

Survey of Healthy Eating Environments at SoM Worksites
12/8/2010

Section A - Snacks available in vending machines in your area:

Total number of items
Dried Fruit w/o sweeteners
Fresh Fruit/ Vegetables
Low or No-fat Cheese
Low or No-fat Yogurt
Low-fat/low sugar granola bars
Low or non-fat frozen dairy items
Baked chips
Unsalted nuts/seeds
Contain the label "low sugar"
Contain the label "low fat"
Contain the label "low sodium"
Contain the label "high fiber"
Other healthy choices
Super-sized (items packaged in a larger amount than a normal serving)
Total number of healthy options

	ARCC	Admin	DOC	R. Wing	DNR	DOT	DPS	MMB	OHE	DLI	MPCA	MDH Lab	MN Housing
42	32	49	68	72	78	78	61	42	41	56	32		
0	0	1	0	4	0	2	0	1	0	0	0		
0	0	3	0	0	0	0	1	0	0	0	0		
0	1	0	0	1	0	0	0	0	0	0	0		
0	0	2	0	0	0	0	0	0	0	0	0		
2	0	2	0	0	0	1	3	3	1	2	0		
0	0	0	0	0	0	3	0	0	0	0	0		
2	4	6	5	1	5	1	0	5	2	6	1		
3	1	1	1	2	1	0	1	1	0	2	0		
0	0	0	0	0	0	0	0	0	0	0	1		
2	2	0	0	3	5	3	1	2	5	2	0		
0	1	0	0	0	0	0	0	1	0	0	0		
0	0	0	0	0	0	0	0	0	0	0	0		
5	0	23	5	1	0	0	2	1	1	0	1		
0	0	0	0	0	0	0	0	0	0	0	0		
14	9	38	11	12	11	11	8	14	9	12	3		

Total	% of Total
651	
8	1%
4	1%
2	0%
2	0%
14	2%
3	0%
38	6%
13	2%
1	0%
25	4%
2	0%
0	0%
39	6%
0	0%
152	23%

Are there any items with the nutrition labels facing out?	Yes												
	No	0	0	0	0	0	0	0	0	0	0	0	0
Are the healthy items priced lower than the less healthy items?	Yes												
	No	0	0	0	0	0	0	0	0	0	0	0	0
Are the healthiest items displayed at eye level?	Yes	1	1	1	1	1	1	1	1	1	1	1	1
	No					0							

33.3	28	78	16	17	14	14	13	33	22	4.7	9.4		
Average %												23	

Survey of Healthy Eating Environments at SoM Worksites
12/8/2010

Section B - Beverages available in vending machines in your area:

Healthy beverage options include drinks such as low or non-fat milk, bottled water or low/zero calorie flavored water, along with 100% fruit juices and 100%

Total number of items	96	43	29	118	88	25	82	89	45	87	127	16	845		
Bottled water	13	2	1	6	9	1	2	19	4	16	18	0	91	11%	
Low/no calorie flavored water	0	1	6	13	2	0	2	8	0	5	0	2	39	5%	
Low or nonfat milk	0	0	2	0	0	0	0	12	0	0	0	0	14	2%	
100% fruit/vegetable juice	18	2	3	5	9	0	0	6	4	0	2	0	49	6%	
Other healthy choices	0	3	2	6	4	0	1	1	0	0	21	0	38	4%	
Contain the label "low sugar"	0	0	0	0	2	0	5	0	0	1	0	0	8	1%	
Contain the label "low fat"	0	0	1	0	0	0	0	0	0	0	0	0	1	0%	
Contain the label "low sodium"	0	0	0	0	1	0	0	0	0	0	0	0	1	0%	
Total number of healthy options	31	8	15	30	27	1	10	46	8	22	41	2	241	29%	
Are there any items with the nutrition labels visible from the front side of the vending machine?	Yes		1						1				2	17%	
	No	0		0	0	0	0	0	0	0	0	0	0	0%	
Are the healthy items priced lower than the less healthy items?	Yes			1					1				2	17%	
	No	0	0	0		0	0	0	0	0	0	0	0	0%	
Are the healthiest items displayed at eye level?	Yes	1		1	1	1		1				1	7	58%	
	No		0				0		0	0		0	0	0%	
Total Percentage of Healthy Options		32.3	19	52	25	31	4	12	52	18	25	32	13	Average %	29

Survey of Healthy Eating Environments at SoM Worksites
12/8/2010

Section C - Cafeteria

Please answer the following questions regarding cafeterias at your worksite.

Fresh fruits and vegetables	2	n/a	n/a	9	6	n/a	3	2	3	9	3	n/a		
Green salads	1	n/a	n/a	5	6	n/a	9	2	3	5	1	n/a		
Lean meats (less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 3.5 oz)	0	n/a	n/a	3	3	n/a	4	1	3	3	0	n/a		
Low-fat cheese for sandwiches/salads	0	n/a	n/a	0	0	n/a	0	0	0	0	0	n/a		
100% whole grain bread	3	n/a	n/a	1	1	n/a	2	0	1	1	0	n/a		
Specifically designed low-fat entrée (total fat not exceeding 12- 15g)	0	n/a	n/a	0	0	n/a	0	0	0	0	0	n/a		
Low or non-fat milk	2	n/a	n/a	1	4	n/a	3	0	5	1	2	n/a		
Low or non-fat yogurt	1	n/a	n/a	1	3	n/a	3	0	2	1	2	n/a		
Clear or tomato based soups	2	n/a	n/a	1	1	n/a	1	1	0	1	0	n/a		
Bottled water	1	n/a	n/a	1	1	n/a	6	0	13	1	5	n/a		
100% fruit/vegetable juices	2	n/a	n/a	2	4	n/a	2	0	4	2	4	n/a		
Baked chips	1	n/a	n/a	1	5	n/a	6	0	3	1	3	n/a		
Other healthy choices	0	n/a	n/a	1	0	n/a	18	1	0	1	3	n/a		

Does the cafeteria offer nutrition information for its entrée selections?	Yes		n/a	n/a			n/a							0	0%
	No	0	n/a	n/a	0	0	n/a	0	0	0	0	0	n/a	0	0%
Does the cafeteria offer nutrition information for its a la carte items?	Yes		n/a	n/a			n/a							0	0%
	No	0	n/a	n/a	0	0	n/a	0	0	0	0	0	n/a	0	0%
Does the cafeteria offer nutrition information for its soup offerings?	Yes		n/a	n/a			n/a							0	0%
	No	0	n/a	n/a	0	0	n/a	0	0	0	0	0	n/a	0	0%
Does the cafeteria offer half portions of its entrees at reduced prices?	Yes	1	n/a	n/a			n/a	1	1	1	1	n/a		6	75%
	No		n/a	n/a	0	0	n/a					n/a		0	0%
Are the healthier cafeteria options priced lower than the less healthy items?	Yes		n/a	n/a	1		n/a				1	1	n/a	3	38%
	No	0	n/a	n/a		0	n/a	0	0	0			n/a	0	0%
Are the healthiest choices displayed with the most enticing eye level placement in mind (e.g. salad bar being placed at the front of the cafeteria, low fat entrees being...)	Yes	1	n/a	n/a	1	1	n/a	1	1	1	1	n/a		8	100%
	No		n/a	n/a			n/a					n/a		0	0%

Survey of Healthy Eating Environments at SoM Worksites
12/8/2010

Section D - Snack/Beverages available in Coffee/Snack Stand

Low-fat granola bars	6	n/a	n/a	4	n/a	n/a	6	n/a	n/a	4	10	n/a
Dried fruit or nuts	24	n/a	n/a	19	n/a	n/a	28	n/a	n/a	19	20	n/a
Fresh fruits/vegetables	0	n/a	n/a	0	n/a	n/a	0	n/a	n/a	0	2	n/a
Green tea	0	n/a	n/a	1	n/a	n/a	2	n/a	n/a	1	2	n/a
Low-fat or non-fat milk	0	n/a	n/a	0	n/a	n/a	0	n/a	n/a	0	2	n/a
Low-fat or non-fat yogurt	0	n/a	n/a	0	n/a	n/a	0	n/a	n/a	0	1	n/a
Bottled or low calorie flavored water	0	n/a	n/a	15	n/a	n/a	5	n/a	n/a	15	15	n/a
100% fruit or vegetable juices	0	n/a	n/a	4	n/a	n/a	5	n/a	n/a	4	5	n/a
Other healthy choices	24	n/a	n/a	5	n/a	n/a	2	n/a	n/a	5	1	n/a
Total number of healthy options	54	n/a	n/a	48	n/a	n/a	48	n/a	n/a	48	58	n/a

Is the pricing of healthier coffee/snack stand options lower than that of the less healthy items?	Yes		n/a	n/a		n/a	n/a		n/a	n/a			n/a	0	0%
	No	0	n/a	n/a	0	n/a	n/a	0	n/a	n/a	0	0	n/a	0	0%

Are the healthiest choices displayed at eye level?	Yes	1	n/a	n/a	1	n/a	n/a	1	n/a	n/a	1	1	n/a	5	100%
	No		n/a	n/a		n/a	n/a		n/a	n/a			n/a	0	0%

Section E - Food/Beverages offered in the Social Work Environment

Questions regarding foods/beverages offered in the social work environment. This includes things like foods in break areas, candy dishes on desks and food near shared coffee

Typically, is healthy food encouraged by managers in workplace?	Y	N	N	N	N	N	Y	N	N	N	N	2	17%
Do social celebrations at work usually include healthy food and beverage options?	Y	Y	N	N	Y	N	Y	N	Y	N	N	5	42%
Offering food and beverages in the workplace for a limited amount of time, for example over the lunch hour, and then removing them reduces the temptation to over-eat. Does your workplace offer celebratory foods/beverages for a limited amount of time and then promptly put the food and beverages away?	Y	Y	N	N	Y	N	Y	Y	Y	N	N	6	50%
Are candy dishes and food brought from home set out on a regular basis?	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	12	100%

Section F - Work area food preparation areas.

Questions about food preparation areas/break room availability in your office. Having a dedicated space for preparing food and eating away from work areas encourages employees to eat more mindfully. It can also help stop the temptation for co-workers to snack even when they are not hungry. 1=yes 0=no

Is drinking water conveniently located for all employees?
Is there a refrigerator that is conveniently located for all employees?
Is there a microwave that is conveniently located for all employees?
Is there a sink in the food preparation area?
Is there room for seating in or near the food preparation area?

1	1	1	0	1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1	1	1	1	1
1	1	1	1	1	1	1	1	1	1	1	1	1
1	1	1	0	0	1	1	1	1	1	1	1	1
1	1	1	0	1	1	0	0	0	0	1	1	1

11	92%
12	100%
12	100%
10	83%
7	58%

The following section is a list of ideas to encourage healthy eating in the workplace.

- Many agencies have Farmers Markets nearby. Promote them.
- Have an active and effective wellness committee with managerial support.
- Ask for an easy labeling system on vending machine items to identify healthy choices.
- Set time limits for food set out.
- Be open; let your co-workers know and be involved in the changes you are making to support healthy eating!
- Have a "pistachio" dish or other healthy option instead of a candy dish.
- Develop good working relationships with food service managers, store managers, and vending providers.
- Ask these partners for the healthy food choices that you would like to see offered.