Restaurant ID  __________________________
Rater ID  __________

Community
☐ Lacey
☐ Olympia
☐ Tumwater
☐ Rochester
☐ Rainier
☐ Tenino
☐ Yelm
☐ Other, __________________________

Type of Food
☐ American
☐ Asian
☐ Caribbean
☐ French
☐ Greek
☐ Indian
☐ Italian
☐ Mediterranean
☐ Mexican
☐ Vegetarian
☐ Other  ________________

Main Menu Items
☐ BBQ
☐ Burgers
☐ Burritos/Tacos
☐ Chicken
☐ Deli
☐ Donuts/Pastries
☐ Pasta
☐ Pizza
☐ Seafood
☐ Subs
☐ Other  ________________

Today is  __________

Month
☐ April
☐ May

Day of Week
☐ Monday
☐ Tuesday
☐ Wednesday
☐ Thursday
☐ Friday

Start Time  ______________________ (Hour and Minute)

End Time  ______________________ (Hour and Minute)

Located inside or in combination with another store.  ☐ Yes  ☐ No
A. Restaurant Characteristics

Present at Restaurant

1. **Sit-Down Area**
   - Yes, Inside
   - No, STOP SURVEY
   - Yes, Outside

2. **Menu Options:**
   - **a. Take Away Menu Available**
     - Yes
     - No
     - Not sure
   - **b. Delivery Menu Available**
     - Yes
     - No
     - Not sure

3. **High Chairs/Booster Seats**
   - Yes
   - No
   - Not sure

Operation of Restaurant

1. **Days of Operation**
   - Monday - Sunday
   - Monday - Saturday
   - Monday
   - Tuesday
   - Wednesday
   - Thursday
   - Friday
   - Saturday
   - Sunday
   - Not sure

2. **General Hours of Operation**
   - Breakfast (5am-11am)
   - Lunch (11am-4pm)
   - Dinner (4pm-10pm)
   - Open 24 hours a day
   - Other, _______________________
   - Not sure
B. Children’s Menu

1. **Children’s menu/ kids food items on menu.**
   - Yes
   - No, STOP SURVEY

2. **Children’s menu age limit listed.**
   - Yes, ___________
   - No

3. **Kids eat free or reduced price.**
   - Yes
   - No
   *(e.g. anytime of day or any day of week)*

C. Children’s Meals

**Composition (Children’s Menu)**

1. **How many CHILD/ KID options are listed on the menu.**
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3+
   a. Breakfast (entrées or sides).
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3+
   b. Lunch (entrées).
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3+
   c. Dinner (entrées).
   - [ ] See Lunch
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3+

   For lunch and dinner only.
   2. **Side included.**
      - Yes
      - Sometimes
      - No
      - Not sure

   3. **Drink included.**
      - Yes
      - Sometimes
      - No
      - Not sure

4. **Dessert included.**
   - Yes
   - Sometimes
   - No
   - Not sure

   **If yes, is it unhealthy.**
   - Yes
   - No
   - Not sure (describe below)

   Not sure, ____________________________________________
D. Breakfast Menu

BREAKFAST ENTRÉES OR SIDES (CHILDREN'S MENU)

☐ NO BREAKFAST

1. Any healthy breakfast entrées or sides. ☐ Yes ☐ No ☐ Not sure (describe below)
   (check list below to determine)

   ☐ Fruit
   ☐ Lean Meat
   ☐ Egg Beaters
   ☐ Oatmeal
   ☐ Grits
   ☐ Packaged cereal
   ☐ Toast (not French)
   ☐ Pancakes
   ☐ English Muffin
   ☐ Bagel
   ☐ Yogurt
   If yes: light. ☐ Yes ☐ No
   If yes: name/type ______________________________

Guidelines
~ Do NOT count entrées or sides as healthy, if labeled as healthy or better for you.
~ Anything with red meat is NOT healthy (e.g. ham, sausage, bacon), UNLESS the meat is described as ‘lean’.

Any other healthy or possibly healthy breakfast entrée or side:

2. Range of healthy breakfast entrees or sides.

   Breakfast ☐ 0 ☐ 1 ☐ 2 ☐ 3+

3. Any breakfast entrées or sides include or have available as an option 100% whole grain product. (e.g. bread)

   ☐ Yes ☐ No ☐ Not sure

Observations or Comments
BREAKFAST BEVERAGES (CHILDREN’S MENU)

☐ NO BREAKFAST

1. **Is 100% juice a beverage option.**
   - Yes
   - No
   - Not sure

   a. **Is orange juice an option.**
      - Yes
      - No
      - Not sure

2. **Is milk a beverage option.**
   - Yes
   - No
   - Not sure

   If yes:
   a. **1% or non-fat (skim) milk available.**
      - Yes
      - No
      - Not sure

      (yes, if described as lowfat)

   b. **2% milk available.**
      - Yes
      - No
      - Not sure

   c. **Milk flavor available.**
      - Regular
      - Flavored
      - Not sure

BREAKFAST LABELING

1. **ANY nutrition information on the adult/regular breakfast menu.**
   (e.g. calories, sodium)
   - Yes
   - No

2. **Nutrition information for ANY children’s breakfast menu items.**
   - Yes
   - No

3. **ANY breakfast menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu.**
   (e.g. weight watcher points, heart symbol, ⚖)
   - Yes
   - No

4. **ANY children’s breakfast menu items labeled or marked as healthier.**
   (e.g. heart symbol, ⚖)
   - Yes
   - No

   If yes:
   - Entrée/Side
   - Beverage
   - Other, ____________

5. **Children’s breakfast menu encourages healthy requests (proactive).**
   (e.g. sides include an ‘Or’ statement, healthy substitution options)
   - Yes
   - No

6. **Children’s breakfast menu notations encourage larger portion size.**
   (e.g. low cost for next size up or adding extra food)
   - Yes
   - No

Observations or Comments
LUNCH ENTRÉES (CHILDREN’S MENU)

☐ NO LUNCH

1. Any healthy lunch entrées. ☐ Yes ☐ No ☐ Not sure (describe below)

Guidelines

~ Do NOT count entrées as healthy, if labeled as healthy or better for you.
~ Fried is NOT healthy. Unless noted, fish and chicken should be considered fried.
~ Anything with cheese, mayonnaise, butter or cream sauce as a significant ingredient is NOT healthy (e.g. macaroni & cheese, ravioli, cheese enchilada, pizza).
~ Anything with red meat is NOT healthy (e.g. hamburger, taco, burrito, hot dog), UNLESS the meat is described as ‘lean’.
~ Grilled, baked or broiled ARE considered healthy, even if prepared in sauce.
~ Beans and rice (including burritos or soft tacos) ARE healthy, UNLESS protein source does not fit above (e.g. combination burrito).
~ Green salads ARE healthy regardless of dressing, UNLESS protein source does not fit above (e.g. salad with fried chicken).
~ Peanut butter and jelly sandwich IS considered healthy.

If NOT SURE whether a lunch entrée is healthy, describe below:

2. Range of healthy lunch entrees.

Lunch ☐ 0 ☐ 1 ☐ 2 ☐ 3+

3. Any lunch entrée include or have available as an option 100% whole grain product. (e.g. bun, pasta, rice)

☐ Yes ☐ No ☐ Not sure

Observations or Comments

Nutrition Environment Assessment Tool
Thurston County 2008
LUNCH SIDES (CHILDREN'S MENU)

☐ NO LUNCH

1. Is an unhealthy side assigned.  ☐ Yes ☐ Sometimes ☐ No ☐ Not sure (describe below)
   (e.g. french fries)

   If NOT SURE, describe side(s):  ____________________________________________________________

2. Is fruit available as a side.  ☐ Yes ☐ No ☐ Not sure

   If yes:
   With added sugar.  ☐ Yes ☐ No ☐ Not sure
   (e.g. caramel, sweetened)

3. Are vegetables available as a side.  ☐ Yes ☐ No ☐ Not sure
   (do not include potatoes or fried vegetables)

   If yes:
   With added sauce.  ☐ Yes ☐ No ☐ Not sure
   (e.g. ranch, cheese, butter)

List any other healthy or possibly healthy lunch sides:
**LUNCH BEVERAGES (CHILDREN'S MENU)**

☐ NO LUNCH

1. Is pop/soda/juice drink the **assigned** beverage.  
   (e.g. cola, lemonade, punch, orange drink)  
   □ Yes  □ No  □ Not sure

2. Is 100% juice a beverage option.  
   □ Yes  □ No  □ Not sure
   
   a. Is orange juice an option.  
      □ Yes  □ No  □ Not sure

3. Is milk a beverage option.  
   □ Yes  □ No  □ Not sure
   
   If yes:
   
   a. 1% or non-fat (skim) milk available.  
      (yes, if described as lowfat)  
      □ Yes  □ No  □ Not sure

   b. 2% milk available.  
      □ Yes  □ No  □ Not sure

   c. Milk flavor available.  
      □ Regular  □ Flavored  □ Not sure

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**LUNCH LABELING**

1. **ANY** nutrition information on the adult/regular lunch menu.  
   (e.g. calories, sodium)  
   □ Yes  □ No

2. Nutrition information for **ANY** children's lunch menu items.  
   □ Yes  □ No

3. **ANY** lunch menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu.  
   (e.g. weight watcher points, heart symbol, ⚫)  
   □ Yes  □ No

4. **ANY** children's lunch menu items labeled or marked as healthier.  
   (e.g. heart symbol, ⚫)  
   □ Yes  □ No
   
   If yes:  □ Entrée/Side  □ Beverage  □ Other, ____________

5. **Children's** lunch menu encourages healthy requests (proactive).  
   (e.g. sides include an 'Or' statement, healthy substitution options)  
   □ Yes  □ No

6. **Children's** lunch menu encourages larger portion size.  
   (e.g. low cost for next size up or adding extra food)  
   □ Yes  □ No
F. Dinner Menu

DINNER ENTRÉES (CHILDREN'S MENU)

☐ SAME AS LUNCH OR NO DINNER

1. Any healthy dinner entrées. ☐ Yes ☐ No ☐ Not sure (describe below)

   Guidelines
   ~ Do NOT count entrées as healthy, if labeled as healthy or better for you.
   ~ Fried is NOT healthy. Unless noted, fish and chicken should be considered fried.
   ~ Anything with cheese, mayonnaise, butter or cream sauce as a significant ingredient is NOT healthy (e.g. macaroni & cheese, ravioli, cheese enchilada, pizza).
   ~ Anything with red meat is NOT healthy (e.g. hamburger, taco, burrito, hot dog), UNLESS the meat is described as ‘lean’.
   ~ Grilled, baked or broiled ARE considered healthy, even if prepared in sauce.
   ~ Beans and rice (including burritos or soft tacos) ARE healthy, UNLESS protein source does not fit above (e.g. combination burrito).
   ~ Green salads ARE healthy regardless of dressing, UNLESS protein source does not fit above (e.g. salad with fried chicken).
   ~ Peanut butter and jelly sandwich IS considered healthy.

   If NOT SURE whether a dinner entrée is healthy, describe below:

2. Range of healthy dinner entrees.

   Dinner ☐ 0 ☐ 1 ☐ 2 ☐ 3+

3. Any dinner entrée include or have available as an option 100% whole grain product.
   (e.g. bun, pasta, rice)

   ☐ Yes ☐ No ☐ Not sure

Observations or Comments
### Dinner Sides (Children’s Menu)

☐ Same as Lunch or No Dinner

#### 1. Is an unhealthy side assigned.

*Yes* ☐  *Sometimes* ☐  *No* ☐  *Not sure* (describe below)

(e.g. french fries)

If NOT SURE, describe side(s):

______________________________________________________________________________

#### 2. Is fruit available as a side.

*Yes* ☐  *No* ☐  *Not sure* ☐

If yes:

*With added sugar.* ☐

(e.g. caramel, sweetened)

*Yes* ☐  *No* ☐  *Not sure* ☐

#### 3. Are vegetables available as a side.

*Yes* ☐  *No* ☐  *Not sure* ☐

(Do not include potatoes or fried vegetables)

If yes:

*With added sauce.* ☐

(e.g. ranch, cheese, butter)

*Yes* ☐  *No* ☐  *Not sure* ☐

List any other healthy or possibly healthy dinner sides:
### Dinner Beverages (Children's Menu)

1. Is pop/soda/juice drink the assigned beverage.
   - Yes
   - No
   - Not sure
   *(e.g. cola, lemonade, punch, orange drink)*

2. Is 100% juice a beverage option.
   - Yes
   - No
   - Not sure

   a. Is orange juice an option.
   - Yes
   - No
   - Not sure

3. Is milk a beverage option.
   - Yes
   - No
   - Not sure

   If yes:
   a. 1% or non-fat (skim) milk available.
   - Yes
   - No
   - Not sure
   *(yes, if described as low fat)*

   b. 2% milk available.
   - Yes
   - No
   - Not sure

   c. Milk flavor available.
   - Regular
   - Flavored
   - Not sure

### Dinner Menu Labeling

1. ANY nutrition information on the adult/regular dinner menu.
   - Yes
   - No
   *(e.g. calories, sodium)*

   - Yes
   - No

3. ANY dinner menu items labeled or marked as healthier (does not mean they are) on the adult/regular menu.
   - Yes
   - No
   *(e.g. weight watcher points, heart symbol, ©)*

4. ANY children's dinner menu items labeled or marked as healthier.
   - Yes
   - No
   *(e.g. heart symbol, ©)*

   If yes:
   - Entrée/Side
   - Beverage
   - Other, ____________

5. Children's dinner menu encourages healthy requests (proactive).
   - Yes
   - No
   *(e.g. sides include an 'Or' statement, healthy substitution options)*

6. Children's dinner menu encourages larger portion size.
   - Yes
   - No
   *(e.g. low cost for next size up or adding extra food)*
G. Promotion (Children’s Menu)

HEALTHY PROMOTION

1. **Does the children’s menu highlight healthy menu items.**
   *(e.g. pictures of featured products)*
   
   - [ ] Yes  
   - [ ] No

2. **Does the children’s menu highlight healthy eating.**
   *(e.g., fruit/vegetable characters, pictures of a balanced meal)*
   
   - [ ] Yes  
   - [ ] No

Observations or Comments

UNHEALTHY PROMOTION

3. **Does the children’s menu promote unhealthy menu items.**
   *(e.g. pictures of fried foods)*
   
   - [ ] Yes  
   - [ ] No

4. **Does the children’s menu promote unhealthy substitutions or condiments.**
   *(e.g. adding cheese, butter)*
   
   - [ ] Yes  
   - [ ] No

Observations or Comments

For more information about this tool or the project contact:
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