

NC Food Service Guidelines Assessment

This assessment is for organizations that serve or sell food in cafeterias, vending machines, concession stands/snack bars, distributive meal programs, meetings/conferences, meals served to institutionalized populations, or hospital patient meals. It is to be used as a baseline assessment and to measure progress as changes have been implemented. The majority of the criteria included in this assessment are from [Food Service Guidelines \(FSG\) for Federal Facilities](#). An additional section related to the inclusion of local foods is based on the [NC 10% Campaign](#). Upon completing the form, you can opt to have your responses mailed to you for your records. For more information about work related to food service guidelines in North Carolina, visit communityclinicalconnections.com and click on Physical Activity and Nutrition Connections Initiative.

Contact Information

Your Full Name *

First Name

Last Name

Organization Name *

Email Address *

Phone *

10 Digit Phone Number



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Information on the organization implementing food service guidelines

Name of Organization *

Address (physical) *

City

State

ZIP Code

In which county is the organization located? *

Choose the NC county from the drop down list.

Types of Food Service

This section is used to capture information about the food service venues in the organization. If you are working with a large organization that has multiple venues, it may be beneficial to complete an assessment for each specific venue you are working with.

Does the organization have a written policy that sets guidelines for the service or sale of healthy foods? *



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No

Which food service venue(s) does the organization use to sell or serve food? (check all that apply) *

 Cafeterias/cafes

 Vending machines

 Concession stands, snack bars, and/or carts

 Distributive meal program (e.g., senior meals, after-school snacks)

 Meals served to institutionalized populations (e.g., prisons, probation camps/juvenile halls)

 Hospital patient meals

 External catering

 Other:

For Other, please specify

Which of the following does the organization serve/sell? (check all that apply) *

 Beverages: This category includes drinks such as water, milk, 100% juice, soft drinks, energy drinks, teas, and coffees.

 Packaged Snacks: This category includes processed foods that are packaged in small portions or individual servings, are widely distributed, and have a relatively long shelf-life (compared to prepared foods.) Packaged snacks include food items such as granola bars, chips, crackers, raisins, and nuts and seeds. These foods can be sold in a venue, such as vending machines or "grab-n-go areas of cafeterias.

 Prepared Foods: This category includes foods that are fresh, cleaned, cooked, assembled (e.g., salad or sandwich), or otherwise processed and served "ready-to-eat." Prepared foods include those that are made and served on site, or those prepared at a central kitchen and then packaged and distributed to other locations. These foods have a relatively limited shelf-life (compared to packaged snacks), and can be sold in any food


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service venue. Examples of prepared foods include hot entrées, side dishes, soups, salads, deli sandwiches, and fresh whole fruits and vegetables.

Prepared Food

Note: The Centers for Disease Control and Prevention considers all criteria listed below to be widely achievable within food service. Organizations working on food service guidelines are expected to work toward implementation of these criteria.

Fruits: Are a variety of at least 3 fruit options offered every time food is served, with no added sugars? Fruit can be fresh, canned, frozen, or dried. *

Yes

No

Vegetables: Are a variety of at least 3 non-fried vegetable options offered every time food is served? Vegetables can be fresh, frozen, or canned, and served cooked or raw. *

Yes

No

Are seasonal fruits and vegetables offered? *

Yes

No

Grains: Are half of total grains offered as “whole grain-rich” products every time food is served? Foods that meet the whole grain-rich criteria contain 100% whole grain or a blend of whole-grain meal and/or flour of which at least 50% is whole grain. The remaining 50 percent or less of grains, if any, must be enriched. Examples of whole grain-rich products include 100% whole grain foods such as oatmeal, wild rice, barley, or quinoa, or products such as bread, pasta, or tortilla shells that are made with a blend of whole grain meal or flour and enriched meal or flour, of which at least 50% is whole grain. *

Yes



No

Dairy: Are a variety of low-fat dairy products (or dairy alternatives) offered when food is served, such as milk, yogurt, cheese, and fortified soy beverages? *

 Yes No

Protein: Are a variety of non-fried protein foods, such as seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products offered when food is served? *

 Yes No

Protein: Are protein foods from plants, such as legumes (beans and peas), nuts, seeds, and soy products offered at least three times per week? *

 Yes No

Protein: Is seafood offered at least two times per week? *

 Yes No

Desserts: When desserts are available, do 25% of desserts contain 200 calories or less? (standard) *

 Yes No

Sodium: Do all meals contain 800 mg sodium or less? *

 Yes

No

Sodium: Do all entrees contain 600 mg sodium or less? *

 Yes No

Sodium: Do all side items contain 230 mg sodium or less? *

 Yes No

Trans Fat: Are all foods free of partially hydrogenated oils? *

 Yes No

Does the organization provide calorie and nutrition information of standard menu items? *

 Yes No

Are deep-fried entrée options limited to no more than one choice per day? *

 Yes No

Local Foods



Yes No

Has the organization signed up for the NC 10% Campaign? *

 Yes No

Behavioral Design

The criteria listed on this page promote exceptional performance in this area of food service. Organizations working on food service guidelines are expected to work toward 3 of the 6 behavioral design criteria.

Are foods and beverages strategically placed to foster selection of healthier foods and beverages? Possible methods include any of the following: Creating flow paths that emphasize healthier choices (i.e., placing healthier choices in prime selling * Placing healthier foods and beverages at eye level or just below eye level, next to the cash register, at the front of cold and hot entrées sections, or within reach of a consumer. * Providing a food service line that features only healthier options. *

 Yes No Not applicable (e.g., meals that are served to the consumer as in hospital patients or Meals on Wheels)

Does your organization use product innovations and the inclusion of healthier options as default choices at decision points to encourage healthier choices? Possible methods include any of the following: Offering smaller portion size options (e.g., half-sandwiches, half-sized entrées, smaller beverage containers). * Making healthier items default options throughout the menu (e.g., serving fruit instead of chips or salad instead of fries). * Offering healthier items in an easily accessible “grab-and-go” form. * Bundling and attractively naming healthier options (e.g., “Fit and Fresh Special”). *

 Yes No

Are price incentives and marketing strategies used to highlight healthier food and beverage items? Possible methods include any of the following: Introducing healthier products by providing samples for consumers. * Featuring meals that include only healthier offerings. * Promoting healthier items through sales or pricing specials. * Offering healthier foods and beverages at a lower price than less healthy items. *

 Yes No

Are healthy portion sizes promoted by optimizing the size of plates, bowls, glasses, other dishware, and serving ware? Possible methods include any of the following: Using tongs and serving spoons that match appropriate serving sizes in all serving lines, including self-serve * Using smaller plates and bowls where consumers self-serve to encourage appropriate portion size selection. *

 Yes No Not applicable (e.g., packaged foods in vending machines)

Are displays, decorations, and signage used to highlight healthier choices? Possible methods include use of visual or color-coded signage and point-of-purchase displays to highlight healthier foods. *

 Yes No

Are healthier options promoted via worksite wellness programs or other employee organizations? Examples include: Offering space in cafeteria for employees "lunch and learn" sessions. * Featuring pricing and promotion incentives for healthier foods and beverages in an employee wellness newsletter. *

 Yes No Not applicable

Has the organization made changes to vendor contracts that support the food service guidelines outlined in this assessment? *

Yes

No

Questions/Comments

Please use this space to enter any questions or comments.

Would you like to receive a copy of your answers send to you by email? *

Yes

No

Submit Form



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