

DeCA Commissary Data Collection / Instruction Guide

These measures are designed to rate the nutrition environment of the commissary. The basic principle of these measures is to gather information on comparable items and types of food, so when possible, rate items within the same brand or exactly as specified.

Preparation:

- Before beginning the commissary assessment, inform the commissary Director of your assessment prior to visiting the Commissary. Ask when the best time to conduct the assessment (non-peak hours, director availability to answer questions, etc...).
- Read each criterion thoroughly to become familiar with the specific nutrition parameters and food items. This assessment covers six measures (Fruits and Vegetables, Dairy, Meat, Snacks, Grains, and Promotion of Healthy Eating) in the commissary.

Availability:

- Mark "YES" if listed item is available.
- Some Measures (#2, #3, #4, and #5) require "comparisons" - before recording any information, first look for the preferred healthier item and the comparable regular item of the same brand. If only one is available, look for the first healthier alternate listed to see if a comparison with the same brand is possible.

Pricing:

- If price is not available, ask an employee.
- Do not use a sale price unless it is the only price posted and write "sale price" in comments.

For each criterion listed:

- Mark "YES" if the criteria are true - YES indicates the statement is true and verifiable through direct observation.
- Marking "NO" indicates the criteria/component is not available or verifiable.
- "NA" (not applicable) will only be used if the criteria does not apply

Q1: Classification of Commissary (Ask the Commissary Director): K1 K2 K3 K4 K5

Location: _____

Commissary Director: _____ **Phone Number:** _____

Measure # 1-A: PRODUCE – FRESH WHOLE and CONVENIENCE-ADDED FRUITS

Instructions for filling out Chart 1-A (Fresh Whole Fruit) and Chart 1-B (Convenience-Added Fruit)

- ✓ Mark if item is available (yes) or out of stock (o/s).
- ✓ For Both Chart A and Chart B: count all the different types of available fruits (i.e. apples, bananas, oranges = 3).
- ✓ For Chart A only:
 - Include bagged fruits as a separate type if the type has not already been counted (i.e. bag of apples or oranges).
 - Do not include pre-cut or convenience packed fruit.
- ✓ Check the “Acceptable Quality” box if more than 50% of the produce item you are rating is found to be of acceptable quality, using the following criteria:
 - **Acceptable**: good color, fresh looking, firm, and clean.
 - **Unacceptable**: bruised, old looking, mushy over-ripe, dark sunken spots in irregular patches, cracked or broken surfaces, signs of shriveling, mold or excessive softening.

Chart A: Fresh Whole Fruit			
Available	Item	Comments	Acceptable Quality
<input type="radio"/> yes <input type="radio"/> o/s	Apples		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Bananas		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Cantaloupe		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Grapefruit		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Grapes		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Honeydew Melon		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Oranges		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Peaches		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Pears		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Strawberries		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Watermelon		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Other:		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Other:		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA

Chart B: Convenience-Added Fruit (pre-cut or sliced)			
Available	Item	Comments	Acceptable Quality
<input type="radio"/> yes <input type="radio"/> o/s	Apple Slices		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Watermelon		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Honeydew Melon		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Cantaloupe		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Mixed fruit		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Pineapple		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Other:		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA
<input type="radio"/> yes <input type="radio"/> o/s	Other:		<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA

Fruit Availability:

Q2. How many types of whole fresh fruit are available? (Count Chart A number of “yes” responses)

- <5 varieties (less than 5) 5 to 9 varieties >10 varieties

Q3. How many types of convenience-added (pre-cut or sliced) fruit are available? (Count Chart B # of yes responses)

- ≥ 5 (5 or more) <5 (less than 5)

Fruit Quality:

Q4. What percent of available fresh fruit are of acceptable quality: ≥75% 50-74% 0 to 49%

Total Number of “yes” responses / ÷ Total Number of Available Fruit / x 100% = %

Measure # 1-B: PRODUCE – FRESH WHOLE AND CONVENIENCE-ADDED VEGETABLES

Instructions for filling out Chart C (Convenience-added Vegetables) and Chart D (Fresh Vegetables)

- ✓ Mark if item is available (yes) or out of stock (o/s).
- ✓ For Both Chart C and Chart D: count all the different types of available vegetables.
- ✓ For Chart D only:
 - Include bagged vegetable as a separate type if the type has not already been counted.
 - Do not include pre-cut or convenience packed veggies (baby carrots).
- ✓ Check the “Acceptable Quality” box if more than 50% of the produce item you are rating is found to be of acceptable quality, using the following criteria:
 - **Acceptable**: good color, fresh looking, firm, and clean.
 - **Unacceptable**: bruised, old looking, mushy over-ripe, dark sunken spots in irregular patches, cracked or broken surfaces, signs of shriveling, mold or excessive softening.

Chart C: Convenience-added (pre-cut or sliced) Vegetables			
Available	Produce Item	Acceptable Quality	Comments
<input type="radio"/> yes <input type="radio"/> o/s	Bagged/Box/Bulk Lettuce Salad: <i>(Include bags with only vegetables. Exclude “salad kits” sold with dressing, croutons, etc... Count different varieties of lettuce/salad separately (i.e. bagged spinach, shredded lettuce, romaine = 3 varieties)</i>	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Baby Carrots	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Cut-up Vegetables <i>(Exclude lettuce/salad and baby carrots)</i>	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Other:	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	

Chart D: Fresh Whole Vegetables			
Available	Item	Acceptable Quality	Comments
<input type="radio"/> yes <input type="radio"/> o/s	Bell Pepper (<i>any color</i>)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Broccoli	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Cauliflower	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Carrots (<i>full-size only</i>)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Corn (<i>white & yellow</i>)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Leaf Lettuce (<i>exclude iceberg</i>)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Greens (<i>exclude leaf lettuce</i>)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	<input type="radio"/> spinach <input type="radio"/> kale <input type="radio"/> mustard <input type="radio"/> collard <input type="radio"/> turnip <input type="radio"/> collard greens
<input type="radio"/> yes <input type="radio"/> o/s	Sweet Potatoes/Yams	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Summer Squash (yellow)	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Tomatoes	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Zucchini	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Other:	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	
<input type="radio"/> yes <input type="radio"/> o/s	Other:	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	

Vegetable Availability:

Q5. How many types of whole fresh vegetables are available? (Count Chart D # of “yes” responses)

- <5 varieties (less than 5) 5 to 9 varieties >10 or more varieties

Q6. Are there two or more types of greens (excluding leaf lettuce) available? yes no

Q7. How many types of convenience-added (pre-cut or sliced) veggies are available? (Count Chart C # of yes responses)

- ≥5 (5 or more) <5 (less than 5)

Vegetable Quality:

Q8. What percent of available vegetables are of acceptable quality: ≥75% 50-75% 25-50%

$$\text{Total Number of "yes" responses } \boxed{} / \boxed{} \div \text{Total Number of Available vegetables } \boxed{} / \boxed{} \times 100\% = \boxed{}\%$$

Measure # 2: DAIRY - MILK

Instructions for filling out Chart E (Dairy – Milk)

- ✓ Mark if low-fat or Skim milk is available and annotate available size and cost of listed milk items.
- ✓ **Shelf-space:** Count and record the number of columns of each milk item (pint of skim, quart of skim, etc...) count only columns that have milk, not empty slots where it may need to be restocked. Write “0” if there is none of a particular item.

Chart E: Dairy - Milk				
Milk Item	Size / Price	Shelf-space	Comments	
Whole-milk (3.25%)	<input type="radio"/> Gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Half-gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Quart	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
Reduced Fat (2%)	<input type="radio"/> Gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Half-gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Quart	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
<input type="radio"/> Low-fat (1%)	<input type="radio"/> Gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Half-gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Quart	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
<input type="radio"/> Skim / Fat-free Non-fat	<input type="radio"/> Gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Half-gallon	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		
	<input type="radio"/> Quart	\$ <input type="text"/> . <input type="text"/> <input type="text"/>		

Low-fat or Skim Milk Availability:

Q9. Low-fat (1%) and skim/fat-free milk is available? yes no

Shelf-space of Low-fat or Skim Milk:

Q10. Is more than half of milk ($\geq 51\%$) in stock low-fat (1%) or skim (fat-free)? yes no

Total number of low-fat or skim / \div Total number all milk / = %

Pricing of Low-fat or Skim Milk:

Q11. Lower fat (1%, skim or fat-free) milk is priced less than higher fat milk (whole or 2%). yes no same

Measure # 3: MEAT – LEAN GROUND MEAT

Instructions for filling out Chart F (Ground Meats)

- ✓ Mark the type (% lean and % fat) of ground meat items that is available and record the price per pound (lb).
- ✓ **Shelf-space:** Count and record the number of columns of available ground meat items listed (note: meat is displayed in columns). Count only columns that have items, not empty slots where it may need to be restocked. Write “0” if there is none.

Chart F: Ground Meats					
Item		Available	Shelf-space	Price / lb	Comments
Ground beef	Standard	<input type="radio"/> 80% lean, 20% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
		<input type="radio"/> 85% lean, 15% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
	Lean	<input type="radio"/> 90% lean, 10% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
		<input type="radio"/> 93% lean, 7% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
		<input type="radio"/> ≥95% lean, ≤5% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
Ground Turkey	Lean	<input type="radio"/> 90% lean, 10% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
		<input type="radio"/> ≥95% lean, ≤5% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
Ground Chicken	Lean	<input type="radio"/> 90% lean, <10% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
		<input type="radio"/> ≥95% lean, ≤5% fat		\$ <input type="text"/> . <input type="text"/> <input type="text"/>	

Lean Ground Meat Availability:

Q12. Lean ground beef (or other variety of lean ground meat) is available ≥90% lean, ≤10% fat. yes no

Q13. More than three (3) varieties of lean ground beef and/or other lean ground meat (≤10% fat) are available. yes no

Count and record the number of varieties of lean ground beef or other lean ground meat available.

Price of Lean Ground Meat

Q14. Lean ground beef and/or ground meat is less expensive than the regular version. yes no same NA (no lean meat)

Measure # 4: SNACKS – BAKED CHIPS

Instructions:

- ✓ In Chart G (Comments Sections): List all brands and type of available baked, low-fat or reduced-fat chips.
- ✓ Select a same-brand version of both Regular and Baked or Low-fat chip comparison.

Definitions:

- ✓ Fat-free = 0 grams fat per serving
- ✓ Low-fat = ≤3 grams fat per 1 oz serving

Chart G: Baked Chips			
Item	Package Size	Price	Comments
Regular	<input type="radio"/> 1 1/8 oz <input type="radio"/> 2 1/8 oz <input type="radio"/> 5 1/2 oz <input type="radio"/> 10 oz <input type="radio"/> Other ____ oz	\$ <input type="text"/> . <input type="text"/>	
Baked or Low-Fat	<input type="radio"/> 1 1/8 oz <input type="radio"/> 2 1/8 oz <input type="radio"/> 5 1/2 oz <input type="radio"/> 10 oz <input type="radio"/> Other ____ oz	\$ <input type="text"/> . <input type="text"/>	List all available Low-fat Chips: 1. 2. 3. 4. 5.

Availability of Baked or Low-fat chips:

- Q15.** Baked or low-fat chips are available. yes no
- Q16.** More than two varieties (any brand) of baked or low-fat chips are available. yes no NA (no baked or low-fat chips)

Price of Baked or Low-fat chips:

- Q17.** Baked or low-fat chips are less expensive than the regular version. yes no same NA (no baked or low-fat chips)
 Compare the price between the regular and lower-fat version of the same brand (i.e Lays Baked Chips and Lays Chips).

Measure # 5-A: GRAINS – SLICED BREAD & OTHER COMMERCIAL BAKED GOODS**Definitions:**

- ✓ Regular: Bread made with refined flour
- ✓ Healthier:
 - 100% whole-wheat and whole-grain bread, 2-3grams Fiber per slice. To determine if whole grain, count only the items with one of these phrases: “100% whole-grain” or “100% whole-wheat” (Exception: Corn tortillas). To verify if an item qualifies, check the ingredient list: if the first item includes “enriched,” it is NOT a whole grain product.
 - The whole-grain symbol must be on the package.



- **Instructions:**
 - ✓ Select the same-brand and size of both Regular and Healthier versions for comparison.
 - ✓ Mark “yes” if the healthier version is available and record the price of both regular and healthier versions.

Chart H: Sliced Bread and Other Commercial Baked Goods			
Item	Available	Price	Comments
Sliced bread	Regular		\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Healthier	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	White Wheat	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
Buns	Regular		\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Hamburger or Hot dog	Healthier <input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
Tortillas	Regular		\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Healthier	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Corn	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
Bagels	Regular		\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Healthier	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
English Muffins	Regular		\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	Healthier	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>

Availability and Price of Whole-grain breads:

- Q18.** 100% Whole-grain / whole-wheat sliced bread are available. yes no
- Q19.** More than two varieties (any brand) of whole-grain bread choices are available? yes no
- Q20.** Healthier bread choices are less expensive than the regular version. yes no same NA (no whole-grain bread)
Compare the price between the regular (white) and healthier version of the same brand.

Measure # 5-B: GRAINS – FOODS AND PRODUCTS

Instructions:

- ✓ Select the same-brand and size of both Regular and Healthier versions for comparison.
- ✓ Mark “yes” if the healthier version is available and record the price per ounce (oz) of both regular and healthier versions.

Chart I: Grains – Foods and Products			
Item	Available	Price/pkg	Comments
Pasta	Regular	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
	Whole-wheat/whole-grain pasta <i>(package may or may not say “100%”)</i>	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
Rice	Regular white <i>(exclude wild rice and flavored rice mixes)</i>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
	Brown <i>(exclude wild rice and flavored rice mixes)</i>	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
Flour	Whole-grain/whole-wheat flour (5lb) <i>(all-purpose or self-rising flours)</i>	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	
	White/refined/unbleached flour (5lb)	<input type="radio"/> yes <input type="radio"/> o/s <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/>

Availability of Whole-grain Products:

Q21. More than three (3) varieties of whole-grain foods/products are available. yes no

Measure # 5-C: GRAINS –BREAKFAST CEREAL

Definition of a Healthier Cereal:

- **Sugar:** <10 grams of Sugar
- **Whole-grain:** ≥16 grams or listed as first ingredient
- **Dietary Fiber:** ≥ 3 grams

Instructions:

- ✓ Mark “yes” if the Healthier version is available and “no” if unavailable.
- ✓ Record the price for both the Healthier and Sugary version of the cereal. Leave blank, if sugary version is not available. Compare products that are the same size of the same brand when possible.

Chart J: Grain –Breakfast Cereals				
Breakfast Cereals	Healthier version available	Price Healthier version	Price Sugary version	Comments
Oatmeal	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	<i>Compare with flavored oatmeal</i>
Grits or Cream of Wheat	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	
Plain toasted oats	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	
Bran flakes (with or without raisins)	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	<i>Compare with Frosted Corn Flakes. Keep in mind that Bran Flakes with Raisins will have more sugar.</i>
Shredded wheat	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	<i>Compare with Frosted Shredded Wheat</i>
Other:	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	\$ <input type="text"/> . <input type="text"/> <input type="text"/> <input type="text"/>	

Q22. Availability: More than two (2) varieties (any brand) of healthier cereal are available? yes no

Q23. Price: Healthier cereal choices are less expensive than the sugary-versions. yes no same NA (no healthier cereal)

Measure # 6: PROMOTION OF HEALTHY EATING

Instructions:

- ✓ Mark “yes” if available and “no” if unavailable.
- ✓ Document proof of availability in “Comments” section.
- ✓ Ask the commissary director about the nutrition education opportunities that are available in the commissary.
 - Promotion of a nutrition initiative may be a national or locally determined initiative at least once during the previous quarter. Commissaries do not have to conduct events from October through December due to the holiday season. However, they may hold events during this time.
 - A healthy awareness publication, commercial or non-commercial, is made available for customers to view each quarter. Note that there may be limited copies of the healthy awareness publication available for distribution. Normally they are available at the first of each quarter.

Criteria	Availability	Comments
Q24. Promotion of a Nutrition Initiative at least once during the previous quarter.	<input type="radio"/> yes <input type="radio"/> no	
Q25. There is a “Healthy Choices” shopping guide at the front of the store. <i>(This may be a shopping list and/or commercial publications available to customers at no charge.)</i>	<input type="radio"/> yes <input type="radio"/> no	
Q26. There is a healthy food choice identification program at the point of purchase. <i>(This may include nutrition labels that identify nutrition information that comply with the U.S. Dietary Guidelines).</i>	<input type="radio"/> yes <input type="radio"/> no	

Date of Assessment: _____ Start Time: _____ End Time: _____

Rater: _____ Contact Information: _____