

Environmental Audit Training: Nutrition Standards in Child Care Settings

Created by,
Transtria LLC

The logo for Transtria features a stylized green arrow pointing right, composed of several overlapping geometric shapes. The word "transtria" is written in a purple, lowercase, cursive font, positioned to the right of the arrow's tip.

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transfer skills
transform health

Agenda

Activity	Time
Introductions	5 minutes
Training purpose	10 minutes
Environmental audits <ul style="list-style-type: none">• Overview• Review tools• Questions and discussion	45 minutes
Practical experience	30 minutes

Introductions

- ◀ Evaluation Officer
- ◀ Evaluation Coordinator for local data collection
- ◀ Data collectors and experience with data collection

Training Purpose and Desired Outcome

Environmental Audits

- Observe the condition of the environment before and after the implementation of a physical change in the environment (e.g., addition of sidewalks to school, more public transportation stops, flood lights).
- Objective measures of the environment (e.g., presence or absence of playgrounds, bike lanes, equipment)

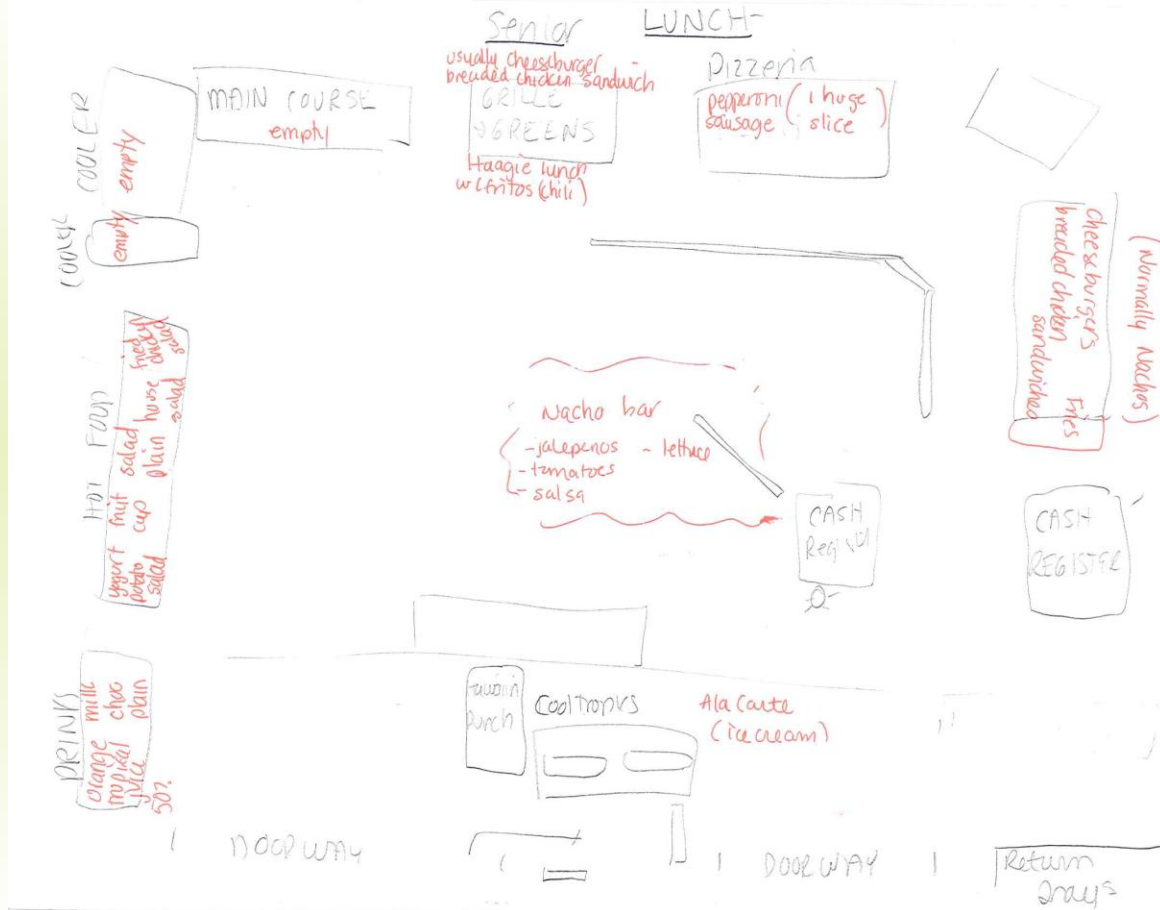
Environmental Audits

- ▶ Timing of the audits before/ after project completion (consider the following):
 - ✓ Time of day – perceptions of the environment (e.g., lighting at night)
 - ✓ Seasonality – extreme heat/ cold, other unfavorable conditions (e.g., rain, ice)
 - ✓ Special events – holidays (e.g., Halloween), concerts, parades

Environmental Audits

- ▶ Resources needed to conduct the audits (consider the following):
 - ✓ Observers and training – number of people available to conduct audits (e.g., staff, students, volunteers), space and equipment to provide training
 - ✓ Security – monitoring auditors safety when necessary (particularly at night)
 - ✓ Data collection –pencil, paper, and clip board (GPS devices)
- ▶ Be prepared to respond to local residents, businesses or after-school participants – why you are there and who you represent

Map the Project Area



Nutrition:
Layout of
preparation areas
and
food display

Section A: Facility Characteristics

What is the type of facility?

School



Community Center



Child Care Center



Faith-based Center



Other, Specify

Section A: Facility Characteristics

What types of services does this facility provide, and when?



For each item, check the appropriate response	No	Yes
Early child care and education only		
Afterschool care and education only		
Both early child and afterschool care/education		
Summer care and education (all ages)		
Other, specify		

Days of Service	Start	End	Not Open
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Section B: Food Preparation Environment

What is present in the food preparation environment?

Refrigerator/cooling system

Food preparation space
(sink and counter)

Oven to bake foods

Cook top/stove top/range



Sufficient Cooking equipment

Garden to supplement food service

Garden for educational or other purposes





Section C: Meal or Snack Environment

Where is the hot breakfast/lunch area?



Where is the salad bar?



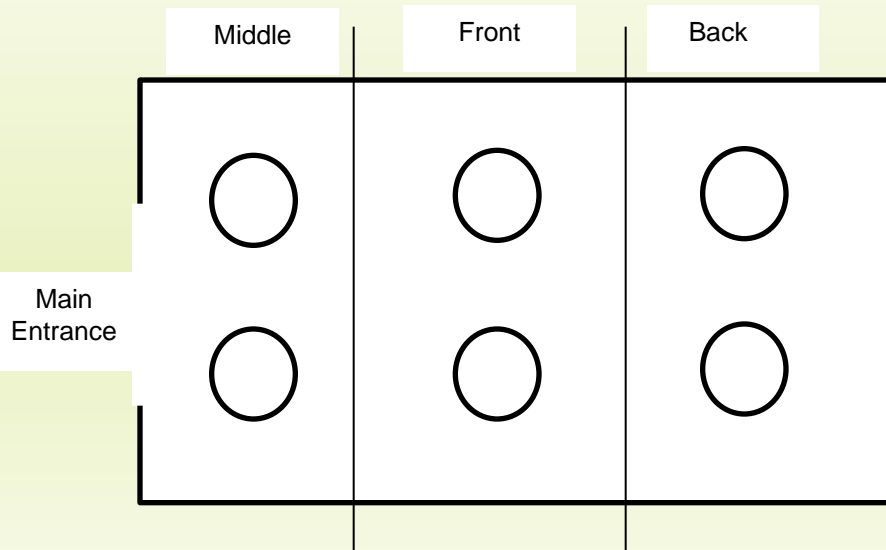
Where are the competitive foods?



Where are the vending machines?



Section C: Meal or Snack Environment



For each item, check the most appropriate response.	Front	Middle	Back	N/A
Where is the hot breakfast/lunch area?				
Where is the salad bar?				
Where are the competitive foods?				
Where are the vending machines?				
Where are the water fountains?				
Other (specify):				



Section C: Meal or Snack Environment

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Are point of purchase prompts present? No/Yes/NA



<http://www.mc.vanderbilt.edu/reporter/index.html?ID=2512>



Photo from Jennings School District in St. Louis, MO

Are other food and beverage advertisements present? No/Yes/NA



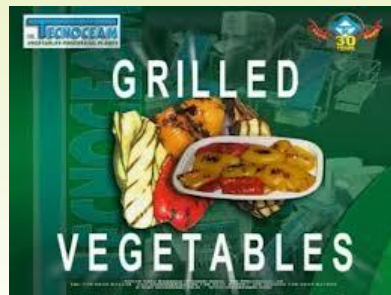
http://murltemple.blogspot.com/2009_06_01_archive.html



<https://www.facebook.com/addisigns>

Section C: Meal or Snack Environment

Do the signs highlight specific foods or beverages?



For each item check the appropriate response	No	Yes
Skim milk		
Frozen or canned fruit (no syrup)		
Frozen or canned fruit with syrup		
Fresh fruits or vegetables		
Steamed or grilled vegetables		
100% juices		
High-fiber, whole grains		
Low-fat foods		
Beverages with fat or sugar		
High-fat foods		
Sweet foods		
Salty foods		

Section D: Beverages Available (Menu)

Is milk offered? If yes what types?



Are other beverages available? If yes what types?

Water



100% Juice



For each item, check the appropriate response	No	Yes
None		
Skim Milk		
1% Milk		
2% Milk		
Whole Milk or Vitamin D Milk		
Whole Milk, Flavored Milk		
Skim, 1%, or 2% Milk, Flavored Milk		
Rice Milk		
Soy Milk		
Lactaid		

Sugar sweetened beverages



Other, specify

Section E: Meal Foods Available (Menu)

Are breakfast foods offered at the facility ?

Fresh fruit



Frozen or canned fruit



Fried or pre-fried vegetables



High fat meats



High fiber or whole grain foods



Sweet foods



For each item, check the appropriate response	No	Yes
Fresh fruit (e.g., apples, bananas)		
Frozen or canned fruit (no syrup)		
Frozen or canned fruit with syrup		
Cottage cheese or low-fat yogurt		
Fried or pre-fried vegetables (e.g., French fries, tater tots, hash browns)		
High fat meats (e.g., bacon, sausage)		
Lean meats (e.g., turkey bacon)		
High-fiber, whole grain foods (e.g., whole wheat bread, oatmeal)		
Sweet foods (muffins, donuts)		
Other, specify:		

Section E: Meal Foods Available (Menu)

Are lunch or dinner foods offered at the facility

Fresh fruit/
vegetables



Frozen/canned fruit



Cottage cheese



Fried or pre-fried meats



Beans



Salty foods



For each item, check the appropriate response	No	Yes
Fresh fruit or vegetables (e.g., apples, bananas, carrots, beans)		
Frozen or canned fruit or vegetables (no syrup or butter)		
Frozen or canned fruit or vegetables (with syrup or butter)		
Vegetables cooked with fat (e.g., butter)		
Cottage cheese or low-fat yogurt		
Fried or pre-fried vegetables (e.g., French fries, tater tots, hash browns)		
Fried or pre-fried meats (e.g., chicken nuggets, fish sticks)		
High fat meats (e.g., hot dogs, bologna, ground beef, ham)		
Beans		
Lean meats, fish, poultry (e.g., baked/broiled chicken, turkey)		
High-fiber, whole grain foods (e.g., whole wheat bread or pasta, brown rice)		
Sweet foods (e.g., cookies, cakes)		
Salty foods (e.g., potato chips, popcorn)		

Section E: Meal Foods Available (Menu)

Are salad bar foods offered at the facility?



For each item, check the appropriate response	No	Yes
Fresh fruit (1-2 types)		
Fresh fruit (3-4 types)		
Fresh fruit (5+ types)		
Green vegetables (spinach, broccoli, collards, turnip greens, kale, lettuce, cabbage)		
Orange vegetables (carrots, sweet potatoes, pumpkin)		
Red vegetables (tomatoes, red sweet pepper, beets)		
Starchy vegetables (potatoes, corn, peas, squash)		
Cottage cheese or low-fat yogurt		
Nuts, seeds, legumes (dry beans)		
Bacon bits or croutons		
Fat-free salad dressing		
Other, specify		

Section E: Meal Foods Available (Menu)

Are competitive foods offered at the facility?

Nachos with cheese



Pizza



Grilled chicken sandwich



Salty Foods



For each item, check the appropriate response	No	Yes
Nachos with cheese only		
Loaded nachos (e.g., cheese, beans, meat, sour cream, tomatoes, olives)		
Pizza		
Burgers		
Breaded chicken sandwich		
Grilled chicken sandwich		
Fried or pre-fried vegetables (e.g., French fries, tater tots, hash browns)		
Sweet foods (e.g., cookies, cakes, ice cream, candy)		
Salty foods (e.g., potato chips, popcorn)		
Other, specify		

Section F: Snack Foods Available (Menu)

Are snack foods offered at the facility?

Oranges



Frozen or canned fruits



Raw, fresh vegetables



High-fiber, whole grain foods



For each item, check the appropriate response	No	Yes
Fresh fruit (e.g., apples, bananas, oranges)		
Frozen or canned fruit (no syrup)		
Frozen or canned fruit with syrup		
Raw, fresh vegetables (e.g., carrots, broccoli)		
Frozen or canned vegetables		
Cottage cheese or low-fat yogurt		
High-fiber, whole grain foods (e.g., granola bars)		
Sweet foods (e.g., cookies, cakes)		
Salty foods (e.g., potato chips, popcorn)		
Other, specify:		

Section G: Vending Machines

- Does the facility have vending machines? No/Yes
- Do children have access to any of the vending machines within the facility? No/Yes
- Is access to any of the vending machines restricted to staff? No/Yes
- How many vending machines are in the facility? Specify:
- How many vending machines do the children have access to? Specify:



Section G: Vending Machines

How many food/beverage options are in vending machines?

How many food/beverage options are in vending machine #1? (<i>Circle one.</i>)			
1	2-4	5-9	10+
How many food/beverage options are in vending machine #2? (<i>Circle one.</i>)			
1	2-4	5-9	10+
How many food/beverage options are in vending machine #3? (<i>Circle one.</i>)			
1	2-4	5-9	10+
How many food/beverage options are in vending machine #4? (<i>Circle one.</i>)			
1	2-4	5-9	10+
How many food/beverage options are in vending machine #5? (<i>Circle one.</i>)			
1	2-4	5-9	10+



Section G: Vending Machines

Where are vending machines located?

Teachers' Lounge (No/Yes)



Cafeteria (No/Yes)



Hallway (No/Yes)



Commons area (No/Yes)



Section G: Vending Machines

Are food items available in the vending machine(s)?

Chips/crackers/pretzels
(baked, low-fat)



Granola bars/cereal bars



Nuts/trail mix



Candy, chips, cookies,
snack cakes (sugar, salt, or
fat)



For each item, check the appropriate response	No	Yes
Chips/crackers/pretzels (baked, low-fat)		
Granola bars/cereal bars		
Nuts/trail mix		
Reduced fat cookies or baked goods		
Candy, chips, cookies, snack cakes (sugar, salt, or fat)		

Section G: Vending Machines

Are beverages available in the vending machine(s)?

Water (No additives)

100% Juice



For each item, check the appropriate response	No	Yes
Water (no additives)		
100% juice		
Skim milk		
Sports or energy drinks		
Diet soda		
Sugar sweetened beverages (e.g., soda, tea)		

Skim milk

Sugar sweetened beverages
(e.g., soda, tea)



Section G: Vending Machines

Are advertisements present on the vending machines (point of purchase prompts)?

Do the advertisements highlight specific foods or beverages?



<http://www.healthcare.uiowa.edu/fns/uchoose/HlthyVendCriteria.htm>



<http://www.trianglehealthyvending.com/>



<http://www.co.dakota.mn.us/Departments/PublicHealth/Projects/SchVending.htm>



<http://www.healthyvendingmachinesinfo.com/>

For each item, check the appropriate response	No	Yes
100% juice		
Skim milk		
High-fiber, whole grains		
Low-fat foods		
Beverages with fat or sugar		
High-fat foods		
Sweet foods		
Salty foods		
Other, specify:		

Section H: Other Competitive Foods and Bev

Does the facility have a store that sells foods and beverages?



<http://www.commercialalert.org/news/archive/2005/12/expel-junk-food-from-school>

Does the facility have another place that sells foods and beverages?



<http://www.southbayfoodies.com/2011/01/07/food-truck-friday-grilled-cheese-truck-rolls-through-el-segundo/>



<http://www.foodnjoy.net/2012/03/food-trucks-leveraging-technolog/>

Are food items available in these other locations?

Chips/crackers/pretzels
(baked, low-fat)



Granola bars/cereal bars



Nuts/trail mix



Candy, chips, cookies,
snack cakes (sugar, salt, or
fat)



For each item, check the appropriate response	No	Yes
Chips/crackers/pretzels (baked, low-fat)		
Granola bars/cereal bars		
Nuts/trail mix		
Reduced fat cookies or baked goods		
Candy, chips, cookies, snack cakes (sugar, salt, or fat)		

- ▶ Review and discuss each item on the tool
- ▶ What was easy to code? Difficult to code?
- ▶ Were there items missing from the tool or protocol?
- ▶ What else was challenging about applying this tool or protocol?
- ▶ Did you need additional instructions during the training?
- ▶ What are strengths that you see from this method?
- ▶ Do you have any other feedback or reflections on the training?
- ▶ Do you have any other suggestions to improve the tool, protocol, or training?

Timeframe

- ▶ Date(s) of data collection?
- ▶ Date(s) of environmental change (if applicable)?
- ▶ Date that Evaluation Officer will receive the data?

Process for receiving the data

- ▶ Send data to Evaluation Officer by scanning and emailing
- ▶ Send data to Evaluation Officer by making copies and sending through mail

Receiving the data

- ▶ Evaluation Officer will send an email stating they have received the data
- ▶ Evaluation Officer will contact the Evaluation Coordinator if there are questions about the data

Data entry and cleaning

- ▶ Evaluation Officer will work with Transtria staff to entry and check the data in spreadsheet

Data analysis and summary

- ▶ Evaluation Officer will analyze the data and prepare a summary
- ▶ CPs will receive raw data and a summary

- ▶ How many child care facilities will you be collecting data for?
- ▶ What design are you using?
 - Before/after
 - Comparison
 - Cross-sectional (pre or post only)
- ▶ If comparison design, how do you plan to select your comparison child care facility?
- ▶ How do you plan to use this data?
- ▶ What audience do you intend to share this data with?

Questions?



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