Worksite Food Environment Survey

Lunch/Dinner Breaks

1. Please answer YES or NO to the following questions about lunch and dinner breaks in your workplace.

Are lunch/dinner breaks enforced at your worksite?	❑ Yes ❑ No
Do most employees take lunch/dinner breaks?	❑ Yes ❑ No

Cafeteria/Lunchroom

2. Does your worksite have a cafeteria, snack bar, or food service for employees?

    ❑ Yes   ❑ No, go to question 12.

For question 3, "healthy" food alternatives include lowfat, reduced sodium, no sugar options such as lowfat or fat free yogurt or cheese, lean meat sandwiches, broiled or baked meats or fish, light or fat free mayonnaise or salad dressing, or whole grain breads. "Healthy" beverage alternatives include lowfat or fat free milk, 100% fruit juice, or water.

3. Please answer YES or NO to the following questions about your cafeteria.

Does the cafeteria, snack bar, or food service provide "healthy" food alternatives on a daily basis?	❑ Yes ❑ No
Does the cafeteria, snack bar, or food service provide fresh fruits and vegetables on a daily basis?	❑ Yes ❑ No
Does the cafeteria, snack bar, or food service provide dried fruit on a daily basis?	❑ Yes ❑ No
Does the cafeteria, snack bar, or food service provide "healthy" beverage alternatives on a daily basis?	❑ Yes ❑ No
Does the cafeteria, snack bar, or food service provide labels (e.g., 'lowfat', 'light', 'heart healthy') to identify "healthy" food alternatives?	❑ Yes ❑ No
Does the cafeteria, snack bar, or food service label foods on the basis of nutritional value (e.g., calories, fat grams, percent of calories from fat)?	❑ Yes ❑ No

4. Does your cafeteria/lunchroom have one or more microwave ovens?

    ❑ Yes   ❑ No

5. Does your cafeteria/lunchroom have one or more refrigerators?

    ❑ Yes   ❑ No

6. Does your cafeteria/lunchroom have at least one sink with a water faucet?

    ❑ Yes   ❑ No

7. Is there a water cooler or bottled water available to employees free of charge at all times?

❏ Yes ❏ No

Vending Machines

8. Does your worksite have vending machines for employees to access food or beverages?

❏ Yes ❏ No, go to question 10.

For question 9, "healthy" food alternatives include lowfat, reduced sodium options such as pretzels, baked chips, or crackers; "healthy" beverage alternatives include lowfat or fat free milk, 100% fruit juice, or water; and "labels" are those that have been placed on or near the vending machine and do not include the messages provided by the manufacturer on the item itself.

9. Please answer YES or NO to the following questions about your vending machines.

Are fruits (dried or fresh), vegetables, lowfat snacks, or other "healthy" food alternatives usually available in your vending machines?	❏ **Yes** ❏ **No**
What is the proportion of "healthy" food in the vending machines?	❏ 25% to 49% ❏ 50% to 75% ❏ More than 75%
Are "healthy" beverage alternatives usually available in your vending machines?	❏ Yes ❏ No
What is the proportion of "healthy" beverages in the vending machines?	❏ 25% to 49% ❏ 50% to 75% ❏ More than 75%
Are labels to identify "healthy" food alternatives provided on or near the vending machines?	❏ Yes ❏ No
Are labels that indicate nutritional value provided on or near the vending machines?	❏ Yes ❏ No

Food Culture

10. Please answer YES or NO to the following questions about the food culture in your workplace.

Do employees frequently bring high-calorie foods (e.g., baked goods, donuts, candy) to share with coworkers?	❏ **Yes** ❏ **No**
Do employees bring high-calorie foods to sell for fundraisers?(e.g., Girl Scouts or sports teams)	❏ Yes ❏ No
Are there candy jars or other food jars on employees' desks, in conference rooms, copy rooms, or waiting rooms?	❏ Yes ❏ No
Are employee birthdays celebrated with cake or other baked goods on a regular basis?	❏ Yes ❏ No
When employees bring in baked goods or other high-calorie foods to share, are there usually healthy options available too? (e.g., fruit or vegetable trays)	❏ Yes ❏ No

Food Availability Near the Worksite

11. Please answer YES or NO to the following questions about food available near your workplace.

Are there healthy restaurants – like smoothie, salad, or sandwich shops – in the neighborhood surrounding the worksite? (neighborhood = 4 block radius)	❑ **Yes** ❑ **No**
Do restaurants in the neighborhood provide appealing healthy options? (i.e., foods lower in calories and fat that are as fresh and visually appealing as other less healthy options)	❑ Yes ❑ No

What restaurants exist in the neighborhood?

❑ **Taco Bell**	❑ **Subway**	❑ **McDonald's**	❑ **A & W**
❑ **Dairy Queen**	❑ **Applebee's**	❑ **Wendy's**	❑ **Pizza Hut**
❑ **Arby's**	❑ **Starbuck's**	❑ **Denny's**	❑ **Chili's**
❑ **Burger King**	❑ **Perkins**	❑ **KFC**	❑ **Quizno's**
❑ **Panera Bread**	❑ **Qdoba**	❑ **Chipotle**	❑ **White Castle**
❑ **Other_____**	❑ **Other _____**	❑ **Other_____**	❑ **Other_____**

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For more information on creating a healthy food environment at work, visit **www.eatwellworkwell.org**

This assessment tool was adapted from Network for a Healthy California.   Updated December 16, 2010