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1994 School Health Policies and Programs Study (SHPPS)

# School Food Service Interview

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I. MEAL PLANNING

**IF THIS IS A NEW RESPONDENT, READ INTRODUCTION, AND ASK QUESTION 1.  
IF THIS IS NOT A NEW RESPONDENT, SKIP TO Q.2.**

1. You've been identified as the \_\_\_\_\_ for (READ NAME OF SCHOOL). Is this correct? **IF YES, CHECK THE CORRECT BOX, AND GO ON TO QUESTION 2. IF NO, ASK:** What is your position? **CHECK THE ONE BEST ANSWER (1-5). RECORD (6) OTHER.**

- 1  Principal or head of school
- 2  District food service director
- 3  School cafeteria/lunchroom manager
- 4  Food service management company representative (SPECIFY):
- 5  Fast food restaurant representative (SPECIFY):
- 6  Other (SPECIFY):

2. **HANDCARD #1.** I'd like to begin by asking you some questions about meal planning for this school. Looking at Handcard #1, where are your school meals primarily planned? **CHECK THE ONE BEST ANSWER (1-4). RECORD (5) OTHER.**

- 1  At this school
- 2  At the district
- 3  At another school in the district
- 4  At a food service management company
- 5  Other (SPECIFY):

3. Besides food service personnel, do you involve parents or guardians, students, or school staff in your school's meal planning? **IF NO, CHECK BOX 1, AND SKIP TO Q.5. IF YES, ASK:** Which of these groups do you involve in school meal planning? **DO NOT READ LIST. CHECK ALL THAT APPLY (2-4).**

- 1  No--**SKIP TO Q.5**
- 2  Parents/guardians
- 3  Students
- 4  School staff, other than food service staff

4. I'd like to find out how you involve these groups in school meal planning. Do you (**READ ROW 1 IN GRID--SAY "Ask for menu suggestions?"**) **IF NO, CHECK COLUMN 1. IF YES, ASK:** From which groups? **CHECK ALL THAT APPLY IN COLUMNS 2, 3, AND/OR 4. WORKING DOWN GRID, REPEAT FOR ROWS 2-4. THEN ASK:** Do you involve any of these groups in school meal planning in other ways that aren't listed? **RECORD (5) OTHER, AND CHECK APPROPRIATE COLUMNS (2-4).**

<b>INVOLVEMENT</b>	<b>(1) No</b>	<b>(2) Parents/ guardians</b>	<b>(3) Students</b>	<b>(4) School staff</b>
1 Ask for menu suggestions				
2 Ask for food preferences				
3 Ask for recipe suggestions				
4 Ask for school meal marketing or promotion ideas				
5 Other ( <b>SPECIFY</b> ):				

5. **HANDCARD #2.** Looking at Handcard #2, do you use resources such as these to plan the nutritional content of school meals? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** Which do you use? **CHECK ALL THAT APPLY (2-10). THEN ASK:** Do you use other resources that aren't listed? **RECORD (11) OTHER.**

- 1  None of these
- 2  Vendors
- 3  Federal government (USDA)
- 4  State education agency
- 5  State health department
- 6  District or county education office
- 7  Local health department
- 8  Trade associations (National Dairy Council, Egg Board)
- 9  Voluntary health organizations (ACS, AHA, ALA)
- 10  Food labels
- 11  Other (**SPECIFY**):

6. **SHOW Nutrition Guidance for the Child Nutrition Programs.** Did your school receive a copy of this publication, Nutrition Guidance for the Child Nutrition Programs? **CHECK THE ONE BEST ANSWER (1-3). IF BOXES 1 OR 3 ARE CHECKED, SKIP TO Q.8.**

- 1  No--**SKIP TO Q.8**
- 2  Yes
- 3  Don't know--**SKIP TO Q.8**

7. **SHOW THE TABLE OF CONTENTS OF Nutrition Guidance for the Child Nutrition Programs.** Have you used any parts of the book? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK: What parts of the book have you used? CHECK ALL THAT APPLY (2-16).**

- 1  No
- 2  Preface
- 3  Introduction
- 4  Offer a Variety of Foods
- 5  Serve Meals that Help Maintain a Healthy Body and Weight
- 6  Offer Foods Low in Fat, Saturated Fat, and Cholesterol
- 7  Serve Plenty of Vegetables, Fruits, and Grain Products
- 8  Offer and Use Salt and Sodium Only in Moderation
- 9  Promote an Alcohol- and Drug-Free Lifestyle
- 10  Putting It All Together
- 11  Appendix I (Nutrition-Fact or Fiction?)
- 12  Appendix II (Dietary Fat Chart)
  - 13  Appendix III (Advice on Feeding Children in Child Care)
  - 14  Appendix IV (Glossary)
  - 15  Appendix V (Nutrition and Your Health: Dietary Guidelines for Americans)
  - 16  Appendix VI (Sources for More Information)

**IF THIS INDIVIDUAL IS RESPONDING ONLY TO MODULE I (MEAL PLANNING), END THIS INTERVIEW BY SAYING:** Thank you so much for your time talking with me! Your answers will really help us get a feel for what schools like this one are doing and what they need!

II. MEAL PREPARATION

**IF THIS IS A NEW RESPONDENT, READ INTRODUCTION, AND ASK QUESTION 8.  
IF THIS IS NOT A NEW RESPONDENT, SKIP TO Q.9.**

8. You've been identified as the \_\_\_\_\_ for (READ NAME OF SCHOOL). Is this correct? **IF YES, CHECK THE CORRECT BOX, AND GO ON TO QUESTION 9. IF NO, ASK:** What is your position? **CHECK THE ONE BEST ANSWER (1-5). RECORD (6) OTHER.**

- 1  Principal or head of school
- 2  District food service director
- 3  School cafeteria/lunchroom manager
- 4  Food service management company representative (SPECIFY):
- 5  Fast food restaurant representative (SPECIFY):
- 6  Other (SPECIFY):

I'm going to show you several handcards about food preparation.

9. **HANDCARD #1.** Looking at Handcard #1, where are your school meals primarily prepared? **CHECK THE ONE BEST ANSWER. RECORD (5) OTHER.**

- 1  At this school
- 2  At the district
- 3  At another school in the district
- 4  At a food service management company
- 5  Other (SPECIFY):

10. **HANDCARD #3.** Looking at Handcard #3, how often would you say your school uses each of these techniques in general meal preparation? Let's use the categories of "almost always, sometimes, rarely, and never," which also are written on the handcard.

**WORKING ACROSS THE GRID, CHECK THE ONE BEST ANSWER (ALMOST ALWAYS, SOMETIMES, RARELY, NEVER, N/A--NOT APPLICABLE, OR DON'T KNOW) FOR EACH TECHNIQUE (1-8). IF NECESSARY, READ EACH PREPARATION TECHNIQUE TO THE RESPONDENT.**

<b>GENERAL MEAL PREPARATION</b>	<b>Almost always</b>	<b>Some- times</b>	<b>Rarely</b>	<b>Never</b>	<b>N/A</b>	<b>Don't know</b>
1 Use part-skim mozzarella cheese, lowfat cottage, or ricotta cheese in place of regular cheese						
2 Reduce fats and oils in food preparation						
3 Use plain lowfat yogurt, blender-whipped lowfat or skim milk cottage cheese, or buttermilk in place of sour cream						
4 Use skim, lowfat, or reconstituted nonfat dry milk in place of whole milk in puddings, soups, and baked products						
5 Reduce salt in food preparation						
6 Use other seasonings instead of salt						
7 Reduce the amount of sugar in recipes						
8 Use vegetable oils rather than saturated fats (lard, butter, tropical oils)						

11. **HANDCARD #4.** Looking at Handcard #4, how often would you say your school uses each of these techniques to prepare meat for school meals? Please use the same categories we used in the last question. **WORKING ACROSS THE GRID, CHECK THE ONE BEST ANSWER (ALMOST ALWAYS, SOMETIMES, RARELY, NEVER, N/A--NOT APPLICABLE, OR DON'T KNOW) FOR EACH TECHNIQUE (1-9). IF NECESSARY, READ EACH PREPARATION TECHNIQUE TO THE RESPONDENT.**

<b>MEAT PREPARATION</b>	<b>Almost Always</b>	<b>Some-times</b>	<b>Rarely</b>	<b>Never</b>	<b>N/A</b>	<b>Don't know</b>
1 Drain browned meat thoroughly before adding to other ingredients						
2 Wash browned meat with water to remove grease before adding to other ingredients						
3 Use cooked dry beans or canned beans in place of part of the meat called for in some recipes						
4 Use ground turkey or lean ground beef in place of regular ground beef						
5 Trim fat from meat before and/or after cooking						
6 Roast meat, poultry, and fish on a rack so the fat will drain off						
7 Roast, bake, or broil meat in place of frying						
8 Remove skin from poultry, before or after cooking						
9 Spoon solid fat from chilled meat or poultry broth before using						



12. **HANDCARD #5.** Looking at Handcard #5, how often would you say your school uses each of these techniques to prepare vegetables and salads for school meals? Please use the same categories we used in the last question. **WORKING ACROSS THE GRID, CHECK THE ONE BEST ANSWER (ALMOST ALWAYS, SOMETIMES, RARELY, NEVER, N/A- -NOT APPLICABLE, OR DON'T KNOW) FOR EACH TECHNIQUE (1-6). IF NECESSARY, READ EACH PREPARATION TECHNIQUE TO THE RESPONDENT.**

<b>VEGETABLE AND SALAD PREPARATION</b>	<b>Almost always</b>	<b>Some-times</b>	<b>Rarely</b>	<b>Never</b>	<b>N/A</b>	<b>Don't know</b>
1 Steam or bake vegetables						
2 Prepare vegetables without using fat						
3 Season vegetables with herbs and spices rather than with butter or margarine						
4 Cook vegetables only until crisp						
5 Replace part or all of the mayonnaise or creamy salad dressings in salads, such as tuna salad or potato salad, with plain lowfat yogurt						
6 Use <u>fresh</u> vegetables rather than canned or frozen when possible						

**IF THIS INDIVIDUAL IS RESPONDING ONLY TO MODULE II (MEAL PREPARATION), END THIS INTERVIEW BY SAYING:** Thank you so much for your time talking with me! Your answers will really help us get a feel for what schools like this one are doing and what they need!

**III. FOODS PROVIDED IN SCHOOL MEALS**

**IF THIS IS A NEW RESPONDENT, READ INTRODUCTION, AND ASK QUESTION 13. IF THIS IS NOT A NEW RESPONDENT, SKIP TO Q.14.**

13. You've been identified as the \_\_\_\_\_ for (READ NAME OF SCHOOL). Is this correct? **IF YES, CHECK THE CORRECT BOX, AND GO ON TO QUESTION 14. IF NO, ASK:** What is your position? **CHECK THE ONE BEST ANSWER (1-5). RECORD (6) OTHER.**

- 1  Principal or head of school
- 2  District food service director
- 3  School cafeteria/lunchroom manager
- 4  Food service management company representative (SPECIFY):
- 5  Fast food restaurant representative (SPECIFY):
- 6  Other (SPECIFY):

**\*FOR COMBINED JR/SR HIGH SCHOOLS, ASK QUESTIONS MARKED WITH AN ASTERISK (\*) AS WRITTEN. CHECK THE APPROPRIATE RESPONSE FOR SENIOR HIGH GRADES FIRST. THEN ASK WHETHER THE SAME IS TRUE FOR JUNIOR HIGH GRADES. CHECK APPROPRIATE RESPONSE.**

**\*FOR SEPARATE JUNIOR HIGH SCHOOLS AND SEPARATE SENIOR HIGH SCHOOLS, ASK QUESTIONS MARKED WITH AN ASTERISK (\*) AS WRITTEN, BUT CHECK RESPONSE ONLY FOR THE APPROPRIATE SCHOOL (JUNIOR HIGH OR SENIOR HIGH).**

\*14. Does your school provide an "offer vs. serve" plan for students? By "offer vs. serve," I mean a plan that allows students to take only the items they want rather than being "served" everything. **CHECK THE ONE BEST ANSWER FOR APPROPRIATE SCHOOL(S).**

OFFER VS. SERVE	SR. HIGH	JR. HIGH
No		
Yes		

\*15. Does your school offer "a la carte" foods during school meals? By "a la carte," I mean foods that are purchased separately, and are not part of a complete meal. **CHECK THE ONE BEST ANSWER FOR APPROPRIATE SCHOOL(S).**

A LA CARTE	SR. HIGH	JR. HIGH

No		
Yes		

16. In an average month, approximately how often does your school offer fresh fruits that have not been canned or frozen? **DO NOT READ LIST. CHECK THE ONE BEST ANSWER. RECORD (8) OTHER.**

- 1  Never
- 2  Less than once a month
- 3  Once a month
- 4  Once every two weeks
- 5  Once a week
- 6  More than once a week, but not daily
- 7  Daily
- 8  Other (**SPECIFY**):

17. Not including salad bars, in an average month, approximately how often does your school offer fresh vegetables that have not been canned or frozen? **DO NOT READ LIST. CHECK THE ONE BEST ANSWER. RECORD (8) OTHER.**

- 1  Never
- 2  Less than once a month
- 3  Once a month
- 4  Once every two weeks
- 5  Once a week
- 6  More than once a week, but not daily
- 7  Daily
- 8  Other (**SPECIFY**):

18. In an average month, approximately how often does your school offer fresh green salads? **DO NOT READ LIST. CHECK THE ONE BEST ANSWER. RECORD (8) OTHER. IF NEVER, CHECK BOX 1, AND SKIP TO Q.21**

- 1  Never--**SKIP TO Q.21**
- 2  Less than once a month
- 3  Once a month
- 4  Once every two weeks
- 5  Once a week
- 6  More than once a week, but not daily
- 7  Daily

8  Other (**SPECIFY**):

\*19. Are salads available to school staff and students? **DO NOT READ LIST. CHECK ALL THAT APPLY.**

1  Yes, school staff

2  Yes, Sr. high students

3  Yes, Jr. high students

20. Does your school offer lowfat salad dressing with salads? **CHECK THE ONE BEST ANSWER.**

- 1  No
- 2  Yes

21. Does your school offer lower-fat grain products, such as pita bread, bagels, and whole grain breads? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** Does your school offer lower-fat grain products in place of OR in addition to higher fat grain products, such as muffins, sweet rolls, and doughnuts? **CHECK THE ONE BEST ANSWER. RECORD (4) OTHER.**

- 1  Not offered
- 2  In place of
- 3  In addition to
- 4  Other (**SPECIFY**):

22. Does your school offer jam, jelly, or honey? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** Does your school offer jam, jelly, or honey in place of OR in addition to butter or margarine on breads and rolls? **CHECK THE ONE BEST ANSWER. RECORD (4) OTHER.**

- 1  Not offered
- 2  In place of
- 3  In addition to
- 4  Other (**SPECIFY**):

23. What type of milk does your school offer? **DO NOT READ LIST. CHECK ALL THAT APPLY. RECORD (10) OTHER.**

- 1  No milk is offered
- 2  Whole milk
- 3  2% (lowfat) milk
- 4  1% (lowfat) milk
- 5  Skim milk
- 6  Whole chocolate milk
- 7  2% (lowfat) chocolate milk
- 8  1% (lowfat) chocolate milk
- 9  Buttermilk
- 10  Other (**SPECIFY**):

\*24. During school meals, does your school provide butter or margarine on tables, or can students request it from the person serving the food? **CHECK ALL THAT APPLY FOR APPROPRIATE SCHOOL(S).**

BUTTER OR MARGARINE	SR. HIGH	JR. HIGH
No		
Provided on tables		
Can request from server		

\*25. During school meals, does your school provide salt on tables, or can students request it from the person serving the food? **CHECK ALL THAT APPLY FOR APPROPRIATE SCHOOL(S).**

SALT	SR. HIGH	JR. HIGH
No		
Provided on tables		
Can request from server		

26. In an average month, approximately how often does your school offer french fries? **DO NOT READ LIST. CHECK THE ONE BEST ANSWER. RECORD (8) OTHER. IF NEVER, CHECK BOX 1, AND SKIP TO Q.28**

- 1  Never--**SKIP TO Q.28**
- 2  Less than once a month
- 3  Once a month
- 4  Once every two weeks
- 5  Once a week
- 6  More than once a week, but not daily
- 7  Daily
- 8  Other (**SPECIFY**):

27. Are french fries usually baked or fried? **DO NOT READ LIST. IF "BAKED" CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF "FRIED" ASK: What are they fried in? CHECK THE ONE BEST ANSWER. RECORD (6) OTHER.**

- 1  Baked in oven
- 2  Fried in unsaturated vegetable oil
- 3  Fried in saturated vegetable oil

- 4 Fried in lard
- 5 Fried in tropical oil (coconut, palm oil)
- 6 Other (**SPECIFY**):

28. These next questions ask about using fast food restaurants to offer foods for school meals. During the past two years, has this school been approached by or has this school approached a fast food restaurant to offer foods for any of your school meals? **CHECK ALL THAT APPLY. IF BOXES 2 OR 3 ARE SELECTED, ASK:** What is the name of the restaurant? **RECORD RESPONSE.**

- 1  No
- 2  Yes, school has been approached by a restaurant (**SPECIFY RESTAURANT**):
- 3  Yes, school has approached a restaurant (**SPECIFY RESTAURANT**):
- 4  Don't know

29. Does this school currently have a contract with a fast food restaurant to offer foods for school meals? **CHECK THE ONE BEST ANSWER. IF YES, ASK:** What is the name of the restaurant? **RECORD RESPONSE.**

- 1  No--**SKIP TO Q.32**
- 2  Yes (**SPECIFY RESTAURANT**):

\*30. In an average month, how many days are contracted fast foods served for breakfast? **RECORD NUMBER OF DAYS OR (3) OTHER FOR APPROPRIATE SCHOOL(S).**

- 1  \_\_\_\_\_ days/month **FOR SR. HIGH GRADES**
- 2  \_\_\_\_\_ days/month **FOR JR. HIGH GRADES**
- 3  Other (**SPECIFY**):

\*31. In an average month, how many days are contracted fast foods served for lunch? **RECORD NUMBER OF DAYS OR (3) OTHER FOR APPROPRIATE SCHOOL(S).**

- 1  \_\_\_\_\_ days/month **FOR SR. HIGH GRADES**
- 2  \_\_\_\_\_ days/month **FOR JR. HIGH GRADES**
- 3  Other (**SPECIFY**):

32. Now I'd like to ask you about other foods that may be available to students. Does this school have food or drink vending machines that students are permitted to use? **CHECK THE ONE BEST ANSWER.**

- 1  No--**SKIP TO Q.34**
- 2  Yes



\*33. During regular school hours, when can students use vending machines? **DO NOT READ LIST. CHECK THE ONE BEST ANSWER FOR APPROPRIATE SCHOOL(S). RECORD OTHER.**

STUDENT VENDING MACHINE USE	SR. HIGH	JR. HIGH
Anytime		
Anytime <u>except</u> during school lunch		
<u>Only</u> during school lunch		
At <u>no</u> time during regular school hours		
Other (SPECIFY):		

34. Is this school's food service program expected to make enough money to cover its costs, excluding salaries? **CHECK THE ONE BEST ANSWER. IF NO, SKIP TO Q.36**

- 1  No--**SKIP TO Q.36**
- 2  Yes
- 3  Don't know

35. Is this school's food service program expected to make more money than is needed to cover its costs, excluding salaries? **CHECK THE ONE BEST ANSWER.**

- 1  No
- 2  Yes
- 3  Don't know

\*36. Are foods sold for fund-raising in this school that students eat instead of school meals? **CHECK THE ONE BEST ANSWER FOR APPROPRIATE SCHOOL(S). IF YES, ASK:** What foods are sold for fund-raising, and who sells them? **SPECIFY FOR APPROPRIATE SCHOOL(S) UNDER GRID.**

FUND-RAISER FOODS COMPETE WITH FOOD SERVICE	SR. HIGH	JR. HIGH
No		
Yes		

**SR. HIGH FUND-RAISER FOODS:**

**Type of foods?**

**Who sells?**

**JR. HIGH FUND-RAISER FOODS:**

**Type of foods?**

**Who sells?**

**IF THIS INDIVIDUAL IS RESPONDING ONLY TO MODULE III (FOODS PROVIDED IN SCHOOL MEALS), END THIS INTERVIEW BY SAYING:** Thank you so much for your time talking with me! Your answers will really help us get a feel for what schools like this one are doing and what they need!

**IV.THE OVERALL SCHOOL FOOD SERVICE PROGRAM**   

**IF THIS IS A NEW RESPONDENT, READ INTRODUCTION, AND ASK QUESTION 37. IF THIS IS NOT A NEW RESPONDENT, SKIP TO Q.38.**

37.You've been identified as the \_\_\_\_\_ for (READ NAME OF SCHOOL). Is this correct? **IF YES, CHECK THE CORRECT BOX, AND GO ON TO QUESTION 38. IF NO, ASK:** What is your position? **CHECK THE ONE BEST ANSWER (1-5). RECORD (6) OTHER.**

- 1 Principal or head of school
- 2 District food service director
- 3 School cafeteria/lunchroom manager
- 4 Food service management company representative (**SPECIFY**):
- 5 Fast food restaurant representative (**SPECIFY**):
- 6 Other (**SPECIFY**):

38.How many days per week does your school provide breakfast and/or lunch for students?

Breakfast:\_\_\_\_\_ days per week

Lunch: \_\_\_\_\_ days per week

**NOTE: THE NATIONAL SCHOOL LUNCH PROGRAM (NSLP), THE SCHOOL BREAKFAST PROGRAM (SBP), AND THE SUMMER FOOD SERVICE PROGRAM ARE FEDERAL GOVERNMENT PROGRAMS. ASK ABOUT THE "NSLP" AND THE "SBP" ONLY IF SCHOOL PROVIDES LUNCH AND BREAKFAST, RESPECTIVELY, AT LEAST ONE DAY PER WEEK.**

39.Does this school participate in the National School Lunch Program?

- 1 No
- 2 Yes

40.Does this school participate in the School Breakfast Program?

- 1 No
- 2 Yes

41.Does this school participate in the Summer Food Service Program?

- 1  No
- 2  Yes

42. **HANDCARD #6.** Now I'd like to ask about how your school promotes good nutrition and school meals. Looking at Handcard #6, has your school used any of these techniques to promote nutrition and school meals? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** Which did you use? **THEN ASK:** Has your school done other things to promote nutrition and school meals that aren't listed? **RECORD (7) OTHER.**

- 1  None of these
- 2  Lunch menus are made available to students, staff, and/or parents/guardians
- 3  Information on the nutritional and caloric content of school meals is made available for students, staff, and/or parents/guardians
- 4  Input on school meals is requested from students and staff
- 5  Input on school meals from parents/guardians
- 6  Nutrition education materials are displayed in the cafeteria
- 7  Other (**SPECIFY**):

43. **HANDCARD #2.** Looking at Handcard #2, were any materials from these resources used to promote nutrition in this school? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** Whose materials did you use? **DO NOT READ LIST. CHECK ALL THAT APPLY (2-10). THEN ASK:** Did you use materials from any other resources that aren't listed? **RECORD (11) OTHER.**

- 1  None of these
- 2  Vendors
- 3  Federal government (USDA)
- 4  State education agency
- 5  State health department
- 6  District or county education office
- 7  Local health department
- 8  Trade associations (National Dairy Council, Egg Board)
- 9  Voluntary health organizations (ACS, AHA, ALA)
- 10  Food labels
- 11  Other (**SPECIFY**):

44. Within the past year, have students visited the cafeteria as part of an academic class other than at meal times to learn about healthy meals and snacks? **CHECK THE ONE BEST ANSWER. IF BOXES 1 OR 3 ARE CHECKED, SKIP TO Q.47**

- 1  No--**SKIP TO Q.47**
- 2  Yes

3  Don't know--**SKIP TO Q.47**

45. Which academic classes brought students to the cafeteria? **DO NOT READ LIST. CHECK ALL THAT APPLY (1-5) OR DON'T KNOW (6). RECORD (7) OTHER.**

- 1  Health education
- 2  Home economics
- 3  Science
- 4  Physical education
- 5  Social studies
- 6  Don't know
- 7  Other (**SPECIFY**):

46. **HANDCARD #7.** Looking at Handcard #7, did students learn about any of these types of foods while visiting the cafeteria? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK: Which types of foods? DO NOT READ LIST. CHECK ALL THAT APPLY (2-10). What else did students do while visiting the cafeteria? RECORD (11) OTHER.**

- 1  None of these
- 2  Foods low in fat
- 3  Foods low in saturated fat
- 4  Foods low in cholesterol
- 5  Foods high in dietary fiber
- 6  Foods low in sugar
- 7  Foods low in sodium
- 8  Vegetables
- 9  Whole grain products
- 10  Fruits
- 11  Other (**SPECIFY**):

47. Within the past year, have food service staff presented nutrition information as guest speakers in any academic classes? **CHECK THE ONE BEST ANSWER.**

- 1  No
- 2  Yes
- 3  Don't know

48. During the past 12 months, have this school's food service personnel met with teachers to discuss coordinating nutrition instruction between the cafeteria and the classroom? **CHECK THE ONE BEST ANSWER.**

- 1  No
- 2  Yes
- 3  Don't know



49.**HANDCARD #8.** Look at the top of Handcard #8, labeled "school." During the past two years, have your school's food service staff organized health-related activities or projects with any of these groups in your school? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** With which groups? **DO NOT READ LIST. CHECK ALL THAT APPLY (2-7). THEN ASK:** Were other groups in your school involved that aren't listed? **RECORD (8) OTHER.**

- 1 None of these groups
- 2 Health education
- 3 Physical education
- 4 School health services
- 5 School counseling/psychology
- 6 Parent/teacher or parent/teacher/student organizations
- 7 Other academic classes (**SPECIFY**):
- 8 Other (**SPECIFY**):

50.**HANDCARD #8.** Look at the bottom of Handcard #8, labeled "community." During the past two years, have your school's food service staff organized health-related activities or projects with any of these groups in your community? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, CHECK ALL THAT APPLY (2-4). THEN ASK:** Were other groups in your community involved that aren't listed? **RECORD (5) OTHER.**

- 1 None of these groups
- 2 Local health department
- 3 Local hospital
- 4 Voluntary health organizations (ACS, ALA, AHA) (**SPECIFY**):
- 5 Other (**SPECIFY**):

51.What would you like to DO, if anything, in school food service that you have NOT been able to do? **IF NOTHING, CHECK BOX 1, AND SKIP TO Q.53. IF WOULD LIKE TO DO, CHECK BOX 2, AND RECORD RESPONSE.**

- 1 Nothing--**SKIP TO Q.53**
- 2 Would like to do (**SPECIFY**):

52.What needs to happen so that you can do these things? **RECORD RESPONSE.**

**NOTE: DO NOT ASK THE NEXT SET OF QUESTIONS IF THE RESPONDENT IS THE PRINCIPAL OR THE HEAD OF THE SCHOOL.**

53. I'd like to ask you some questions about your own background. What educational background do you have?  
**DO NOT READ LIST. CHECK ALL THAT APPLY. RECORD (8) OTHER.**

- 1  Did not complete high school
- 2  A high school diploma or GED
- 3  An associate's degree (nutrition, dietetics, home economics, food service management, or related area)
- 4  A baccalaureate degree (nutrition, dietetics, home economics, food service management, or related area)
- 5  A graduate degree (nutrition, dietetics, home economics, food service management, or related area)
- 6  A baccalaureate degree in an area unrelated to nutrition (**SPECIFY AREA**):
- 7  A graduate degree in an area unrelated to nutrition (**SPECIFY AREA**):
- 8  Other (**SPECIFY**):

54. Do you hold any food service certifications? **IF NO, CHECK BOX 1, AND GO ON TO NEXT QUESTION. IF YES, ASK:** What certifications do you currently hold? **DO NOT READ LIST. CHECK ALL THAT APPLY (2-4). RECORD (5) OTHER.**

- 1  No certifications
- 2  American Dietetic Association Registration/licensure (Registered Dietitian [R.D.] credentials)
- 3  American School Food Service Association certification (ASFSA)
- 4  State school food service certification
- 5  Other (**SPECIFY**):

55. **HANDCARD #9.** Look at Handcard #9. During the past two years, have you received four or more hours (at least a half-day) of in-service training on any of these topics? **DO NOT READ LIST. IF NO, CHECK "NO" IN COLUMN 1 IN GRID. OTHERWISE, CHECK COLUMN 1 FOR ALL TOPICS THAT APPLY (1-8). NEXT, ASK:** Which of these topics, if any, would you select as your top three priorities to receive in-service training? These could be different topics or some of the same ones you selected before. **IF NO TOPICS, CHECK "NO" IN COLUMN 2 IN GRID. OTHERWISE, CHECK COLUMN 2 FOR ALL TOPICS THAT APPLY (1-8). THEN ASK:** Are there other topics on which you've received training during the past two years or would like to receive in-service training? **IF YES, RECORD (9) OTHER, AND CHECK COLUMNS 1 AND/OR 2.**

TOPIC	(1) Received training	(2) Would like training
	<input type="checkbox"/> No	<input type="checkbox"/> No
1 Putting DGAs (Dietary Guidelines for Americans) into practice in school meals		
2 Evaluating the nutritional content of school meals		
3 Coordinating the food service program with nutrition education		
4 Using the cafeteria as a learning laboratory		
5 Promoting nutrition and school meals		
6 Food preparation sanitation		
7 Food preparation safety		
8 Making school meals more appealing to students		
9 Other ( <b>SPECIFY</b> ):		

TOPIC	(1) Received training	(2) Would like training

55. **HANDCARD (#9).** Look at Handcard #9 again. During the past two years, have you received materials or equipment on any of these topics? **DO NOT READ LIST. IF NO, CHECK "NO" IN COLUMN 1 IN GRID. OTHERWISE, CHECK COLUMN 1 FOR ALL TOPICS THAT APPLY (1-8). NEXT, ASK:** Which of these topics, if any, would you select as your top three priorities to receive materials or equipment? These could be different topics or some of the same ones you selected before. **IF NO TOPICS, CHECK "NO" IN COLUMN 2 IN GRID. OTHERWISE, CHECK COLUMN 2 FOR ALL TOPICS THAT APPLY (1-8). THEN ASK:** Are there other topics on which you've received or would like to receive materials or equipment? **IF YES, RECORD (9) OTHER, AND CHECK COLUMNS 1 AND/OR 2.**

TOPIC	(1) Received materials or equipment	(2) Would like materials or equipment
	<input type="checkbox"/> No	<input type="checkbox"/> No
1 Putting DGAs (Dietary Guidelines for Americans) into practice in school meals		
2 Evaluating the nutritional content of school meals		
3 Coordinating the food service program with nutrition education		
4 Using the cafeteria as a learning laboratory		
5 Promoting nutrition and school meals		
6 Food preparation sanitation		
7 Food preparation safety		
8 Making school meals more appealing to students		
9 Other ( <b>SPECIFY</b> ):		

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**AT END OF INTERVIEW, SAY:** Thank you so much for your time talking with me! Your answers will really help us get a feel for what schools like this one are doing and what they need!

## HANDCARD #1

### MEAL PLANNING AND PREPARATION

1 At this school

2 At the district

3 At another school in the district

4 At a food service management company

## HANDCARD #2

### RESOURCES

1 None of these

2 Vendors

3 Federal government (USDA)

4 State education agency

5 State health department

6 District or county education office

7 Local health department

8 Trade associations such as the National Dairy Council or Egg Board

9 Voluntary health organizations,

## HANDCARD #3

### GENERAL MEAL PREPARATION

- 1 Use part-skim mozzarella cheese, lowfat cottage, or ricotta cheese in place of regular cheese
- 2 Reduce fats and oils in food preparation
- 3 Use plain lowfat yogurt, blender-whipped lowfat or skim milk cottage cheese, or buttermilk in place of sour cream
- 4 Use skim, lowfat, or reconstituted nonfat dry milk in place of whole milk in puddings, soups, and baked products
- 5 Reduce salt in food preparation
- 6 Use other seasonings instead of salt
- 7 Reduce the amount of sugar in recipes
- 8 Use vegetable oils rather than saturated fats (lard, butter, tropical oils)

**ALMOST ALWAYS, SOMETIMES, RARELY, NEVER**



## HANDCARD #4

### MEAT PREPARATION

- 1 Drain browned meat thoroughly before adding to other ingredients
- 2 Wash browned meat with water to remove grease before adding to other ingredients
- 3 Use cooked dry beans or canned beans in place of part of the meat called for in some recipes
- 4 Use ground turkey or lean ground beef in place of regular ground beef
- 5 Trim fat from meat before and/or after cooking
- 6 Roast meat, poultry, and fish on a rack so the fat will drain off
- 7 Roast, bake, or broil meat in place of frying
- 8 Remove skin from poultry, before or after cooking
- 9 Spoon solid fat from chilled meat or poultry broth before using

**ALMOST ALWAYS, SOMETIMES, RARELY, NEVER**

## HANDCARD #5

### VEGETABLE AND SALAD PREPARATION

1 Steam or bake vegetables

2 Prepare vegetables without using fat

3 Season vegetables with herbs and spices rather than with butter or margarine

4 Cook vegetables only until crisp

5 Replace part or all of the mayonnaise or creamy salad dressings in salads, such as tuna salad or potato salad, with plain lowfat yogurt

6 Use fresh vegetables rather than canned or frozen when possible

**ALMOST ALWAYS, SOMETIMES, RARELY, NEVER**

## HANDCARD #6

### MARKETING GOOD NUTRITION AND SCHOOL MEALS

1None of these

2Lunch menus are made available for students, staff, and/or parents/guardians

3Information on the nutritional and caloric content of school meals is made available for students, staff, and/or parents/guardians

4Input on school meals is requested from students and staff

5Input on school meals is requested from parents/guardians

6Nutrition education materials are displayed in the cafeteria

## HANDCARD #7

### FOODS

- 1 None of these
- 2 Foods low in fat
- 3 Foods low in saturated fat
- 4 Foods low in cholesterol
- 5 Foods high in dietary fiber
- 6 Foods low in sugar
- 7 Foods low in sodium
- 8 Vegetables
- 9 Whole grain products
- 10 Fruits

**HANDCARD #8**  
**COLLABORATION WITH SCHOOL AND COMMUNITY**

**SCHOOL:**

- 1 None of these groups
  - 2 Health education
  - 3 Physical education
  - 4 School health services
  - 5 School counseling/psychology
  - 6 Parent/teacher or parent/teacher/student organizations
  - 7 Other academic classes
- 

**COMMUNITY:**

- 1 None of these groups
- 2 Local health department
- 3 Local hospital
- 4 Voluntary health organizations such as the American Cancer

Society, American Heart Association, or American Lung Association

## HANDCARD #9

### SCHOOL FOOD SERVICE TRAINING

- 1 Putting DGAs (Dietary Guidelines for Americans) into practice in school meals
- 2 Evaluating the nutritional content of school meals
- 3 Coordinating the food service program with nutrition education
- 4 Using the cafeteria as a learning laboratory
- 5 Promoting nutrition and school meals
- 6 Food preparation sanitation
- 7 Food preparation safety
- 8 Making school meals more appealing to students