

## Healthy Eating In the Workplace Survey

### Worksite Food Environment Survey

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

		Comments		
Total number of items	0			
Dried fruit w/o sweeteners	0			
Fresh fruit/ vegetables	0			
Low or no-fat cheese	0			
Low or no-fat yogurt	0			
Low-fat/low sugar granola bars	0			
Low or non-fat frozen dairy items	0			
Baked chips	0			
Unsalted nuts/seeds	0			
Contain the label "low sugar"	0			
Contain the label "low fat"	0			
Contain the label "low sodium"	0			
Contain the label "high fiber"	0			
Other healthy choices	0			
100-calorie package size	0			
<b>Total Number of Healthy Options</b>	<b>0</b>			
Are there any items with the nutrition labels facing out?	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%; text-align: center;">Yes</td></tr> <tr><td style="width: 50%; text-align: center;">No</td></tr> </table>	Yes	No	
Yes				
No				
Are the healthy items priced lower than the less healthy items?	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%; text-align: center;">Yes</td></tr> <tr><td style="width: 50%; text-align: center;">No</td></tr> </table>	Yes	No	
Yes				
No				
Are the healthiest items displayed at eye level?	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 50%; text-align: center;">Yes</td></tr> <tr><td style="width: 50%; text-align: center;">No</td></tr> </table>	Yes	No	
Yes				
No				
<b>Total Percentage of Healthy Options</b>	<b>###</b>			

#### 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% vegetable juices.*

Total number of items	0	
Bottled water	0	
Low/no calorie flavored water	0	
Low or nonfat milk	0	
100% fruit/vegetable juice	0	
Other healthy choices	0	
Contain the label "low sugar"	0	
Contain the label "low fat"	0	

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Contain the label "low sodium"		0	
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<b>Total Number of Healthy Options</b>		<b>0</b>	
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Are there any items with the nutrition labels facing out?	Yes		
	No		

Are the healthy items priced lower than the less healthy items?	Yes		
	No		

Are the healthiest items displayed at eye level?	Yes		
	No		

<b>Total Percentage of Healthy Options</b>		<b>###</b>	
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### Section C - Cafeteria

*Please answer the following questions regarding cafeterias at your worksite.*

Fresh fruits and vegetables			
Green salads			
Lean meats			
Low-fat cheese for sandwiches/salads			
100% whole grain bread			
Specifically designed low-fat entrée			
Low or non-fat milk			
Low or non-fat yogurt			
Clear or tomato based soups			
Bottled water			
100% fruit/vegetable juices			
Baked chips			
Other healthy choices			

Does the cafeteria offer nutrition information for its entrée selections?	Yes		
	No		

Does the cafeteria offer nutrition information for its a la carte items?	Yes		
	No		

Does the cafeteria offer nutrition information for its soup offerings?	Yes		
	No		

Does the cafeteria offer half portions of its entrees at reduced prices?	Yes		
	No		

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Are the healthier cafeteria options priced lower than the less healthy items?	Yes
	No

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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 displayed as you walk into the cafeteria)?	Yes
	No

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

- Low-fat granola bars
- Dried fruit or nuts
- Fresh fruits/vegetables
- Green tea
- Low-fat or non-fat milk
- Low-fat or non-fat yogurt
- Bottled or low calorie flavored water
- 100% fruit or vegetable juices
- Other healthy choices


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Total Number of Healthy Options	
Is the pricing of healthier coffee/snack stand options lower than that of the less healthy items?	Yes
	No

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Are the healthiest choices displayed at eye level?	Yes
	No

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### 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 makers.*

- Typically, is healthy food encouraged by managers in workplace?
- Do social celebrations at work usually include healthy food and beverage options?
- 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?


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Are candy dishes and food brought from home set out on a regular basis?

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**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.*

- Is drinking water conveniently located for all employees?
- Is there a refrigerator conveniently located for all employees?
- Is there a microwave 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?

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**Section G - Extra Credit Question**

*The following section is **extra-credit**. Please list below any other opportunities for healthy eating your workplace offers. Examples could include things such as Community Supported Agriculture (CSA) delivery site, access and communication about local Farmer's Market, or a Healthy Lunch Club.*

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