ Start time (when you enter the store)
☐ End time (when you have finished the measures and reviewed them for completeness)
☐ Number of cash registers in the store (including any at the pharmacy or customer service).

-Each checkout register should be counted, even if a clerk is not there at the time of your visit.

-For stores that have a self checkout area, include only the cash register(s) serving the self checkout stations.

General Completion Tips

Remember to follow the tips below to decrease the data cleaning time later.

1. Write legibly.
2. Check your work.
3. Use the correct line/bubble

General Information

1. Operated by:
   - O Large food vendor
   - O Small business owner
   - O I don't know

   Name of food vendor, if known:_____

1) Choose whether the store is operated by a large food vendor (e.g. Aramark, Xanterra, Delaware North), a small business owner (e.g. Billy Bob's Country Store), or I don't know. If known, please list the name of the food vendor. Often, the vendor information is available on a sign near the front of the store, or on promotional signs or materials found throughout the store.

2. Is seating available?   O yes O no   Number of tables = [|]

2) Are tables/seating available in the grocery store? This is often found near a deli counter or a small snack shop within the grocery store. If available, please list the number of tables.

3. Does the store feature a snack shop/convenience area?   O yes O no _____

   (ex: a separate area with sandwiches/items meant for individual, immediate consumption)?

   a. Does the store snack shop label any items as healthy?   O yes O no _____

   b. Does the store snack shop have nutrition information available? O yes O no _____

   c. Does the store snack shop sell fruits (without added sugar)?   O yes O no _____

   d. Does the store snack shop sell vegetables (without sauce)?   O yes O no _____

   e. Does the store snack shop sell French fries or chips?   O yes O no _____

   f. Does the store snack shop sell baked chips or low-fat pretzels?   O yes O no _____

   g. What is the price of bottled water at the store snack shop? Price $[|] Bottle size [|] oz/ml

   h. What is the price of soda (sugar) at the store snack shop? Price $[|] Bottle size [|] oz/ml

3) Does the store feature a small snack shop or convenience area? This must be a separate area (from the main grocery store) with sandwiches/items meant for individual, immediate consumption. These areas most often have their own set of cash registers.
   a. Are any items labeled with icons as healthy? This may be a small heart next to healthy items, or any other designation for healthy.
   b. Is nutrition information available? Does a menu or easily accessible brochure list the nutrition information (e.g. calories, fat) for items in the snack shop?
   c. Is fruit (without added sugar) available? Fruit may be fresh or canned, but must be in its own juice or water, with no sugar or syrup added. See snack shops/restaurants protocols for more detail, if needed.
   d. Are vegetables (without sauce) available? Vegetables may be fresh or canned/packaged, but must be in water (or steamed). Garden salads (without added protein) count. NO sauce can be added. See snack shops/restaurant protocols for more detail, if needed.

e. Are French fries or chips available for sale? Choose yes/no.
f. Are baked chips or pretzels available for sale? Choose yes/no.
g. Is bottled water available for sale? If so, please pick a 20 ounce size bottle (the least expensive brand, if two brands are the same price, then pick the brand that's name starts closest to A in the alphabet). Write down the bottle size and price. Write the brand name in comments.
h. Is regular (non-diet) soda available for sale? If so, please pick a 20 ounce size bottle (the least expensive brand, if two brands are the same price then pick the brand that's name starts closest to A in the alphabet). Write down the bottle size and price. Write the brand name in comments.

Promotion:

1.	Do signs/displays promote **water** consumption?	O yes O no ____	
2.	Do signs/displays *promote* **local**/regional/or state grown/produced items?	O yes O no ____	
3.	Do signs/displays *promote* **sustainably** produced items?	O yes O no ____	
4.	Do signs/displays *identify* **organic** items?	O yes O no ____	
5.	Do signs/displays *identify* **local**/regional/or state grown/produced items?	O yes O no ____	
6.	Do signs/displays *identify* **sustainably** produced items?	O yes O no ____	
7.	Is **candy** present at point-of-purchase?	O yes O no ____	
8.	Are **fruits/vegetables** present at point-of-purchase?	O yes O no ____	
9.	Do signs/displays encourage **healthy** eating?	O yes O no ____	
10.	Do signs/displays encourage **unhealthy** eating?	O yes O no ____	

Anywhere within the GROCERY STORE, is the following promotion present:
1. **Signs/displays promote water consumption**
   i. Signage that encourages drinking water
      1. Example: "Here's to Drinking Water"
      2. Example: "Water—The Healthy Choice"
2. **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"
3. **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"
4. **Grocery labels/signs identify organic items**
   i. Example: Organic items marked with a USDA Organic icon
   ii. Example: "Try these Organic Georgia Peaches, Price $2.99/lb"

5. **Signs/labels identify local/regional/or state grown/produced items**
    i. Local/regional/state grown items are identified as such with signs/labels
6. **Signs/labels identify sustainable farming practices or sustainably produced items**
    i. Example: Sustainable seafood marked as such with a fish icon
7. **Is candy available/displayed prominently by the point-of-purchase (i.e. cash registers)?** This may be racks of gum, candy bars, fruit candy, chocolates.
8. **Are fruits/vegetables (fresh, canned or frozen) available/displayed prominently by the point-of-purchase (i.e. cash registers)?**
9. **Signs/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!"
10. **Signs/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

SURVEY

MEASURE 1 – MILK

Milk Definitions
a. Low-fat milk – skim/fat-free and 1%
b. Reduced fat milk – 2%
c. Whole milk – full fat (3.25%)

Measurement Procedures
1. Find the milk aisle in the store.

2. Look for the store brand as it is the preferred brand. If **available**, mark "yes".

3. If there is no store brand, mark "no" and look for the brand with the most shelf space. If there is equal shelf space for different brands, select the one that has a brand name closest to the beginning of the alphabet (e.g., Foremost instead of Parmalat). Write the name of the brand in the space provided. This brand is now the reference brand for this measure since the store brand was not available.

4. Using the reference brand, look for low-fat milk (skim or 1%). If **available**, mark "yes" and then mark "N/A" for the 2% available question.

5. If low-fat milk is not available, mark "no" and look for 2%. Mark whether or not it is available.

6. **Shelf space:** Count and record the **number** of columns of each requested milk item (pint of skim, quart of skim, etc.) for the reference brand. Count only columns that have (any) milk there, but not empty slots where it may need to be restocked. If there are none of a particular item, write "0" in the box.* For flavored milk, please pick lowest fat flavored milk available. Also, pick chocolate milk, if available. Please indicate milk fat and flavor in comments section.

7. Record the **price** of a quart and a half-gallon of whole milk of the reference brand.
□ If the reference brand does not have milk available in the quart or half-gallon size, select another brand similar in price and write its name in comments.

8. Continuing to use the reference brand, record the price of a quart and a half-gallon of the lowest fat milk available (meaning choose skim milk first; if not available, choose 1%). Mark "N/A" for the alternate items.

9. If there is no low-fat milk available, record the price of a quart and a half-gallon of 2% of the reference brand.

10. For flavored milk, please pick lowest fat flavored milk available. Also, pick chocolate milk, if available. Please indicate milk fat and flavor in comments section.

MEASURE 2 – FRUIT

1. Find the produce department in the store.

2. Look for the fruit listed. If it is **available**, mark the bubble next to it.

3. If it is not available and there is a line below it for an alternate item, look for the cheapest similar alternate. Write it down and mark the bubble next to it. For example, if there are no Red delicious apples and Gala apples are the cheapest alternate, write "Gala" on the line below "Red delicious".

4. If the fruit or alternate is available, mark "yes". If it is not available, mark "no". If the item is sold out, write "sold out" in comments and record the available information.
□ If the fruit is only available as pre-sliced and in a container, still mark "yes" for available and write "pre-cut in container" and any size information in comments.
□ If the fruit is available but mixed with other fruit in a container, mark "no" for available but note the fruit cup contents, price and size in comments.

5. Record the regular **price** of the fruit. If it is on sale and the regular price is not posted, see if it can be calculated based on the sale price label (i.e., add the sales price and the "you save" price) and record it. If the regular price cannot to be calculated based on the sale price label, just record the sale price.

☐ Always choose the pound to price if there is an option.

6. Write the **quantity (#)** of the fruit that is listed **for the price**. For example, if the sign says 2 for $1.00, write "2" for the quantity. If the sign says 3 lbs for 99¢, write "3" for the quantity.
☐ If the fruit is not loose but packaged (e.g., pint or container), count the quantity as "1" and write the quantity of the package in comments.

7. Indicate if the price of the fruit is calculated by the piece or pound by marking "pc" or "lb". For example, if the sign says 2 for $1.00, mark "pc" for piece. If the sign says 3 lbs for 99¢, mark "lb" for pound.
☐ If packaging is other than pc/lb (e.g., per pint or bunch), mark "pc" and note under comments.

8. Record the **quality** of the item by marking "A" for acceptable or "UA" for unacceptable.
☐ Acceptable = peak condition, top quality, good color, fresh, firm and clean
☐ Unacceptable = bruised, old looking, mushy, dry, overripe, dark sunken spots in irregular patches or cracked or broken surfaces, signs of shriveling, mold or softening
☐ The rating is based on the majority (>50%) of fruits. If it seems difficult to decide whether to mark "A" or "UA", mark "UA" and describe in comments.

9. Record in the **OTHER** section the name of 3 other fruits that are available but not listed. Pick the fruits that have roughly the most number of items available. For example, if there is a large section of mango or cut fresh fruit, list those items. Write in the comments why the items were picked to include in the OTHER section (e.g. large featured display).

10. After completing the information for the 10 fruit items <u>and</u> the OTHER fruits, count the TOTAL number of fruits that are available (even if not recorded in the 10 main fruit or OTHER fruit sections) and record the total.

MEASURE 3 - VEGETABLES

1. Find the produce department in the store.

2. Look for the vegetables listed. If it is **available**, mark the bubble next to it.

3. If it is not available and there is a line below it for an alternate item, look for a similar alternate. Write it down and mark the bubble next to it. For example, if there are no 1 lb bags of whole carrots but there are 2 lb bags, write "2 lb bag" on the line below "1 lb bag".
☐ For carrots, look for whole carrots. Only select baby or precut carrots as a last resort and make a note in comments.

☐ For tomatoes, look for the least expensive loose tomatoes (regular size) first. If not available, look for tomatoes packaged. Choose tomatoes on the vine or cherry tomatoes as a last resort and make a note in comments.

4. If the vegetable or alternate is available, mark "yes". If it is not available, mark "no". If the item is sold out, write "sold out" in comments and record the available information.

5. Record the regular **price** of the vegetable. If it is on sale and the regular price is not posted, see if it can be calculated based on the sale price label (i.e., add the sales price and the "you save" price) and record it. If the regular price cannot be calculated based on the sale price label, just record the sale price.
☐ If the vegetable is not specifically listed as packaged (e.g., corn or celery) but is sold as packaged or loose, record the price of the one that is cheapest.

6. Write the **quantity (#)** of the item that is listed **for the price**. For example, if the sign says 2 for $1.00, write "2" for the quantity. If the sign says 3 lbs for 99¢, write "3" for the quantity.
☐ If the item is sold by the package (e.g., corn), count the quantity as "1" and write the number of the item included in the package in comments (e.g., 3 in package).
☐ Always choose the pound to price if there is an option.

7. Indicate if the price of the item is by the piece or pound by marking "pc" or "lb". For example, if the sign says 2 for $1.00, mark "pc" for piece. If the sign says 3 lbs for 99¢, mark "lb" for pound.
☐ If packaging is other than pc/lb (e.g., per pint or bunch), mark "pc" and note in comments.
☐ If an item is packaged and its size is listed in pounds or equal to a pound, mark "lb" for pound.

8. Record the **quality** of the item by marking "A" for acceptable or "UA" for unacceptable.
☐ Acceptable = peak condition, top quality, good color, fresh, firm and clean
☐ Unacceptable = bruised, old looking, mushy, dry, overripe, dark sunken spots in irregular patches or cracked or broken surfaces, signs of shriveling, mold or excessive softening
☐ The rating is based on the majority (>50%) of fruits. If it seems difficult to decide whether to mark "A" or "UA", mark "UA" and describe in comments.

9. Record in the **OTHER** section the name of 3 other vegetables that are available but not listed. Pick the vegetables that have roughly the most number of items available. For example, if there is a large section of red onion or pre-cut carrots, list those items. Write in the comments why the items were picked to include in the OTHER section (e.g. large featured display).
10. After completing the information for the 12 vegetable items and the OTHER vegetables, count the TOTAL number of vegetables that are available (even if not recorded in the 12 main vegetable or OTHER vegetable sections) and record the total.

MEASURE 4 – CANNED ITEMS

1. Look for the canned items section.

2. If canned pineapple (in natural juice or water) is **available**, mark "yes" under available.

3. Record the **smallest size** can of pineapple available in ounces listed on the front of the can. If the size is not a whole number, round up or down accordingly (e.g., if it is 22 ⅛, then write "22").

4. Record the **price**.

5. If canned pineapple is not available, look for an alternate that qualifies as healthy fruit (any cut or whole pieces of fruit in natural juice or water, may NOT be in syrup). Write its name, marking "yes" under available and follow steps 3-4 for size and price.

6. Count and record the **number of varieties** of healthy canned fruit (in natural juice or water).

7. Repeat steps 1-6 for healthy canned vegetables. The preferred item is green beans. To count, green beans or alternative healthy vegetables must be served in water/no sauce.

8. Count and record the **number of varieties** of healthy canned vegetables (in water/no sauce) that meet low sodium criteria (<200 mg/serving)

9. Repeat steps 1-6 for healthy canned beans. The preferred item is black beans. To count, black beans or alternative healthy beans/legumes (examples include dark/light red kidney, pinto, garbanzo/chick peas, lima, black eyed peas, lentils) must be served in water/no sauce. Baked beans do NOT count as healthy beans.

10. Count and record the **number of varieties** of healthy canned beans (in water/no sauce) that meet low sodium criteria (<200 mg/serving)

11. Repeat steps 1-6 for healthy canned meats. The preferred item is tuna (white or light, in water). To count, tuna cannot be served in oil. White or light varieties of many types of tuna (including albacore, yellowfin, etc) are acceptable. Alternative healthy meats include salmon, chicken (white meat only), sardines, mackerel - all of which must be served in water. If unclear about whether a canned meat counts, please refer to the fat charts below. If an item has more fat for calories than those listed, please do not include.

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

12. Count and record the **number of varieties** of healthy canned meats that meet low sodium criteria (<200 mg/serving)

MEASURE 5 – HOT DOGS

Hot Dog Definitions (Fat gram definitions are based on Oscar Mayer brand hot dogs.)
a. Regular (≥12 g fat/serving)
      i. Wiener – Mixed meat source
      ii. Frank – All beef
b. Light (≤7 g fat/serving)

          i. Wiener – Mixed meat source
          ii. Frank – All beef
c. Fat-free Wiener– (0 g fat/serving)
d. Turkey – (≤8 g fat/serving)

Measurement Procedures
1. Find the hot dogs in the prepared meats section in the store.

2. For the healthier option, locate Oscar Mayer Fat-free wieners regular size. If **available**, mark "yes" and record the **price**. Mark "N/A" for the alternate items.
☐ If only jumbo size is available, go to the first alternate item and look for regular size. Jumbo should be selected only if no other alternate in regular size is available. If jumbo is selected, complete information under "Other" and write "jumbo" in comments.

3. If Oscar Mayer Fat-free wieners are not available, mark "no" and look for an alternate brand of fat-free wieners. Write down the brand name. If available, mark "yes" and record the price. Mark "N/A" for the remaining alternate items.

4. If no alternate fat-free variety is available, mark "no" and continue down the alternate list until anitem is available or the list is exhausted.
☐ Note that an alternate "Other" item does **not** include soy-based hotdogs, bratwurst or other hotdog-like products.

5. For the regular option, look for Oscar Mayer wieners (turkey/pork/chicken). If available, mark "yes", record the price, and mark "NA" for the alternates.

6. If Oscar Mayer wieners are not available, mark "no" and continue down the alternate list until an item is available or the list is exhausted.

MEASURE 6 – BEVERAGES (CONVENIENCE STORE)

Beverage Definitions
a. Diet soda - 0 kcal
b. Sugared soda – Regular
c. 100% juice – Natural fruit juice with no added sugars. Container must say 100% fruit juice on label.
d. Juice drink – Fruit juice with added sugar and water

Measurement Procedures
For the Soda:
1. Find the chilled beverage section in the store.

2. For the healthier option, locate the 12 oz can and 20 oz bottle of Diet Coca Cola (Diet Coke). If **available**, mark "yes" and record the **price**. Then mark "N/A" for the alternate item.

3. If the 12 oz can or 20 oz bottle is not available, mark "no" and look for an alternate brand of diet soda. Choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write in the brand name, mark "yes" and record the price.

4. For the regular option, look for same brand and size of sugared soda to compare.

For the Juice:
1. For the healthier option, look for a 15.2 oz bottle of Minute Maid 100% juice first, then Tropicana, then Other. If **available**, mark the brand and "yes" for available, and record the **price**. Mark "NA" for the alternate items.

2. If no 15.2 oz bottle of 100% juice is available, mark "no" and determine if a 14 oz. bottle of Minute Maid 100% juice is available, then Tropicana and then Other. If available, mark the brand and "yes" for available and record the price. Mark "NA" for the alternate item.

3. If no 14 oz bottle of 100% juice is available, mark "no" and locate an alternate size of 100% juice (e.g. 12 oz). Look for the Minute Maid brand of 100% juice first, then Tropicana, then Other. If available, mark the oz bubble and record the size of the bottle in ounces. Then, mark the brand and "yes" for available and record the price.

4. For the regular option, look for the same brand and size of a juice drink to compare. If not available, choose a comparable option in size and price.

MEASURE 6 – BEVERAGES (GROCERY STORES)

Beverage Definitions:
a. Diet soda - 0 kcal
b. Sugared soda – Regular soda
c. 100% juice – Natural fruit juice with no added sugars. Container must say 100% fruit juice on label.
d. Juice drink – Fruit juice with added sugar and water

Measurement Procedures
For the Soda:
1. Find the beverage aisle of the store.
2. For the healthier option, locate the 12 pack (12 oz cans) of Diet Coca Cola (Diet Coke). If **available**, mark "yes", record the **price** and mark "N/A" under the alternate items.

3. If the 12 pack is not available, mark "no" and then locate the 6 pack of Diet Coke, marking "yes" for available and recording the price. Mark "N/A" under the alternate items.

4. If the 6 pack of Diet Coke is not available, mark "no" and look for an alternate brand of diet soda. Choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write in the name of the alternate brand of diet soda. Mark "yes" if a 12 pack is available and record the price.

5. If a 12 pack of the alternate brand of diet soda is not available, mark "no" and then write in the name of the alternate brand of diet soda. Mark "yes" if a 6 pack is available and record the price.

6. For the regular option, look for same brand and size of sugared soda to compare.
For the Juice:
1. Find the refrigerated juice section in the store.
2. For the healthier option, locate the half gallon size (64 oz) of Minute Maid 100% juice. If **available**, mark "yes", record the **price** and mark "N/A" under the alternate items.

3. If Minute Maid is not available, mark "no" and look for the half gallon size of Tropicana 100% juice. If available, mark "yes", record the price and mark "N/A" for the remaining alternate item.

4. If Tropicana is not available, mark "no" and choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write the brand name of the juice drink. Mark "yes" if the half gallon size is available and record the price.
5. For the regular option, look for the same brand of a juice drink to compare. If not available, choose a comparable option

MEASURE 7 – WATER

Definitions:
Water = plain drinking water (non-carbonated, non-flavored, zero calories)
Sugar-sweetened beverage = any beverage containing sugar or high-fructose corn syrup as an additive, including soda, sports drinks, energy drinks, flavored waters. This does not include flavored milk or artificially-sweetened beverages (e.g. Diet Coke)

Directions:
1. Find the chilled beverage section in the store (refrigerated section).

2. If bottled water is available for sale, mark yes; otherwise, mark no.

3. Locate reusable water bottles (either near water section, cash register, or container aisle). If available, mark yes and fill in the size and price (pick least expensive option, if two are the same price, then pick the smallest size, otherwise the brand which first letter of the name comes closest to A in the alphabet4.

4. Estimate the **proportion** of the plain drinking water compared sugar-sweetened beverages and mark either ≤ 10%, 11-33%, 34-50%, or 51%+. If needed, this can be done by counting the number of rows or refrigerator doors dedicated to water then dividing by the number of rows or refrigerator doors dedicated to water plus sugar-sweetened drinks.

5. If the reference brand (Dasani) is **available**, mark "yes" then mark "N/A" for the alternate item.

6. If Dasani is not available, mark "no" then choose the brand with the most shelf space. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet. Write in the brand name.

7. For pricing, look for a 20 oz bottle of Dasani or the alternative brand first. If available, record the size (in ounces), "yes" for available, and the **price**. Repeat this process for all available bottle sizes in the reference/alternative brand. If more than 4 bottle sizes are available, then pick the 4 smallest bottles.

8. Find a 20 oz bottle of the most expensive brand of water available. If available, record the size (in ounces), "yes" for available, and the **price**. Repeat this process for all available bottle sizes in the reference/alternative brand. If more than 4 bottle sizes are available, then pick the 4 smallest bottles.

9. Find the low or no calorie healthy beverage section. Mark whether low or no calorie beverages are available (≤10 cals/8 oz). Mark whether diet soda, unsweetened tea, low calorie sports or water drinks are available. Mark whether other low or no calorie beverages are available, and write their names in the comments section.

10. Fill in the number of varieties of low or no calorie beverages and sugar-sweetened beverages available (see restaurants/snack shops protocols for more details, if needed)

MEASURE 8 – BAKED GOODS

Baked Goods Definitions
a. Healthier items
      i. Fat-free = 0 g fat/serving
      ii. Low-fat = ≤3 g fat/serving
b. Regular item: energy dense = >400 kcal/portion or >3 g fat/portion
Measurement Procedures
1. Find the baked goods/pastries section in the store.

2. For the healthier option, locate the individually sold bagels. Choose a plain bagel to rate if possible. If **available**, mark "yes" and record the grams of **fat, fiber** and **calories** listed per bagel and the **price**. If grams of fat is not a whole number, round up or down accordingly (e.g., if 3.5 grams,write "4"). Mark "N/A" for the alternate items.
☐ If an item does not have nutritional information, just record the price.

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3. If individual bagels are not available, mark "no" and look for the smallest package of bagels. If available, mark "yes" and record the amount of bagels in the package, the grams of fat and calories listed per bagel, and the price.

☐ For all of the baked goods, if more than one brand is available, use the brand that has the most shelf space of that item. If there are brands with equal shelf space, choose the brand with the name closest to the beginning of the alphabet.

4. If a package of bagels is not available, mark "no and continue down the list of alternates until an item is available or the list is exhausted.

☐ If the alternate item is low-fat muffin:

o **For grocery stores**, look for a pack of 4 low-fat muffins. If no 4 pack of low-fat muffins is available, choose the 6 pack. If no 6 pack is available, choose a smaller package. If regular and jumbo size muffins are available, choose the regular size. If only jumbo size muffins are available, write "jumbo" in comments.

o **For convenience stores**, look for individually sold items (muffin and danish) first before packaged items. However, if the single muffins do not have nutritional information and a packaged one does, choose the packaged muffins.

☐ Recording the nutritional information can be tricky as the serving size may not be equal to the entire item (e.g., the serving size may be only ½ of the muffin). Be sure to calculate the nutritional information for the entire item.

5. If the low-fat muffin is the available item for the healthier option of the Baked Goods, count and record the **number of varieties** of low-fat muffins which includes both different brands and flavors (blueberry, banana nut, etc.).

6. For the regular option, look for a regular muffin. Follow the same procedures as for low-fat muffins. If available, mark "yes" and record the amount in a package, grams of fat per muffin, total calories per muffin and price. Mark "NA" for the alternate items.

7. If a regular muffin is unavailable, mark "no" and continue down the list of alternates.

MEASURE 9 - BREAD

Bread Definitions
a. Healthier: 100% whole wheat and whole grain bread
b. Regular: Bread made with refined flour

Measurement Procedures

1. Find the bread aisle in the store.

2. For the healthier option, locate Nature's Own 100% Whole Wheat Bread.

3. If Nature's Own 100% Whole Wheat Bread is **available**, mark "yes".

4. Record the **size** in ounces and **price** of the loaf. If the size is not a whole number, round up or down accordingly (e.g., if it is 22 ⅛, then write 22).

5. If Nature's Own is not available, mark "no" and look for Sarah Lee's 100% Whole Wheat Bread. If that is available, mark "yes" and record the size and price.

6. If Sarah Lee's is not available, mark "no and choose the brand with the most shelf space. If there is equal shelf space for different brands, select the one that has a brand name closest to the beginning of the alphabet (e.g., Colonial instead of Sunbeam).

7. Write its name, size and price.

8. Count and record the **number of varieties** of 100% whole wheat bread and whole grain bread,which includes both different brands and types (100% whole wheat, 100% honey whole wheat, etc.) but does **not** include different sizes of the same bread.

9. Repeat steps 2-6 for the comparable regular option, looking for the same brand that was available for the healthier option if possible. If the same brand is not available for the regular option, choose a comparable option.

MEASURE 10 – CHIPS & SNACKS

Baked Chips Definitions
a. Healthier items:
      i. Fat-free = 0 g fat/serving
      ii. Low-fat = ≤3 g fat/ per 1 oz. serving
b. Regular items: > 3 g fat/ per 1 oz. serving

Measurement Procedures
1. For **grocery stores**, go to the MAIN chips/snacks aisle. For **convenience stores**, find where the smallest size packages of chips are located.
2. For the healthier option, locate Baked Lays® Potato Chips and mark the smallest size that is **available** (Do not choose chips that come in multi-packs). If none of the sizes listed is available, mark "other" and write the size that is available.

3. If Baked Lays® are not available, mark "no" and look for an alternate chips item that has **≤3 g fat per one ounce serving** (Baked Doritos does not meet this criteria; however, if no other baked chips are available, look for the fat-free potato chips made with Olestra). Write the name and mark "yes" under available.

4. Record the **price** of the Baked Lays® or the alternate item.

5. Count and record the **number of varieties** of low-fat chips (**≤3 g fat per one ounce serving),**which includes different brands (Lays, Ruffles, etc.) and flavors (Plain, Ranch,

BBQ, etc.) and type of chip (corn, potato, etc). The chips with Olestra count as well. It does **not** include different sizes of the same chip.

6. Repeat steps 2-4 for the comparable regular option, looking for the same brand and size that was available for the healthier option.

7. If 100-calorie snack packs are available, mark yes. If yes, list the names of 100-calorie snack packs. **Only count 100-calorie snack packs if they meet the fat criteria (e.g. 100 calories, less than 3 gm of fat)**

8. Count the number of varieties of 100-calorie snack packs (any brand) that are available.

MEASURE 11 - CEREAL

Cereal Definition
Healthier: < 7g sugar per serving

Measurement Procedures
1. Look for plain Cheerios.

2. If plain Cheerios is **available**, mark "yes" under available.

3. Record the **smallest size** box of Cheerios available in ounces listed on the bottom front of the box. If the size is not a whole number, round up or down accordingly (e.g., if it is 22 ⅛, then write "22").
4. Record the **price**.

5. If plain Cheerios is not available, look for an alternate that qualifies as healthier (<7 g sugar per serving). Write its name, marking "yes" under available and follow steps 3-4 for size and price. Examples of other cereals that have <7 g of sugar per serving include Multigrain Cheerios, Special K, Total Whole Wheat, Rice Krispies, and Corn Flakes.

6. Count and record the **number of varieties** of healthier cereal (<7 g sugar per serving).

7. Look for a flavored Cheerios cereal (e.g., Honey Nut, Frosted, Berry Burst, Yogurt Burst, etc.). If available, mark "yes" under available. Write the flavor on the line. If plain Cheerios is not available for the healthier option and an alternate healthier cereal is available, look for the sugared version as the regular option (e.g., Corn Flakes and Frosted Corn Flakes).
8. Record the **size** in ounces. If multiple sizes are available, record the smallest.
9. Record the **price**.
10. If a flavored Cheerios is not available, look for an alternate that qualifies (≥7 g sugar per serving). Write its name, marking "yes" under available and follow steps 8-9 for size and price.

MEASURE 12 - MISCELLANEOUS

A. Fresh Proteins

Item	Available			Number or Oz/pack	Price/pack
	Yes	No	N/A		
1. Eggs	O	O	O	[|]	$ [ ] . [|]
2. Turkey cold cuts	O	O	O	[|]	$ [ ] . [|]
3. Ham cold cuts	O	O	O	[|]	$ [ ] . [|]
4. Bologna cold cuts	O	O	O	[|]	$ [ ] . [|]
5. Roast beef cold cuts	O	O	O	[|]	$ [ ] . [|]
6. Low-sodium cold cuts	O	O	O	[|]	$ [ ] . [|]
7. Reduced-fat cheese	O	O	O	[|]	$ [ ] . [|]
8. Cheese	O	O	O	[|]	$ [ ] . [|]

For ALL measures below: choose least expensive option available in each category. Do NOT include fresh cut cold cuts available from a deli counter.

1) Eggs: Mark whether fresh eggs are available, the number of eggs per pack, and the price per pack
2) Turkey cold cuts: Sliced turkey meant for sandwiches, mark ounces and price/pack
3) Ham cold cuts: Sliced ham meant for sandwiches, mark ounces and price/pack
4) Bologna cold cuts: Sliced bologna meant for sandwiches, mark ounces and price/pack
5) Roast beef cold cuts: Sliced roast beef meant for sandwiches, mark ounces and price/pack
6) Low-sodium cold cuts: Cold cuts (any type) labeled as low or reduced sodium (typically less than 200mg per ounce). If two types are available, please pick the least expensive. Please list type of cold cuts (e.g. turkey) selected in comments section.
7) Reduced-fat cheese: Cheese labeled as reduced-fat or low-fat, such as part-skim mozzarella, or 2% milk cheese slices. If possible, please pick non-processed (label will tell you if the cheese is processed), pre-sliced cheese for sandwiches. Otherwise, pick any cheese available. If two types are available, please pick the least expensive. Please list type/brand of cheese selected in comments section.
8) Cheese: If possible, please pick non-processed (label will tell you if the cheese is processed), pre-sliced cheese for sandwiches. Otherwise, pick any cheese available. If two types are available, please pick the least expensive. Please list type/brand of cheese selected in comments section.

B. Healthy or low fat snacks

		Available
1.	Dried Fruit	O yes O no
2.	Trail mix	O yes O no
3.	Nuts	O yes O no
4.	Seeds	O yes O no
5.	Jerky	O yes O no
6.	Reduced-fat cookies	O yes O no
7.	Granola bars	O yes O no
8.	Energy bars	O yes O no
9.	Yogurt	O yes O no
10.	Frozen yogurt	O yes O no
11.	Frozen fruit bars (100% fruit)	O yes O no
12.	100-calorie snack packs	O yes O no
13.	Other: _____	O yes O no

B) 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
d. See snack shops protocol for additional details, if needed

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		≤2	
100*	≤4	≤1		≤9	
125	≤5	≤1		≤11	
150	≤6	≤2		≤13	
175	≤7	≤2	0 calories, ≤0.5 g	≤15	≤ 200 mg per portion as packaged
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.

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