

NEMS-GRAB AND GO: FOOD ENVIRONMENT ASSESSMENT

Rater ID:

Store ID: ____ - ____ - ____ - ____

Date: _____

Start time: ____:____ AM PM

End time: ____:____ AM PM

Hours of Operation (00:00-23:59)

Monday	____ - ____	Thursday	____ - ____	Sunday	____ - ____
Tuesday	____ - ____	Friday	____ - ____		
Wednesday	____ - ____	Saturday	____ - ____		

MENU LABELLING

Evidence of nutrition labelling at point-of-purchase for non pre-packaged foods: Y / N

Definition of Grab and Go for the purposes of this assessment tool: Any food item in store that is fully prepackaged OR transferrable to take-out packaging with no substantial assembly or transformation. Optional heating of food item is OK.

- **Examples of Grab and Go items:** toasted bagel (considered a form of heating); pizza slice; soup; salad bar
- Examples of items that do not qualify: sandwiches or wraps that require assembly / made to order

FOODS COMPRISED OF ONLY ONE FOOD GROUP
WHOLE FRUITS

Question	Availability	Price
Bananas: Available?	Y / N	Price per ONE banana \$
Apples: Available?	Y / N	Price per ONE apple \$
Oranges: Available?	Y / N	Price per ONE orange \$
Other whole fresh fruits: Available? List fruits:	Y / N TOTAL # of kinds of whole fruits, including bananas, apples, and oranges: _____	

FRESH FRUIT AND VEGETABLE COMBINATIONS

Question	Availability	Price
<p>Fresh fruit packages: Available?</p> <p><u>Example</u>: mixed fruit cup; apple slices</p> <p>List options:</p> <p>Are dips included? How many healthier options? Low fat dip or not in syrup</p> <p>List options:</p>	<p>Y / N</p> <p>Total # of options: _____</p> <p>Y / N</p> <p>Total # of healthy dip options: _____</p>	<p><u>Lowest</u> price per ONE fruit package:</p> <p>\$</p> <p><u>Highest</u> price per ONE fruit package:</p> <p>\$</p>
<p>Vegetable packages: Available?</p> <p><u>Example</u>: veggie sticks; non-protein salads</p> <p>List options:</p> <p>Are dips/dressings included? How many healthier options? Vinaigrette or low fat alternative</p> <p>List <u>dip/dressing</u> options:</p>	<p>Y / N</p> <p>Total # of options: _____</p> <p>Y / N</p> <p>Total # of healthy dip/dressing options:</p> <p>_____</p>	<p><u>Lowest</u> price per ONE vegetable package:</p> <p>\$</p> <p><u>Highest</u> price per ONE vegetable package:</p> <p>\$</p>

GRAINS

Question	Availability	Price
Bagel: Plain (white) bagel: Available? Healthier option available? <u>Whole grain or whole wheat (WG/WW)</u> alternative List options:	Y / N Y / N Total # of whole grain or whole wheat options: _____	Price for ONE white bagel: \$ <u>Lowest</u> price for WG/WW: \$ <u>Highest</u> price for WG/WW: \$
Bread/toast: White bread: Available? Healthier option available? <u>Whole grain or whole wheat (WG/WW)</u> alternative List options:	Y / N Y / N Total # of whole grain or whole wheat options: _____	Price for TWO slices white bread: \$ <u>Lowest</u> price for WG/WW: \$ <u>Highest</u> price for WG/WW: \$
Muffin: Available? Healthier option available? <u>LOW FAT</u> alternative List options:	Y / N Y / N Total # of healthy options: _____	Price for ONE regular muffin: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$

DAIRY

Question	Availability	Price
Yogurt: Availability? Healthier option available? 2% or lower fat yogurt List options:	Y / N Y / N Total # of healthy options: _____	Price for ONE regular yoghurt: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$

FOODS COMPRISED OF MORE THAN ONE FOOD GROUP
SNACKS

Question	Availability	Price
Yogurt: Available? Healthier option available? <u>Sugar-free OR 1% or lower fat</u> yogurt List options:	Y / N Y / N Total # of healthier options: _____	Price for regular parfaits: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$
Chips: Available? Healthier option available? <u>Baked chips</u> List options:	Y / N Y / N Total # of healthier options: _____	Price for regular chips: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$

ENTRÉES

Question	Availability	Price
Wrap: Available? Healthier option available? <u>Whole grain, healthier protein</u> (lean poultry, fish, or vegetable-based protein), <u>grilled preparation, vegetarian/vegan</u> alternative List <u>ALL</u> wrap options:	Y / N Y / N Total # of healthier options: _____	<u>Lowest</u> price for ONE regular wrap: \$ <u>Lowest</u> price for healthier option:

		<p>\$</p> <p><u>Highest</u> price for healthier option:</p> <p>\$</p>
<p>Sandwich: Available?</p> <p>Healthier option available? <u>Whole grain, healthier protein</u> (lean poultry, fish, or vegetable-based protein), <u>grilled preparation, vegetarian/vegan</u> alternative</p> <p>List <u>ALL</u> sandwich options:</p>	<p>Y / N</p> <p>Y / N</p> <p>Total # of healthier options: _____</p>	<p><u>Lowest</u> price for ONE regular sandwich:</p> <p>\$</p> <p><u>Lowest</u> price for healthier option:</p> <p>\$</p> <p><u>Highest</u> price for healthier option:</p> <p>\$</p>
<p>Salad bar: Available?</p> <p>List fruits and vegetables:</p> <p>List protein items:</p> <p>List grain items:</p> <p>List dairy and alternatives items:</p>	<p>Y / N</p> <p>Total # of healthier options: _____</p>	<p>Price per 100g:</p> <p>\$ /100g</p> <p>OR</p> <p>Price per 1oz:</p> <p>\$ /oz</p>

<p>Entrée salads: Available?</p> <p><u>Definition</u>: mainly vegetables with some protein</p> <p>Healthier option available? Healthier protein (lean poultry, fish, or vegetable-based protein); vinaigrette or low fat dressing</p> <p>List ALL entrée salad options:</p>	<p>Y / N</p> <p>Y / N</p> <p>Total # of healthier options: _____</p>	<p><u>Lowest</u> price for ONE regular salad:</p> <p>\$</p> <p><u>Lowest</u> price for healthier option:</p> <p>\$</p> <p><u>Highest</u> price for healthier option:</p> <p>\$</p>
<p>Grain-based salad: Available?</p> <p><u>Definition</u>: mainly pasta with other ingredients</p> <p>Healthier option available? Healthier protein (lean poultry, fish, or vegetable-based protein); vegetarian/vegan; vinaigrette or low fat dressing</p> <p>List ALL pasta salad options:</p>	<p>Y / N</p> <p>Y / N</p> <p>Total # of healthier options: _____</p>	<p><u>Lowest</u> price for ONE regular salad:</p> <p>\$</p> <p><u>Lowest</u> price for healthier option:</p> <p>\$</p> <p><u>Highest</u> price for healthier option:</p> <p>\$</p>
<p>Soup: Available?</p> <p>Healthier option available? Vegetarian/vegan or low sodium</p> <p>List ALL soup options:</p>	<p>Y / N</p> <p>Y / N</p> <p>Total # of healthier options: _____</p>	<p><u>Lowest</u> price for ONE regular soup:</p> <p>\$</p> <p><u>Lowest</u> price for healthier option:</p>

		\$ <u>Highest</u> price for healthier option: \$
Sushi: Available? Healthier option available? <u>Vegetarian/vegan</u> or <u>brown rice</u> List <u>ALL</u> sushi options:	Y / N Y / N Total # of healthier options: _____	<u>Lowest</u> price for ONE regular sushi: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$
Pizza: Available? Healthier option available? <u>Vegetarian/vegan</u> or <u>whole wheat/whole grain</u> List <u>ALL</u> pizza options	Y / N Y / N Total # of healthier options: _____	<u>Lowest</u> price for ONE slice of pizza: \$ <u>Lowest</u> price for healthier option: \$ <u>Highest</u> price for healthier option: \$

BEVERAGES

Question	Availability	Price
Milk: Available? Lowest fat milk available?	Y / N Skim / 1% / 2%	Price for lowest fat % milk: \$ per _____ mL
100% Fruit Juice: Available? List options:	Y / N	Price for ONE regular juice: \$ per _____ mL
Caffeinated Beverages (tea or coffee): Availability? Decaf available? 1% or skim milk available at milk bar? Calorie-free sweetener available at milk bar?	Y / N Y / N Y / N Y / N	Price for ONE medium/tall drip coffee: \$ Price for ONE medium/tall black tea: \$

Definitions

Low fat dip = package indicates low fat, vinaigrette

Low fat muffin = store/package indicates low fat

Low fat yogurt = 1% fat or less

Low fat yogurt-based parfait = store/package indicates 1% fat or less

Sugar-free parfait = no added sugar indicated on packaging

Baked chips = package indicates baked

Healthy protein in wraps, sandwiches = poultry or fish

Healthy preparation in wraps, sandwiches = cooking methods that do not use relatively large amounts of fat, e.g. boiling, broiling, grilling, steaming, roasting, braising, poaching, raw)

Healthy dressing = low fat (indicated on package), vinaigrette

Healthy sauce = tomato or vegetable based sauce