



Food Environment Assessment

This form will help you determine the current state of the food environment in your community with respect to how healthy eating is supported and promoted, and will assist you in identifying possible areas for improvement. The form can be completed by individuals or committees working to make healthy food and beverage choices more readily available in their community.

On a scale of 1 to 5, rate the following qualities of a healthy food environment for each of the settings below including: canteens/concessions, vending, programs, events, staff meetings and work space, fundraising, and promotions/marketing. When determining a score for each setting, base your score on the number of qualities each setting has. For example:

- If all qualities are present in a setting; score = 5
- If more than half of the qualities are present, but not all; score = 4
- If half of the qualities are present in a setting; score = 3
- If less than half of qualities are present in a setting; score = 2
- If no qualities are present in a setting; score = 1

Setting	Does Not Support Healthy Eating	→	Supports Healthy Eating	Qualities of a Healthy Food Environment	Comments
Canteens/Concessions	1		2 3 4 5	<ul style="list-style-type: none"> • Vegetables and fruit (fresh, frozen or canned) are offered on a regular basis • Whole grain breads, bagels, wraps, etc., are offered • Water stations available • Kitchen equipment to prepare (e.g., grills, ovens, blenders, etc.) and store (e.g., fridges, freezers, etc.) healthy menu choices is available • No deep-fat fryers, hot dog and/or pizza warmers, nacho cheese machines or Slushy machines on site • Limited availability of sugary drinks (soft drinks, 100% juice, chocolate milk, sports drinks, etc.), and confectioneries (candy, chocolate bars, etc.) • Limited availability of deep-fried foods 	

		<ul style="list-style-type: none"> • Baked goods and desserts are provided in smaller portions • Healthy choices are competitively priced • Healthy choices are regularly promoted (e.g., on menu board, at cash, posters, etc.) 	
Vending (both food and beverage machines)	1 2 3 4 5	<ul style="list-style-type: none"> • Predominantly (more than 50%) healthy beverage choices (e.g., plain water, plain low-fat milk, fortified soy beverage) • Predominantly (more than 50%) healthy food choices (e.g., granola bars, bananas, trail mix, etc.) • Unhealthy options are offered in smaller portions • Healthy choices are competitively priced 	
Programs	1 2 3 4 5	<ul style="list-style-type: none"> • When meals/snacks are offered, healthy foods and beverages from Canada's Food Guide are made available • Food skills and food literacy programs/workshops are available 	
Community Events	1 2 3 4 5	<ul style="list-style-type: none"> • Healthy foods and beverages from Canada's Food Guide are offered at town-operated events • Make EGaP print resources available • Staff work with external food service providers to identify healthy foods and beverages to serve • Outside groups booking meeting/event space are encouraged to offer healthy choices as part of your healthy eating policy 	
Staff Meetings & Work Space	1 2 3 4 5	<ul style="list-style-type: none"> • Healthy food and beverage choices are offered at internal meetings/events/training • A space is provided for staff to refrigerate and re-heat meals from home 	

Fundraising	1 2 3 4 5	<ul style="list-style-type: none"> • Healthy food fundraisers are used (vegetable hampers, bags of citrus fruits, etc.) • Non-food fundraisers are used (open mic nights, used book sales, seasonal flowers, etc.) 	
Promotions/Marketing of Healthy Choices	1 2 3 4 5	<ul style="list-style-type: none"> • When offered, healthy options are showcased via social media, websites or newsletters • Point-of-sale nutrition information is available • Healthy choices are listed first on menu boards • Healthy choices are visible and competitively priced • Healthy choice specials, promotions and meal combos are available • Marketing of unhealthy options through sponsorships is discouraged 	

What are we doing well?

What can we improve on?

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