

Nutrition



During the past 12 months, did your worksite:

	Yes	No	Score
<p>1. Provide places to purchase food and beverages? Answer "yes" if, for example, your worksite provides vending machines, cafeterias, snack bars, or other purchase points.</p> <p>IF NO, PLEASE SKIP TO QUESTION 8</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(0 pts.)	(0 pts.)	
<p>2. Have and promote a written policy that makes healthier food and beverage choices available in cafeterias or snack bars? Answer "yes" if, for example, your worksite has a policy or contract that makes vegetables, fruit, fish, whole grain items, nuts, and legumes available in cafeterias and limits sugary beverages, unhealthy fats (saturated or trans fats), and highly-processed or high-sodium foods. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(2 pts.)	(0 pts.)	
<p>3. Have and promote a written policy that makes healthier food and beverage choices available in vending machines or other vending outlets? Answer "yes" if, for example, your worksite has a policy or contract that makes nuts, whole grain items, trans fat-free/low-sodium snacks, vegetables, fruit, or unsweetened beverages available in vending machines. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(1 pt.)	(0 pts.)	
<p>4. Make most (more than 50%) of the food and beverage choices available at the worksite (in vending machines, cafeterias, snack bars, or other purchase points) healthy food items? Answer "yes" if the healthy foods and beverages are items such as vegetables, fruit, unsweetened beverages, or low-sodium snacks.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>5. Provide visible nutritional information (beyond standard food labels) on sodium, calories, trans fats, or saturated fats for the food and beverages available at the worksite (in vending machines, cafeterias, snack bars, or other purchase points)?</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>6. Identify healthier (or less healthy) food and beverage choices with signs or symbols? Answer "yes" if, for example, your worksite puts a heart (♥) next to a healthy item or uses red-yellow-green color-coding to indicate the healthfulness of items in vending machines, cafeterias, snack bars, or other purchase points.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>7. Subsidize or provide discounts on healthy food and beverage choices available at the worksite (in vending machines, cafeterias, snack bars, or other purchase points)?</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(3 pts.)	(0 pts.)	
<p>8. Have and promote a written policy making healthy food and beverage choices available in break rooms, during meetings, conferences, or company sponsored events when food is served? Answer "yes" if, for example, the policy makes vegetables, fruits, unsweetened beverages, whole grain items, or trans fat-free/low-sodium snacks available during meetings. This policy can be promoted to employees regularly through emails, newsletters, or signage in public places.</p>	<input type="checkbox"/>	<input type="checkbox"/>	_____
	(1 pt.)	(0 pts.)	

Continued

During the past 12 months, did your worksite:	Yes	No	Score
9. Offer or promote an on site or nearby farmers market or other arrangement where fresh fruits and vegetables are sold? This may include coordinating Community Supported Agriculture (CSA) or vendors/venues that are or are not operated by farmers.	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	_____
10. Provide educational materials that address healthy eating? Answer “yes” if, for example, your worksite offers brochures, videos, posters, or newsletters that teach and promote healthy eating, either as a single health topic or along with other health topics.	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	_____
11. Provide and promote <u>interactive educational programming</u> on nutrition? Answer “yes” if, for example, your worksite offers “lunch and learns,” seminars, workshops, or classes that teach and promote healthy eating. These sessions can be provided in-person or virtually (online, telephonically, mobile app); on or off site; in group or individual settings; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	_____
12. Provide and promote free or subsidized <u>lifestyle coaching/counseling or self-management programs</u> that equip employees with skills and motivation to set and meet their personal nutrition goals? Answer “yes” if these programs are provided in group or individual settings; in-person or virtually (online, telephonically, mobile app); on or off site; in group or individual settings; through vendors, on site staff, health insurance plans/programs, community groups, or other practitioners.	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	_____
13. Provide employees with food preparation/storage facilities and a place to eat? Answer “yes” if, for example, your worksite provides a microwave oven, sink, refrigerator, and a place for employees to eat other than at their workstations.	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	_____
14. Promote and provide access for increased water consumption? Answer “yes” if, for example, your worksite uses promotional materials and provides easy access through water bottle filling stations, water fountains, break rooms, or vending machines.	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	_____
Your Worksite’s Nutrition Score			_____
Maximum Nutrition Score			24