

## 1994 School Health Policies and Programs Study (SHPPS)

# District Food Service

The purpose of the SHPPS is to describe school health policies and programs nationwide, including: health education, physical education, school health services, school food service, and policies on tobacco use, alcohol and other drug use, violence, and HIV infection. Results will be used to assess school health needs at the state, district, and school levels and to improve school health programs throughout the nation.

This questionnaire is about your district's policies and programs related to school food service. Policies mean institutionalized practices, formally adopted school board policies, legislated mandates, and administrative regulations or directives.

Some questions ask you to circle the one best answer. Other questions ask you to circle or check all that apply. We understand that your district may not have certain grades or levels (e.g., elementary). Please answer every question which applies to you or your district.

Completing the questionnaire is voluntary. Participation by all respondents is requested to ensure that all state, district, and school needs are represented. All information will be summarized for the nation as a whole. You and your district will not be identified in any reports.

Public reporting burden for this collection of information is estimated to average .25 hours (or 15 minutes) per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to PHS Reports Clearance Officer; ATTN: PRA; Hubert H. Humphrey Bldg., Rm. 721-B; 200 Independence

Ave., SW; Washington, DC 20201, and to the Office of Management and Budget; Paperwork Reduction Project (0920-0340); Washington, DC 20503

## DISTRICT ORGANIZATION

1.Does your district have any responsibility (planning, purchasing, preparing, or coordinating) for food service in any schools? **CIRCLE THE ONE BEST ANSWER.**

- a.No – **SKIP TO Q.28**
- b.Yes

2.Does your district have a person responsible for directing or coordinating school food service at the district level? **CIRCLE THE ONE BEST ANSWER.**

- a.No – **SKIP TO Q.4**
- b.Yes

3.How many schools does the district food service director supervise?

**SPECIFY THE NUMBER OF SCHOOLS:** \_\_\_\_\_

## FOOD SERVICE REQUIREMENTS

4.Which best describes your district's school breakfast program? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a.No breakfast is served
- b.Varies by school
- c.School Breakfast Program (SBP)
- d.Breakfast program other than the SBP (**SPECIFY**):

5.Which best describes your district's school lunch program? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a.No lunch is served
- b.Varies by school
- c.National School Lunch Program (NSLP)
- d.Lunch program other than the NSLP (**SPECIFY**):

6.Does your district permit food service management companies or fast food restaurants to offer foods as part of school breakfast or lunch programs? **CIRCLE ALL THAT APPLY.**

- a. No
- b.Yes, food service management companies
- c.Yes, fast food restaurants

7.On which topics has your district established or adopted policies for schools? **CIRCLE ALL THAT APPLY.**

- a.School vending machines
- b.Sale of foods at school that are not part of the school meal program
- c.Open-campus during lunch, permitting students to leave school
- d. None of the above

8.Which best describes your district's vending machine policy? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a.No vending machine policy
- b. Vending machines may be used by students at any time
- c.Vending machines may not be used by students at any time
- d.Vending machines may not be used by students during regular school hours
- e.Vending machines may not be used by students during lunch
- f.Other (**SPECIFY**):

## **MEAL PLANNING AND PREPARATION**

9.Who has primary responsibility for planning school meals? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a.District staff
- b.School staff -- **SKIP TO Q.11**
- c.Commercial food service organization -- **SKIP TO Q.11**
- d.Fast food restaurants -- **SKIP TO Q.11**
- e.Other (**SPECIFY**): -- **SKIP TO Q.11**

10. Which resources does your district use to plan the nutritional content of school meals? **CIRCLE ALL THAT APPLY. SPECIFY OTHER.**

- a. Vendors
- b. Federal government (USDA)
  - c. State education agency
- d. State health department
- e. Local health department
- f. Trade associations such as the National Dairy Council or Egg Board
- g. Voluntary health organizations, such as the American Cancer Society, American Heart Association, or American Lung Association
- h. Food labels
- i. Other (**SPECIFY**):

11. Who has primary responsibility for preparing school meals? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a. District staff
- b. School staff -- **SKIP TO Q.13**
- c. Commercial food management company -- **SKIP TO Q.13**
- d. Fast food restaurant -- **SKIP TO Q.13**
- e. Other (**SPECIFY**): -- **SKIP TO Q.13**

12. Which guidelines does your district use in preparing school meals? **CIRCLE ALL THAT APPLY.**

- a. Limit calories from fat to 30%-35%
- b. Limit calories from saturated fat
- c. Limit dietary cholesterol
- d. Increase dietary fiber
- e. Limit sugar
- f. Limit sodium
- g. Increase the number of servings of vegetables
- h. Increase the number of servings of whole grain products
- i. Increase the number of servings of fruits
- j. Replace canned or frozen fruits and vegetables with fresh fruits and vegetables
- k. Serve a variety of foods

1. None of the above

13. Who has primary responsibility for purchasing food for school meals? **CIRCLE THE ONE BEST ANSWER. SPECIFY OTHER.**

- a. District staff
- b. School staff
- c. Commercial food management company
- d. Fast food restaurant
- e. Other (**SPECIFY**):

### **PROFESSIONAL PREPARATION**

14. Does your district have written job descriptions for all district-level and school-level school food service staff? **CIRCLE ALL THAT APPLY.**

- a. No
- b. Yes, district-level
- c. Yes, school-level

15. Does your district have written performance standards for all district-level and school-level school food service staff? **CIRCLE ALL THAT APPLY.**

- a. No
- b. Yes, district-level
- c. Yes, school-level

16. During the past two years, on which school food service topics has your district offered (provided or made available) in-service training to school-level school food service staff? **CIRCLE ALL THAT APPLY. SPECIFY OTHER.**

- a. District has not done this -- **SKIP TO Q.18**
- b. Putting DGAs (Dietary Guidelines for Americans) into practice in school meals
- c. Evaluating the nutritional content of school meals
- d. Coordinating the food service program with nutrition education
- e. Using the cafeteria as a learning laboratory
- f. Promoting nutrition and school meals
- g. Food preparation sanitation
- h. Making school meals more appealing to students
- i. Other (**SPECIFY**):

17. During the past two years, how many school-level school food service staff has your district trained (in-service) on school food service topics? **CIRCLE OR SPECIFY THE ONE BEST ANSWER.**

- a. **SPECIFY THE NUMBER TRAINED:** \_\_\_\_\_
- b. Don't know

18. During the past two years, on which school food service topics has your district offered (provided or made available) materials to school-level school food service staff? **CIRCLE ALL THAT APPLY. SPECIFY OTHER.**

- a. District has not done this
- b. Putting DGAs (Dietary Guidelines for Americans) into practice in school meals
- c. Evaluating the nutritional content of school meals
- d. Coordinating the food service program with nutrition education
- e. Using the cafeteria as a learning laboratory
- f. Promoting nutrition and school meals
- g. Food preparation sanitation
- h. Making school meals more appealing to students
- i. Other (**SPECIFY**):

## COORDINATION AND COLLABORATION

19. During the past twelve months, how has your district helped schools coordinate nutrition education between the cafeteria and classroom? **CIRCLE ALL THAT APPLY. SPECIFY OTHER.**

- a. District has not done this
- b. District provided strategies to involve school food service staff in classrooms
- c. District provided strategies to use the cafeteria as a learning laboratory
- d. District provided ideas for special nutrition-related events
- e. District arranged joint in-service training on nutrition education for school food service staff and classroom teachers
- f. District arranged regular meetings on nutrition education for school food service staff and classroom teachers
- g. Other (**SPECIFY**):



20. Does your district conduct activities to raise awareness of good nutrition and school meals among parents/guardians, students, or school staff? **CIRCLE ALL THAT APPLY.**

- a. No -- **SKIP TO Q.22**
- b. Yes, among parents/guardians
- c. Yes, among students
- d. Yes, among school staff

21. What activities does your district conduct to promote good nutrition and school meals? **CIRCLE ALL THAT APPLY. SPECIFY OTHER.**

- a. Lunch menus are made available to students, staff, and parents/guardians
- b. Information on the nutritional and caloric content of school meals is made available to students, staff, and parents/guardians
- c. Input on school meals is requested from students and staff
- d. Input on school meals is requested from parents/guardians
- e. Nutrition education materials are provided for schools to display in the cafeteria
- f. Other (**SPECIFY**):

22. During the past two years, with which programs in your district has the school food service program been involved in joint district-level activities or projects? **CIRCLE ALL THAT APPLY. SPECIFY AS INDICATED.**

- a. District has not done this
- b. Health education
- c. Physical education
- d. School health services
- e. School counseling/psychology
- f. Community agencies/organizations (**SPECIFY**):
- g. Other (**SPECIFY**):

23. Do any schools in your district participate in the Summer Food Service Program? **CIRCLE THE ONE BEST ANSWER.**

- a. No
- b. Yes

## **IMPROVING SCHOOL FOOD SERVICE**

24. What would you like to **DO** in school food service in your district that you have **NOT** been able to do? **RECORD RESPONSE IN SPACE BELOW.**

25. What has **PREVENTED** you from doing the things you just described? **RECORD RESPONSE IN SPACE BELOW.**

26. What has been MOST HELPFUL to you in improving school food service in your district?  
**RECORD RESPONSE IN SPACE BELOW.**

27. What SUGGESTIONS OR RECOMMENDATIONS do you have to improve school food service in your district? **RECORD RESPONSE IN SPACE BELOW.**

28. What is your name, title, address, and telephone number? This information will be used only to contact you for additional information about your responses. You will not be identified in any reports.

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**Thank you for taking the time to complete this questionnaire.**

Please return the completed questionnaire to your district's coordinator for this project unless instructed otherwise.