

National Parks Nutrition Environment Survey
RESTAURANTS

Restaurant Type:

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

Rater ID:

Park ID: - -

Restaurant ID:

Restaurant Name: _____

Site Visit:

Date: ____/____/____

Month Day Year

Start Time: :

AM PM

End Time: :

AM PM

Comments: _____

National Parks Nutrition Environment Survey

RESTAURANTS—DATA COLLECTION

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

1) Type of Restaurant: Code # (from protocol): []-[]

2) Data Sources (check all that apply):

- site visit
- menu
- internet

3) Hours of operation:

Weekday open closed

Weekend open closed

Opening time*:

[]-[] : []-[] AM PM

Opening time*:

[]-[] : []-[] AM PM

*If snack shop opens/closes multiple times per day, please list First opening time and last closing time (see protocol for details)

Closing time*:

[]-[] : []-[] AM PM

Closing time*:

[]-[] : []-[] AM PM

Open 24 hours (If 24 hour, leave *Hours of Operations* section blank)

Hours not listed

4) Access:

- car
- foot only

5) Seating available?

- yes
- no

Number of tables = []-[]-[]

6) Operated by:

- Large food vendor
- Small business owner
- I don't know

Name of food vendor, if known: _____

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RESTAURANTS—DATA COLLECTION**

Park ID: -- **Restaurant ID:** ---- **Date:** / / **Rater ID:**

Month / Day / Year

Promotion

Select One

Comments

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|-------|
| 1) a. Do signs/table tents/displays highlight healthy menu or shop options? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| b. Do signs/table tents/displays encourage healthy eating ? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| c. Do signs/table tents/displays encourage unhealthy eating? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| 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)? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| e. Do signs/table tents/displays promote water consumption? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| f. 1) Do signs/table tents/displays promote free refills on <u>sugar</u> drinks? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| 2) Do signs/table tents/displays promote free refills on <u>diet</u> drinks? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| g. Do signs/table tents/displays <u>promote</u> local /regional/or state grown/produced items? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| h. Do signs/table tents/displays <u>promote</u> sustainable farming practices or sustainably produced items? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| i. Do signs/table tents/displays <u>promote</u> organic items? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| j. Do menus <u>identify</u> local /regional/or state grown/produced items with icons or labels? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| k. Do menus <u>identify</u> sustainably farmed/produced items with icons or labels? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| l. Do menus <u>identify</u> organic items with icons or labels? | <input type="radio"/> yes <input type="radio"/> no | <hr/> |
| m. Other? <hr/> | <input type="radio"/> yes <input type="radio"/> no | <hr/> |

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Menu Review

	Select One	Choices (#)	Comments
2) Main Dishes/Entrees:			
a. Total # Main Dishes/Entrees	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
b. Healthy Options	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
c. Vegetarian Options:	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> ON/A	# <input type="text"/>	_____
3) Main dish salads:			
a. Total # Main dish salads	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
b. Healthy Options	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
c. Low-fat or fat free salad dressings	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
4) Restaurant has a salad bar?			
a. If yes, are healthy dressings available?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> ON/A	# <input type="text"/>	_____
5) Side Items			
a. Fruit (without sugar)	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
b. Fruit (with added sugar or syrup)	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
c. Healthy Vegetables (<u>without</u> sauce & not fried)	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
d. Less Healthy Vegetables (<u>with</u> sauce or fried)	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
e. French Fries	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
f. Chips	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
g. Baked chips or low-fat pretzels	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
6) 100% wheat or whole grain bread available?			
	<input type="radio"/> yes <input type="radio"/> no		_____

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Park ID: -- Restaurant ID: --- Date: / / Rater ID:
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Menu Review, continued

	Select One	Choices (#)	Comments
7) Desserts			
a. Ice Cream	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
b. Baked Goods	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
c. Frozen Yogurt	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
d. Frozen 100% fruit bars (no added sugar)	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____
e. 100-calorie pack/low calorie/reduced fat cookies	<input type="radio"/> yes <input type="radio"/> no	# <input type="text"/>	_____

Beverage Review

- 8) Is plain drinking water available? yes no
- a. What sources of **free** plain drinking water are available (select all that apply)?
- As part of fountain drink station
 - Water cooler (ex: thermos or igloo)
 - Filtration device (ex: small spigot)
 - Water pitcher
 - Served water at table
 - Water fountain
 - Other: _____
 - None
- b. Is there a **fee** associated with free plain water (e.g. charge for cup or ice)? yes no N/A
- c. Are sources of free water **operational** at time of scan? yes no N/A
- d. How many **brands** of bottled water are available? 0 1-2 3-4 ≥5
- e. Are multiple **sizes** of bottled water available? (e.g. 20 oz and 1 Liter sizes) yes no N/A
- f. Are **reusable water bottles** available for sale/rental (ex: stainless steel)? yes no Comments _____

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Beverage Review, continued

g. Price of bottled water (20 oz bottle, if possible)?	Brand _____	Price \$ <input type="text"/> . <input type="text"/>	Bottle size	<input type="text"/> oz/ml
h. Price of a reusable water bottle (smallest size available)?	Brand _____	Price \$ <input type="text"/> . <input type="text"/>	Bottle size	<input type="text"/> oz/ml
9) Healthy or low calorie beverage available? <input type="radio"/> yes <input type="radio"/> no				
a. Diet soda	<input type="radio"/> yes <input type="radio"/> no	Price \$ <input type="text"/> . <input type="text"/>	Bottle/Cup size	<input type="text"/> oz/ml
b. Unsweetened tea	<input type="radio"/> yes <input type="radio"/> no			
c. Artificially-sweetened flavored waters (≤ 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
d. Low-calorie sports drink (≤ 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
e. Low-calorie energy drink (≤ 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
f. 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no	Price \$ <input type="text"/> . <input type="text"/>	Bottle/Cup size	<input type="text"/> oz/ml
g. 1% Low-fat or non-fat/skim (cow), unflavored	<input type="radio"/> yes <input type="radio"/> no			
h. Dairy alternative milk (soy, almond, rice), unflavored	<input type="radio"/> yes <input type="radio"/> no			
i. Coffee	<input type="radio"/> yes <input type="radio"/> no			
j. Other: _____	<input type="radio"/> yes <input type="radio"/> no			
10) Sugar sweetened beverages available? <input type="radio"/> yes <input type="radio"/> no				
a. Soda	<input type="radio"/> yes <input type="radio"/> no	Price \$ <input type="text"/> . <input type="text"/>	Bottle/Cup size	<input type="text"/> oz/ml
b. Sweetened tea	<input type="radio"/> yes <input type="radio"/> no			
c. Sports drink (> 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
d. Flavored water (> 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
e. Energy drink (> 10 cal/8 oz)	<input type="radio"/> yes <input type="radio"/> no			
f. Juice-flavored drink (not 100% juice)	<input type="radio"/> yes <input type="radio"/> no	Price \$ <input type="text"/> . <input type="text"/>	Bottle/Cup size	<input type="text"/> oz/ml
g. Flavored milk (cow)	<input type="radio"/> yes <input type="radio"/> no			
h. Flavored dairy alternative milk (soy, almond, rice)	<input type="radio"/> yes <input type="radio"/> no			
i. Coffee drink (syrup/sugar added)	<input type="radio"/> yes <input type="radio"/> no			
j. Other: _____	<input type="radio"/> yes <input type="radio"/> no			

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Facilitators/Barriers

	Select One	Comments
11) Facilitators		
a. Nutrition information available (ex: paper or posted menu)?	<input type="radio"/> yes <input type="radio"/> no	_____
b. Healthy items identified on menu with labels/icons?	<input type="radio"/> yes <input type="radio"/> no	_____
If yes, does the menu identify what makes the item “healthy”?	<input type="radio"/> yes <input type="radio"/> no	_____
c. Menu notations that encourage healthy requests (ex: whole wheat bread available upon request)	<input type="radio"/> yes <input type="radio"/> no	_____
d. Other? _____	<input type="radio"/> yes <input type="radio"/> no	_____
12) Barriers		
a. Large portion sizes encouraged? (ex: Super-size items on menu)	<input type="radio"/> yes <input type="radio"/> no	_____
b. Menu notations that discourage special requests (ex: <i>No substitutions</i> or charge for substitutions)	<input type="radio"/> yes <input type="radio"/> no	_____
c. All-you-can-eat or “Unlimited trips”	<input type="radio"/> yes <input type="radio"/> no	_____
d. Are any unhealthy items present at point-of-purchase? (ex: next to register)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> ON/A	_____
e. Other? _____	<input type="radio"/> yes <input type="radio"/> no	_____

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Pricing

Comments

13) Pricing

- | | | | |
|--------------------------------------------------------------------|----------------------------|----------------------------|-------|
| a. Sum of individual items compared to combo meal? | <input type="radio"/> more | <input type="radio"/> less | <hr/> |
| | <input type="radio"/> same | <input type="radio"/> NA | |
| b. Healthy entrees compared to regular ones (see Q2 above)? | <input type="radio"/> more | <input type="radio"/> less | <hr/> |
| | <input type="radio"/> same | <input type="radio"/> NA | |
| c. Healthy salads compared to regular ones (see Q3 above)? | <input type="radio"/> more | <input type="radio"/> less | <hr/> |
| | <input type="radio"/> same | <input type="radio"/> NA | |
| d. Fruit compared to French fries? | <input type="radio"/> more | <input type="radio"/> less | <hr/> |
| | <input type="radio"/> same | <input type="radio"/> NA | |
| e. Charged for shared entrée? | <input type="radio"/> yes | | <hr/> |
| | <input type="radio"/> no | | |
| f. Other? <hr/> | <input type="radio"/> more | <input type="radio"/> less | <hr/> |
| | <input type="radio"/> same | <input type="radio"/> NA | |

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Kid's Menu Review

	Select One	Comments
14) Kid's menu?	<input type="radio"/> yes <input type="radio"/> no	_____
a. Is there an age limit?	<input type="radio"/> yes <input type="radio"/> no	_____
If yes, what is the oldest age allowed to order from kids menu?	<input type="text"/>	
b. Any healthy entrees?	<input type="radio"/> yes <input type="radio"/> no	_____
c. Are there any healthy side items?	<input type="radio"/> yes <input type="radio"/> no	_____
d. Can you substitute a healthy side for an assigned unhealthy side?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
If yes, is there an additional cost?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
e. Do any entrees include an assigned healthy side?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
f. Is an unhealthy dessert automatically included in kid's meal?	<input type="radio"/> yes <input type="radio"/> no	_____
g. Are there any healthy desserts?	<input type="radio"/> yes <input type="radio"/> no	_____
h. Is 100% fruit juice available?	<input type="radio"/> yes <input type="radio"/> no	_____
If yes, is the portion less than 6 oz?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
i. Is 1% low-fat or non-fat/skim cow's milk (unflavored) available?	<input type="radio"/> yes <input type="radio"/> no	_____
j. Is flavored cow's milk available (ex: chocolate) available?	<input type="radio"/> yes <input type="radio"/> no	_____
k. Is water an option on the kid's menu?	<input type="radio"/> yes <input type="radio"/> no	_____
If yes, is there an upcharge for water?	<input type="radio"/> yes <input type="radio"/> no	_____

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Month / Day / Year Rater ID: -

Kid's menu (continued)

l. Are there free refills on unhealthy drinks? yes no _____

m. Is nutrition information available for the kid's menu? yes no _____

n. Is a toy automatically included in a kid's meal? yes no _____

o. Other healthful eating promotion? yes no _____
(ex: "apple a day keeps the doctor away!")

p. Other unhealthful eating promotion? yes no _____
(ex: cartoon character encouraging eating French fries)