

HEALTHY EATING MODULE

Please note, this paper version of this module contains a complete set of questions for all grades. Certain questions may not appear or may be slightly different when you go to complete the online version of this assessment simply based on school grade levels.

*Indicates that this question will only appear for schools registered with any grades 1 through 8

** Indicates that this question will only appear for schools registered with any grades 9 through 12

Important survey definition: The term "food" refers to both food and beverages

HEALTHY PHYSICAL ENVIRONMENT

H1. Do all students at your school have access to the following in the *student eating area*?

	Yes	No
a. An adequate number of tables and chairs	<input type="radio"/>	<input type="radio"/>
*b. Tables and chairs of appropriate height	<input type="radio"/>	<input type="radio"/>
c. Drinking fountains	<input type="radio"/>	<input type="radio"/>
d. Microwave	<input type="radio"/>	<input type="radio"/>

*H2. Is student hand washing included in the daily routine before lunch/snacks?

	Always	Most of the time	Sometimes	Rarely	Never	N/A
a. Kindergarten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Grades 1-3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Grades 4-6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Grades 7-8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*H3. How long do students usually have to eat during scheduled opportunities, including travel time to eating area?

	20 minutes or more	15-19 minutes	10-14 minutes	5-9 minutes	less than 5 minutes	N/A
a. Breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Snacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*H4. On average, how many days per week does your school offer *special food day(s)* (e.g., pizza day)?

- 5
 4
 3
 2
 1
 Less than 1
 Never



If "Never", go to H6

*H5. What type of *special food days* does your school have? (Check all that apply)

- Hot Dog
 Pizza
 Submarine sandwich

H6. Does your school have a ...

Yes No

- a. Cafeteria Yes No
- b. Snack bar/Tuck shop Yes No
- c. Vending machine(s) Yes No

If "No", skip the appropriate row(s) or column(s) for H7 to H9

If yes, how many _____

H7. Who operates the ...
(Check all that apply)

School School Council (i.e., parent council) Food service company Non-profit organization Students/student council Other

- a. Cafeteria School School Council Food service company Non-profit organization Students/student council Other
- b. Snack bar/Tuck shop School School Council Food service company Non-profit organization Students/student council Other
- c. Vending machine(s) School School Council Food service company Non-profit organization Students/student council Other

H8. Does your school provide any of the following to promote the sale of healthy food? (Check all that apply)

Cafeteria Snack bar/Tuck shop Vending machine(s)

- a. Healthy food choices at a reasonable/subsidized price Cafeteria Snack bar/Tuck shop Vending machine(s)
- b. Healthy eating promotional materials (e.g., posters) Cafeteria Snack bar/Tuck shop Vending machine(s)
- c. Daily healthy eating specials Cafeteria Snack bar/Tuck shop Vending machine(s)
- d. Healthy eating cafeteria program (e.g., Eat Smart or independent program) Cafeteria Snack bar/Tuck shop Vending machine(s)
- e. Healthy vending program Cafeteria Snack bar/Tuck shop Vending machine(s)

H9. What type of profit sharing arrangement was made with the operator?

Flat percentage of sales Fluctuating percentage of profits, depending on sales Cost recovery system Other None Don't know N/A

- a. Cafeteria Flat percentage of sales Fluctuating percentage of profits, depending on sales Cost recovery system Other None Don't know N/A
- b. Snack bar/Tuck shop Flat percentage of sales Fluctuating percentage of profits, depending on sales Cost recovery system Other None Don't know N/A
- c. Vending machine(s) Flat percentage of sales Fluctuating percentage of profits, depending on sales Cost recovery system Other None Don't know N/A

H10. Which best describes how lunch is offered at your school?

- Our students receive a common lunch period (i.e., all students eat at the same time)
- Our students receive lunch over multiple periods (i.e., there is no common lunch time for all students)

TEACHING AND LEARNING

H11. Does your school have a school nutrition program for ...

	Yes	No
a. Breakfast	<input type="radio"/>	<input type="radio"/>
b. Lunch	<input type="radio"/>	<input type="radio"/>
c. Snack	<input type="radio"/>	<input type="radio"/>
d. Milk	<input type="radio"/>	<input type="radio"/>

If "No", skip the appropriate row(s) or column(s) below for H12 to H17

H12. How many times is the program offered per week?

	1 day per week	2 days per week	3 days per week	4 days per week	5 days per week
a. Breakfast program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Lunch program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Snack program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Milk program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H13. Who funds the program? (Check all that apply)

	Breakfast program	Lunch program	Snack program	Milk program
a. Provincial/territorial government ministry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. School	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Donors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Parents/families/guardians	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Community group(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Food service company	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. School council (i.e., parent council)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H14. Who runs the program? (Check all that apply)

	Breakfast program	Lunch program	Snack program	Milk program
a. Teacher(s) or other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Volunteers (e.g., parents/families/guardians)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Paid supervisor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Community group(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Food service company staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H15. Is the program available to all students regardless of ability to pay?

	Yes	No
a. Breakfast program	<input type="radio"/>	<input type="radio"/>
b. Lunch program	<input type="radio"/>	<input type="radio"/>
c. Snack program	<input type="radio"/>	<input type="radio"/>
d. Milk program	<input type="radio"/>	<input type="radio"/>

H16. How frequently is the program reviewed to ensure that healthy food choices are offered?

	At least once per year	Less than once per year	Never	N/A
a. Breakfast program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Lunch program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Snack program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Milk program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H17. To the best of your knowledge, on an average day, what percentage of students in your school participate?

- a. Breakfast program _____%
- b. Lunch program _____%
- c. Snack program _____%
- d. Milk program _____%

H18. Does your school ensure that all students, regardless of ability to pay, have access to fruits and vegetables?

- Yes, entire school year
- Yes, occasional/short term
- No

H19. Does your school promote locally grown fruit and vegetables?

- Yes
- No

H20. Does your school experience any of the following barriers to providing students with locally grown fruit/vegetables? (Check all that apply)

- Not available locally
- Too expensive
- Not enough demand from students
- Current arrangement with food service provider or funder does not allow for provision of local fruit/vegetables

H21. To the best of your knowledge, how well do each of the following statements characterize healthy eating education at your school?

	A lot	Some	Very little	Not at all	Don't know
a. Teachers use Canada's Food Guide materials to support the healthy eating curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Healthy eating education is integrated into other curriculum areas (e.g., food labels addressed in science or math class)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Teachers act as role models for what is taught in the healthy eating curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H22. Does your school offer any of the following? (Check all that apply)

- Cooking classes
- Gardening (e.g., growing produce)
- Field trips to farms/farmers' markets
- Media literacy on special topics related to healthy eating (e.g., body image, eating disorders)
- Field trips to the local grocery store

SUPPORTIVE SOCIAL ENVIRONMENT

H23. In general, what priority is given to healthy eating in your school?

- Very high
 High
 Low
 Very low

H24. Does your school have any of the following written policies or practices that support healthy eating?

	Yes, through existing written policies	Yes, through written policies still under development	Yes, through practices	No	N/A
a. Healthy food offered in cafeteria(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Healthy food offered in snack/tuck shop(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Healthy food offered in vending machine(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Healthy food offered in a lunch program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Healthy food choices at reasonable/subsidized prices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Hours that food services are accessible meet student needs for healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Healthy food offered during special events, field trips and classroom celebrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Healthy beverages (e.g., water) allowed in the classroom during instructional time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Avoid use of 'junk food' (e.g., sugary treats) as a reward	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Ban 'junk food' advertising at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Food sold as fundraising activity is healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If "Yes, through existing written policies", go to H25 and consider these existing policies when selecting your responses

Go to H27

H25. How are your school's *written policies* on healthy eating communicated throughout the school community (i.e., staff, parents/families and students)? (Check all that apply)

- Written in a school/board/division/district handbook
 Written in a school/board/division/district newsletter
 Written in a student agenda provided by the school/board/division/district
 Discussed at meetings (e.g., staff meetings, professional development days, assemblies, school council)
 Posted on school/board/division/district website(s)
 Posted at school
 Email distribution

H26. How frequently are your *school-specific* written policies* related to healthy eating reviewed?

**School-specific refers to policies that were developed or adopted at the discretion of your school administration, and were not necessarily mandated by your school board/division/district or other organization.*

- At least once per year
 Less than once per year
 Never
 N/A (our school does not have any school-specific policies related to healthy eating)

H27. During the past 12 months, did your school initiate/continue any of the following activities/programs at your school?	Yes	No	N/A
a. Offered healthy food choices during breakfast program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Offered healthy food choices during lunch program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Offered healthy food choices during snack program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Offered healthy food choices in the cafeteria(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Offered healthy food choices in the snack bar/tuck shop(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Offered healthy food choices in the vending machine(s)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Organized Nutrition Month activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Formed a school committee that deals with nutrition and food (e.g., School Nutrition Action Committee)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Stopped the sale of junk food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Held junk food free days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H28. Does your school sell food as a fundraising activity through ...	Yes	No
a. Students soliciting/filling bulk orders (e.g., chocolate bar, cheese block, fruit sales)	<input type="radio"/>	<input type="radio"/>
b. Special events (e.g., track and field BBQ, sports team bake sale)	<input type="radio"/>	<input type="radio"/>

H29. During the past 12 months, has your school sent home <i>educational material</i> * to provide opportunities for parents/families/guardians to learn about the following topics? <i>*Educational materials include brochures, newsletter articles, websites, introductions to curriculum, and homework assignments that encourage family participation to adopt or practice healthy behaviour.</i>	Yes	No	Don't know
a. Canada's Food Guide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Culturally diverse food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Healthy snacks and lunch suggestions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Influence of screen time on child's health (e.g., TV, computer and video games)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Promotion of positive self-body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H30. During the past 12 months, has your school ...	Yes	No	Don't know
a. Met with parents' organization (e.g., school council) to discuss healthy eating activities at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Formally collected suggestions from parents/families/guardians about healthy food choices available at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Formally collected suggestions from students about healthy food choices available at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Formally collected suggestions from school staff about healthy food choices available at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H31. To the best of your knowledge, to what extent do students at your school face the following issues?	A lot	Some	Very little	Not at all	Don't know
a. Overweight or obesity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Dieting or eating disorders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Family financial concerns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Skipping breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Lack of time for lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Inadequate space for lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Lack of healthy choices available at your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. More information needed for parents/families/guardians about healthy food choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Lack of healthy eating education for students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Close proximity of local fast food outlets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

COMMUNITY PARTNERSHIPS AND SERVICES

	Yes, all staff	Yes, some staff	No	Don't know
H32. During the past 12 months, have school staff who are involved with healthy eating received ...				
a. In-service training (on nutrition) by Registered Dietitians (e.g., public/regional health, Dairy Farmers of Canada)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. In-service training related to teaching the healthy eating curriculum	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Sensitivity training to promote positive self-body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

H33. Do school staff have clear guidelines to refer students with suspected eating disorders to the appropriate health professional or community agency?

Yes No Don't know

H34. During the past 12 months, what role did your regional health authority/local public health unit play when working with your school on healthy eating promotion and/or activities for students? (Check all that apply)

Provide information/resources/programs (e.g., posters, toolkits)

Solved problems jointly

Developed/implemented program activities jointly

No contact with regional health authority/local health unit/department regarding healthy eating promotion and/or activities

H35. During the past 12 months, has your school worked on healthy eating promotion and/or activities for students with a ... (Check all that apply)

Health organization (e.g., Heart and Stroke Foundation, Canadian Cancer Society, Canadian Diabetes Association)

Parks or Recreation department

Youth organization (e.g., YMCA/YWCA, Boys/Girls Clubs, Boy Scouts/Girl Guides)

Health or fitness club

Board/division/district itinerant teacher (e.g., consultant, specialist)

YOUR SCHOOL: HEALTHY EATING

H36. Does your school's improvement plan for the current school year contain any items related to healthy eating?

Yes No Don't know

H37. In your opinion, what is the single most important change that would help your school improve access to healthy eating for your students?

H38. In the next 1-2 school years, how likely is your school to work on the change you listed in H37?

Very likely Not likely Not sure

Likely Not very likely

H39. How confident are you that the responses in the Healthy Eating section of this survey accurately reflect your school's healthy eating environment?

A lot Some Very little Not at all

H40. Who was involved in completing the healthy eating section of this survey? (Check all that apply)

Principal/Vice principal

Curriculum leader/Department head/Program head

Teachers

School council (i.e., parent council)

Parents/families/guardians

Food service staff

Representative from the school board/division/district (e.g., Superintendent of curriculum, Board/division/district itinerant teacher)

Public health unit/department/regional health authority (e.g., Nurse, Health Educator, Nutritionist)

Representation from community organization (e.g., Heart and Stroke Foundation, Canadian Cancer Society)

H41. Are there any other comments you would like to offer regarding your school's healthy eating environment?
