

Scoring System used for Nutrition Environment Measures Survey-Grab-and-Go (NEMS-GG) Tool

Scoring Instructions	Healthier option(s) criteria	Maximum Score Possible: Explanation	Total Maximum Score
<u>Menu labelling</u>			
Evidence of nutrition labelling at point-of-purchase for non-pre-packaged food items = 2 points	-	2 points maximum for nutrition information available	2
<u>Whole Fruit</u>			
Availability & variety: Total 1 fruit option available = 1 point 2-4 options available = 2 points 5+ options = 3 points Pricing: no additional points	-	3 points maximum for availability and variety	3
<u>Fresh Fruit Packages</u>			
Availability & variety: Fruit package available = 2 points Total 2 + fruit package options available = 3 points Healthier condiments = 1 point Pricing: no additional points	Healthier condiments = package indicates low-fat, vinaigrette, not in syrup	3+1 = 4 points 3 points for availability and variety, 1 point for availability and variety of healthier options	4
<u>Fresh Vegetable Packages</u>			
Availability & variety: Vegetable package (salads containing protein NOT included) available = 2 points Total 2 + vegetable package options available = 3 points Healthier condiments = 1 point Pricing: no additional points	Healthier condiments = package indicates low-fat, vinaigrette	3+1 = 4 points 3 points for availability and variety, 1 point for availability and variety of healthier options	4
<u>Bagel</u>			
Availability & variety: Healthier bagel option = 2 points 2 + healthier bagel options = 3 points	Healthier bagel option = whole grain or whole wheat	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4

<p>Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point</p>			
Bread			
<p>Availability & variety: Healthier bread option = 2 points 2 + healthier bread options = 3 points</p> <p>Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point</p>	<p>Healthier bread option = whole grain or whole wheat</p>	<p>3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option</p>	4
Muffin			
<p>Availability & variety: Low-fat muffin option = 2 points 2 + low-fat muffin options = 3 points</p> <p>Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point</p>	<p>Low-fat muffin = store/package indicates low-fat</p>	<p>3+1 = 4 points 2 points for availability and variety, 1 point for affordability of healthier option</p>	4
Yogurt			
<p>Availability & variety: Low-fat yogurt option = 2 points 2 + low-fat options = 3 points</p> <p>Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point</p>	<p>Low-fat yogurt = 2% fat or less</p>	<p>3+1 = 4 points 3 points for availability and variety 1 point for affordability of healthier option</p>	4
Yogurt-based Parfait			
<p>Availability & variety: Yogurt-based parfait – sugar-free or fat-free parfait option = 2 points 2 + sugar-free or fat-free options = 3 points</p> <p>Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point</p>	<p>Low-fat yogurt-based parfait = store/package indicates 2% fat or less</p> <p>Sugar-free parfait = no added sugar indicated on packaging</p>	<p>3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option</p>	4

<u>Chips</u>			
Availability & variety: Baked option available = 2 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Baked chips = package indicates baked	2+1 = 3 points 2 points for availability of healthier option, 1 point for affordability of healthier option	3
<u>Wrap</u>			
Availability & variety: 1 healthier option = 1 point 2-3 healthier choice = 2 points 4+ healthy choices = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Healthier option = NOT cream-based sauce/dressing (mayonnaise OK), whole grain, healthier protein and preparation; NOT deep fried. Each entrée is counted only once. <i>Example: Fried chicken on whole grain is NOT healthier option; grilled vegetables on whole grain is counted as ONE option.</i> Healthier protein in wraps = lean poultry, fish, or vegetable-based protein Healthier preparation in wraps = cooking methods that do not use relatively large amounts of fat, e.g. boiling, broiling, grilling, steaming, roasting, braising, poaching, raw)	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4
<u>Sandwich</u>			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Same as wraps	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4
<u>Salad Bar</u>			
Availability & variety: Salad bar available: 2 points	-	2 points maximum for salad bar available	2

Entrée Salad			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Healthier option = Healthier protein (lean poultry, fish, or vegetable-based protein); vinaigrette or low-fat dressing	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4
Pasta Salad			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Same as entrée salad	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4
Soup			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Vegetarian/vegan or low sodium	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4
Sushi			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Vegetarian/vegan or brown rice	3+1 = 4 points 3 points for availability and variety, 1 point for affordability of healthier option	4

Pizza			
Availability & variety: 1 healthier option = 1 point 2-3 healthier options = 2 points 4+ healthier option = 3 points Pricing: Lowest price healthier option is <i>cheaper or same price</i> as regular option = 1 point	Vegetarian/vegan or whole wheat/whole grain	3+1 = 4 points 3 points for low-fat, 1 point for affordability of healthier option	4
Milk			
Availability & variety: Low-fat milk available = 3 points Pricing: Lowest for lowest fat milk is <i>cheaper or same price</i> as regular option = 1 point	2% or lower fat	3+1 = 4 points 3 points for low-fat, 1 point for affordability of healthier option	4
Juice			
Availability & variety: Real fruit juice available = 1 points 2+ real fruit juice options available = 2 points	100% fruit juice	2 points 2 points for availability and variety	2
Caffeinated Beverages			
Availability & variety: Decaf coffee and/or tea available = 1 point Low-fat milk available at milk bar = 1 point Artificial sweetener available at milk bar = 1 point	Decaffeinated tea or coffee Healthier condiments = 1% or skim milk available at milk bar, calorie-free sweetener	Caffeinated beverages: 1+1+1 = 3 points 1 point for decaf options, 1 point for low-fat milk at milk bar, 1 point for artificial sweetener offered	3
		75 points	75 points