

Thank you for your interest in the **EAT 2010 Survey of School Food and Nutrition Practices**. This survey about school food and nutrition practices was completed by school nutrition professionals (e.g., food service manager, cook manager) at the middle schools and high schools where young people were asked to complete surveys during the 2009-2010 school year. If you use items from this survey in your work, the following citations are recommended:

Larson N, Miller JM, Eisenberg ME, Watts AW, Story M, Neumark-Sztainer D. Multicontextual correlates of energy-dense, nutrient-poor snack food consumption by adolescents. *Appetite*. 2017;112:23-34.

Larson N, Wall M, Story M, and Neumark-Sztainer D. Home/family, peer, school, and neighborhood correlates of obesity in adolescents. *Obesity*. 2013;21(9):1858-1869.

Miller JM, Wolfson J, Laska MN, Nelson TF, Pereira MA, Neumark-Sztainer D. Factor analysis test of an ecological model of physical activity correlates. *Am J Health Behav*. 2019;43(1):57-75.

Additional information about Project EAT is available at the study website. There is limited support available for assistance with the survey.

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Project

EAT 2010:

Survey of School Food & Nutrition Practices

EAT

UNIVERSITY OF MINNESOTA

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4. Does your school offer any “branded foods,” foods from national or regional brand-name or chain restaurants (McDonald’s, Taco Bell, Domino’s, Subway, etc.), as part of the reimbursable school lunch meal or a la carte?
- 1 No → If no, skip to question #6 55
- 2 Yes

5. Does your school offer foods from any of the following types of restaurants that are part of national or regional chains? Please mark all that apply.
- 1 Traditional “burger-and-fries” fast food restaurant (such as McDonald’s, Burger King, Wendy’s, or Culver’s) 56
- 2 Mexican fast food restaurant (such as Taco Bell, Taco John’s, or Chipotle) 57
- 3 Fried chicken (such as KFC) 58
- 4 Sandwich or sub shop (such as Subway, Panera, or Quiznos) 59
- 5 Pizza place (such as Pizza Hut, Papa John’s, or Domino’s) 60

6. Is the school campus open (i.e., students are allowed to leave campus) or closed (i.e., students must remain on campus) for the lunch period? Please check one answer for each grade at the school.

	<i>Open campus</i>	<i>Closed campus</i>	<i>No students in grade</i>	
a. 6 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	61
b. 7 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	62
c. 8 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	63
d. 9 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	64
e. 10 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	65
f. 11 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	66
g. 12 th grade	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	67

7. Are there televisions in the school cafeteria that students are allowed to watch during the lunch period?
- 1 No 68
- 2 Yes

8. Are there any vending machines in your school that are available to students before or during the school day?

1 No → If no, skip to question #13

2 Yes

69

9. Are there any vending machines in your school cafeteria or food service area?

1 No

2 Yes

70

10. Are there any vending machines outside but within 25 feet of your school cafeteria or food service area?

1 No

2 Yes

71

11. Are there any school policies about the types of food or beverages that can be sold in the school vending machines?

1 No

2 Yes → If yes, please briefly describe the school policy.

72

12. For vending machines that are located in the school cafeteria or within 25 feet of your school food service area, please indicate whether the following foods and beverages are available to students. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow. (If you responded 'No' to question 9 and 'No' to question 10, you may skip this question.)

	<i>Item available?</i>			<i>If yes, when is it available? (Please check all that apply)</i>				
	<i>No</i>	<i>Yes</i>		<i>Before classes begin in the morning</i>	<i>During school hours when meals are NOT being served</i>	<i>During school lunch periods</i>	<i>After school</i>	
a. Bottled water (plain)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	73
b. Diet soda pop	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	78
c. 100% fruit or vegetable juice with no added sweeteners	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	83
d. Fruit drinks that are not 100% fruit juice (such as Hawaiian Punch, Sunny Delight, or Hi-C)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	88
e. Soda pop - not diet	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	93
f. Energy drinks (such as Red Bull, Full Throttle, Rockstar, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	98
g. Sports drinks (such as Gatorade, Powerade, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	103
h. Low-fat (1%) or non-fat (skim) milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	108
i. Chocolate or other flavored milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	113
j. Dairy foods that are <i>lower in fat</i> (5 grams or less per serving, such as string cheese and yogurt)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	118
k. Fruit and/or vegetables (including salads)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	123
l. Sandwiches	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	128
m. Salty snack foods (such as potato chips, corn chips, pretzels, trail mix, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	133
n. Cookies, cakes, or other baked goods	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	138

13. Does your school offer a la carte options at lunch?

1 No → If no, skip to question #16

2 Yes

143

14. Are there any school policies about the types of foods or beverages that can be sold a la carte at lunch?

1 No

2 Yes → If yes, please briefly describe the school policy.

144

15. Please indicate how often the following foods and beverages are available to students in your school a la carte at lunch.

(Please check one box for each line)

	<i>Never</i>	<i>Some days</i>	<i>Most or every day</i>	
a. Bottled water (plain)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	145
b. 100% fruit or vegetable juice with no added sweeteners	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	146
c. Low-fat (1%) or non-fat (skim) milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	147
d. Chocolate or other flavored milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	148
e. Dairy foods that <i>are lower in fat</i> (5 grams or less per serving, such as string cheese and yogurt)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	149
f. Fresh fruit	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	150
g. Fresh vegetables (including salads)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	151
h. Sandwiches	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	152
i. Salty snack foods that <i>are lower in fat</i> (5 grams or less per serving, such as baked chips, pretzels, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	153
j. Salty snack foods that are <i>not low in fat</i> (such as regular potato chips or corn chips, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	154
k. Cookies, cakes, or other baked goods that <i>are lower in fat</i> (5 grams or less per serving)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	155
l. Cookies, cakes, or other baked goods that are <i>not low in fat</i>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	156
m. Frozen desserts	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	157

16. Are there any school stores or snack bars in your school that sell foods or beverages?

- 1 No → If no, skip to question #19
- 2 Don't know → If don't know, skip to question #19
- 3 Yes

158

17. Are there any school policies about the types of foods or beverages that can be sold at school stores or snack bars?

- 1 No
- 2 Don't know
- 3 Yes → If yes, please briefly describe the school policy.

159

18. Please indicate whether the following foods and beverages are available to students from school stores or snack bars in your school. For each item that is available, please indicate when it is available by checking all the appropriate boxes to the right of the arrow.

	<i>Item available?</i>			<i>If yes, when is it available? (Please check all that apply)</i>				
	<i>No</i>	<i>Yes</i>	<i>→</i>	<i>Before classes begin in the morning</i>	<i>During school hours when meals are NOT being served</i>	<i>During school lunch periods</i>	<i>After school</i>	
a. Bottled water (plain)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	160
b. 100% fruit or vegetable juice with no added sweeteners	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	165
c. Fruit drinks that are not 100% fruit juice (such as Hawaiian Punch, Sunny Delight, or Hi-C)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	170
d. Diet soda pop	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	175
e. Soda pop - not diet	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	180
f. Energy drinks (such as Red Bull, Full Throttle, Rockstar, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	185
g. Sports drinks (such as Gatorade, Powerade, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	190
h. Salty snack foods (such as potato chips, corn chips, pretzels, trail mix, etc)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	195
i. Cookies, cakes, or other baked goods	1 <input type="checkbox"/>	2 <input type="checkbox"/>	→	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	200

19. Does your school have nutrition criteria for foods or beverages offered at parties, celebrations, and social events held at school?

- 1 No
- 2 Don't know
- 3 Yes → If yes, please briefly describe the criteria.

205

20. Please indicate whether there are any posters or other promotional materials related to food, beverages, or physical activity currently posted in the cafeteria.

	<i>No</i>	<i>Yes</i>	
a. Soft drinks	1 <input type="checkbox"/>	2 <input type="checkbox"/>	206
b. Fast food	1 <input type="checkbox"/>	2 <input type="checkbox"/>	207
c. Candy	1 <input type="checkbox"/>	2 <input type="checkbox"/>	208
d. Milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	209
e. Fruit and/or vegetables	1 <input type="checkbox"/>	2 <input type="checkbox"/>	210
f. Water	1 <input type="checkbox"/>	2 <input type="checkbox"/>	211
g. MyPyramid	1 <input type="checkbox"/>	2 <input type="checkbox"/>	212
h. Sports and/or physical activities (e.g., VERB, Jump Rope for Heart)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	213
i. Other: _____	1 <input type="checkbox"/>	2 <input type="checkbox"/>	214

21. Does your school allow food or beverages to be sold in the cafeteria as a fundraising activity by:

	<i>No</i>	<i>Don't know</i>	<i>Yes</i>	
a. Student groups	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	215
b. Individual students	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	216
c. Faculty	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	217
d. Parent groups	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	218

22. What types of food or beverages may be sold in the cafeteria for fundraisers at your school? (Please check all that apply)

- | | | |
|--|--|---------|
| 1 <input type="checkbox"/> No foods or beverages may be sold | 6 <input type="checkbox"/> Pizza | |
| 2 <input type="checkbox"/> Fruit | 7 <input type="checkbox"/> Ice cream | 219-228 |
| 3 <input type="checkbox"/> Nuts | 8 <input type="checkbox"/> Soft drinks | |
| 4 <input type="checkbox"/> Candy | 9 <input type="checkbox"/> Other (please specify): _____ | |
| 5 <input type="checkbox"/> Cookies, cakes, pies | 10 <input type="checkbox"/> Don't know | |

23. Does your school have a health or nutrition advisory council made up of school staff, students, and parents that provides input about the types of foods available at school?

- 1 No
- 2 Don't know
- 3 Yes → If yes, how many times do they meet per year? _____ times per year

229-232

24. Does your school have any other food policies that are in addition to the school district wellness policy?

- 1 No
- 2 Don't know
- 3 Yes → If yes, please briefly describe the policies.

233

25. Does your school participate in the USDA-sponsored Team Nutrition program?

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

234

26. Does your school currently have a garden (vegetable and/or fruit) that students participate in?

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

235

27. In your opinion, to what extent...

Not at all To a little extent To some extent To a great extent To a very great extent

a. ...has your school made a serious/real effort to promote healthy food and beverage habits among students?

- 1 2 3 4 5

236

b. ...has your school district made a serious/real effort to promote healthy food and beverage habits among students?

- 1 2 3 4 5

237

28. On a typical day, how many of your students...

a. ...eat the regular school lunch meal?

_____ students

238

b. ...eat the regular school breakfast?

_____ students

242

29. On a typical day, what is the total dollar amount of a la carte sales at lunch?

\$ _____ . _____

246

If your school doesn't offer a la carte at lunch, please check here

252

What is your role/title? (please do not write your name)

_____ |__|__|

253

Please write the roles/titles of others who helped you to complete the survey (not names of individuals)

_____ |__|__|

255

_____ |__|__|

257

What is today's date?

|__|__| / |__|__| / 20|__|__|
Month Day Year

259-264

Thank you for completing the survey!