

The criteria in this section apply to any food/snack concessions located in military lodging or billeting.

- 1) **Prior to conducting the onsite assessment communicate your intent with the billeting/lodging director or manager.**
- 2) **Note the facility location that sells food via a snack bar, sundry sales, or something similar other than vending operations. (Note: Vending machines are assessed using the vending operations worksheet/section).**

Site 1 Location: _____ Manager: _____ Phone: _____

- 3) **Familiarize yourself with each criteria/component prior to your site visit.**

Measure # 1: AVAILABILITY OF HEALTHY OPTIONS

Instructions for filling out Chart A: Fruit

- Mark if item is available. Include pre-cut, pre-sliced convenience packaged fresh fruit items.
- Using the below definitions - comment on the “Acceptable Quality” of the fruit.
 - **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: Fruit		
Available	Item	Comments
<input type="radio"/> yes	Apples (whole or pre-cut)	<input type="radio"/> Acceptable <input type="radio"/> Unacceptable
<input type="radio"/> yes	Bananas	<input type="radio"/> Acceptable <input type="radio"/> Unacceptable
<input type="radio"/> yes	Oranges	<input type="radio"/> Acceptable <input type="radio"/> Unacceptable
<input type="radio"/> yes	Fresh cut-up mixed fruit	<input type="radio"/> Acceptable <input type="radio"/> Unacceptable
<input type="radio"/> yes	Other	<input type="radio"/> Acceptable <input type="radio"/> Unacceptable
List types of convenient packed/single serving canned fruit – identify those packed in water or natural juice:		

Definition of a Healthier Option Yogurt:

- Low-fat or light (≤ 3 grams of fat)
- Low-sugar (< 30 grams)
- At least 20% of the daily value (DV) of Calcium and 10% of the DV of Vitamin D
- ≥ 5 grams of Protein
- Labeled with a “live and active culture seal”

Chart B: Yogurt							
List Available Yogurt	≤ 3 g Fat	≤ 30 g Sugar	Culture Seal	20% DV Calcium	10% DV Vit D	≥ 5 g Protein	Comments
	<input type="radio"/> yes						
	<input type="radio"/> yes						
	<input type="radio"/> yes						

Please note that the below photo of Yoplait yogurt is NOT an endorsement of the product – although it does meet all the requirements of a healthier option yogurt. The label is providing an example to demonstrate where to find the nutrition information required.



GRAINS – BREAKFAST CEREALS

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. Refer to products that are single-serving (individual cups, packets, etc.), same size and of the same brand when possible.

Chart C: Grains –Breakfast Cereals				
Breakfast Cereals	Healthier version available	Price of Healthier version	Price of 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"/>	

BAKED CHIPS

Instructions:

- ✓ In Chart D (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.

Chart D: 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"/> <input type="text"/>	
Baked or Low-Fat ≤3g fat per 1 oz serving	<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"/> <input type="text"/>	List all available Baked or Low-fat Chips: 1. 2. 3. 4. 5.

HEALTHIER SNACKS

Definition of a Healthier Snack (per serving):

- ≤200 calories
- ≤230 mg of sodium (Na)
- ≤10% total calories from saturated fat (excluding nuts and seeds without added fats or oils)
- ≤35% calories of total weight of added sugar (excluding fruit or veggies without added caloric sweeteners)

Instructions:

- ✓ List all available snacks and determine whether snacks meet the Healthier Snack definition as listed above.
- ✓ Recommend first determining if snack meets calorie criteria, if no, then no need to further assess that snack item.

Chart E: Healthier Snacks					
Available Snacks	Healthier Snack?	Criteria:			
		Calorie	Sodium	Saturated Fat	Sugar
1	<input type="radio"/> yes <input type="radio"/> no				
2	<input type="radio"/> yes <input type="radio"/> no				
3	<input type="radio"/> yes <input type="radio"/> no				
4	<input type="radio"/> yes <input type="radio"/> no				
5	<input type="radio"/> yes <input type="radio"/> no				
6	<input type="radio"/> yes <input type="radio"/> no				
7	<input type="radio"/> yes <input type="radio"/> no				
8	<input type="radio"/> yes <input type="radio"/> no				
9	<input type="radio"/> yes <input type="radio"/> no				
10	<input type="radio"/> yes <input type="radio"/> no				
11	<input type="radio"/> yes <input type="radio"/> no				
12	<input type="radio"/> yes <input type="radio"/> no				
13	<input type="radio"/> yes <input type="radio"/> no				
14	<input type="radio"/> yes <input type="radio"/> no				
Total Number of Healthy Snacks:					
Total Number of ALL Snacks:					

FROZEN (DINNERS) FOODS:

Healthier Food Definition:

- Reduced-fat (≤ 9 g fat per 8-11oz package)
- ≤ 480 mg sodium per serving (many products may not meet this criteria until the food industry catches up to the standards)

Instructions:

- ✓ List the brand and description of comparable frozen dinners (i.e. Stouffers Turkey Dinner).
- ✓ If possible, choose frozen dinners of the same brand and type - To compare pricing...items MUST be same brand.

Chart F: Frozen Dinners			
Number of frozen dinner items available? (Count all)	<input type="text"/>		
Number of frozen dinner items that meet the healthier food definition?	<input type="text"/>		
Brand and Description of Frozen Dinner	Available	Price	Comments
Regular		\$ <input type="text"/> . <input type="text"/>	
Healthier	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/>	
Regular		\$ <input type="text"/> . <input type="text"/>	
Healthier	<input type="radio"/> yes <input type="radio"/> no	\$ <input type="text"/> . <input type="text"/>	

BEVERAGES

Chart G: Beverages				
Item	Count	Comments		
Count the number of refrigerated bottled or canned beverage choices available.	<input type="text"/> <input type="text"/>	<i>Do not count plain, unflavored milk or 100% fruit / vegetable juice.</i>		
Count the number of <u>non-carbonated</u> , <u>no-calorie</u> or <u>low-calorie</u> refrigerated bottled or canned beverages available. <i>Read the Nutrition Facts Label.</i> <i>Count beverages that are less than 40 calories per serving.</i>	<input type="text"/> <input type="text"/>	List any non-carbonated, no- or low-calorie bottled or canned beverages that have ≤40 kcal beverages - check nutrition labeling <i>Examples include: Water, Propel, G-2, Crystal Light, some Vitamin waters, unsweetened or diet teas.</i> Do not count low-calorie energy drinks.		
Count the number of available energy drinks.	<input type="text"/> <input type="text"/>	List types (and annotate how many slots contain this beverage type):		
What types of milk are available?	<input type="radio"/> Skim or fat-free/non-fat <input type="radio"/> 1% or low-fat	<input type="radio"/> 2% <input type="radio"/> Whole milk	<input type="radio"/> Low-fat chocolate (1%) <input type="radio"/> Soy milk	
What is the price of the following items? <i>(Use same size container when possible)</i>	___ oz 100% Fruit Juice	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___ oz Vegetable Juice	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	___ oz Caffeinated Soda	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___ oz Fruit /Veggie Juice	\$ <input type="text"/> . <input type="text"/> <input type="text"/>
	___ oz Non-carb / low-cal	\$ <input type="text"/> . <input type="text"/> <input type="text"/>	___ oz Bottled Water	\$ <input type="text"/> . <input type="text"/> <input type="text"/>

Fruit: Use Chart A

Q1. How many types of fresh fruit are available? *Use Chart A - count the number of “yes” answers.*

- two or more (≥ 2) one (1) none (0)

Q2. Canned fruit (or convenient packed, single serving fruit containers) is packed in water or natural juice. yes no

Yogurt: Use Chart B

Q3. Healthier option yogurt is available. yes no

Grains – Breakfast Cereals: Use Chart C

Q4. There are more than two (2) varieties of any brand of hot or cold healthier cereal available? yes no

Q5. Healthier cereals are priced lower than sugary versions? yes no same

Baked Chips: Use Chart D

Q6. Baked or low-fat chips are available. yes no

Q7. More than two (2) varieties, of any brand, of baked or low-fat chips are available. yes no

Q8. Baked or low-fat/reduced-fat chips are less expensive than the regular version. yes no same
(Compare the price between the regular and lower-fat version of the same brand).

Healthier Snacks: Use Chart E

Q9. What percentage of snacks are healthier options? >50% 35-49% 25-34% 15-24% 0-14%
(Use chart E to assist with answering this question)

Total Number of healthier snacks | \div Total Number of snacks | \times 100% = %

Frozen Dinners: Use Chart F

- Q10. At least one healthier version (reduced-fat) frozen dinner is available.** yes no
- Q11. The healthier version is priced lower than the regular version.** yes no same NA
(NA=no healthier versions available)

Beverages: Use Chart G

- Q12. Low-fat (1%) or skim (fat-free or non-fat) milk is available?** yes no
- Q13. Non-carbonated, no calorie or low-calorie beverages are available?** yes no
- Q14. At least 50% of beverages (except milk, 100% fruit or vegetable juice) contain less than 40 kcals/serving?** yes no

Total Number of low-cal beverages ÷ Total Number of beverages x 100% = %

- Q15. Non-carbonated, no calorie/low-calorie beverages are priced lower than sugary beverages?** yes no same NA
(NA = no beverages of this are available)
- Q16. 100% fruit and/or vegetable juice is available?** yes no
- Q17. Fruit and/or vegetable juice is priced lower than sugary beverages?** yes no same NA
(NA = no fruit/vegetable juice available)
- Q18. Bottled water is priced lower than all beverages?** yes no same

Date of Survey:	_____ Length of time complete survey: _____
Survey Completed by:	Name: _____ Phone: _____
	E-mail: _____