

Assessment of Our Eating Environment

This tool helps to assess where your area/site is currently at on the continuum towards healthy eating environment and identify possible areas for action. The tool can be completed by individuals or teams who are leading the change towards healthy eating environment.

On a scale of 10, rate the following components of a healthy eating environment including food outlets and cafeterias, catering, vending and volunteer/auxiliary run operations for your area or site.

Less Healthy Eating Environment	→	Healthy Eating Environment	Elements of Healthy Eating Environment (Consider elements in rating 1-10)
1 2 3 4 5 6 7 8 9 10		Promotion of healthy choice	<ul style="list-style-type: none"> • Predominately healthy food and beverages offered • Healthy choices are more visible • Healthy choice specials, promotions, and meal combinations • Point of sale nutrition information • Healthy food choices competitively priced • Graphics on shelves and machines support healthy eating messages • Catered events highlight healthy choices
1 2 3 4 5 6 7 8 9 10		High awareness of healthy eating	<ul style="list-style-type: none"> • Print media (e.g. posters, wallboards) highlighting healthy eating concepts located throughout site(s) • Onsite educational events or public lectures on healthy eating • Staff awareness on access to Registered Dietitians through corporate wellness (EFAP)
1 2 3 4 5 6 7 8 9 10		Feedback and ongoing engagement of staff and visitors about healthy eating	<ul style="list-style-type: none"> • Staff and visitors informed of shift to healthier foods/ beverages in venues • Feedback from staff/ visitors considered in planning • Process for gathering feedback on changes in food outlets, vending and/or catering
1 2 3 4 5 6 7 8 9 10		Infrastructure supports healthy eating for staff and visitors	<ul style="list-style-type: none"> • Healthy choices are in easy to access locations • Water tap, fountain or cooler accessible • Break room or cafeteria room available to all staff: <ul style="list-style-type: none"> ○ Accessible 24/7 ○ Clean and inviting ○ Adequate seating and tables ○ Use of sink, microwave, refrigerator, and kettle
1 2 3 4 5 6 7 8 9 10		Food outlets meet healthy eating guidelines (retail food outlets, franchises)	<ul style="list-style-type: none"> • Healthy food preparation e.g. no fryers; reduced salt • Whole grain breads and baked products standard • Vegetables and fruit options available • “Right sized” portions e.g. small muffins; ½ sandwiches • Healthy beverages; if served, offer sugar sweetened beverages in smaller servings (355 mL or less) • If dessert or candy sold, offer in small portions (e.g. small cookies, 100 calorie portions of candy/ chocolate) • Hours of operation posted so informed choices can be made

1	2	3	4	5	6	7	8	9	10	Catered foods and beverages meet healthy eating guidelines	<ul style="list-style-type: none"> • <u>Eat Smart Meet Smart</u> used for all catered events to plan healthy choices and portions • Food and beverages offered only when necessary e.g. during meal times • Water offered • Participants informed if food/ beverages will be offered • Catered meals allow for special dietary requests e.g. celiac, vegetarian and food allergies
1	2	3	4	5	6	7	8	9	10	Healthy snack vending machines	<ul style="list-style-type: none"> • Predominantly healthy choices • Healthy choices competitively priced • Healthier options replace less healthy options (e.g. baked chips) • Small portions of less healthy options (e.g. 100 calorie portions of candy/ chocolate) • Machine is kept well stocked • Graphics display healthy choices or lifestyle
1	2	3	4	5	6	7	8	9	10	Healthy beverage(s) vending machines	<ul style="list-style-type: none"> • Predominantly healthy choices • Juice or sugar sweetened beverages: 355 mL portions or smaller (e.g. size of can) • More than 50% of products are water or flavoured water (non-enhanced/no-calorie) • Machine is kept well stocked • Graphics display healthy choices or lifestyle • Healthy choices competitively priced
1	2	3	4	5	6	7	8	9	10	Volunteer / auxiliary run operations (tuck shops, gift shops) meet healthy eating guidelines.	<ul style="list-style-type: none"> • Healthier options replace less healthy options (e.g. baked chips) • Vegetables and fruit options available • “Right sized” portions e.g. small muffins; ½ sandwiches • Healthy beverages; if served, offer sugar sweetened beverages in smaller servings (355 mL or less) • Small portions of less healthy options (e.g. small cookies, 100 calorie portions of candy/chocolate)
1	2	3	4	5	6	7	8	9	10	Celebrations and fundraising activities meet healthy eating guidelines	<ul style="list-style-type: none"> • Consideration of non-food events • Predominantly healthy choices • Healthier options replace less healthy options (e.g. low-fat high fibre baked goods) • Small portions of less healthy options (e.g. small cookies, 100 calorie portions of candy/ chocolate) • Water available • Healthy beverages; if served, offer sugar sweetened beverages in smaller servings (355 mL or less)

What is our area of greatest strength?

What is our area of greatest need for improvement?