Nutrition Evaluation Tool for All Institutions (NETFI): An adaptation of the NAP SACC (Ward et al., 2013)

The NETFI is based on a set of best practices that stem from the latest research and guidelines related to healthy eating. After completing this tool, you will be able to see your program’s strengths and opportunities for improvement, and use this information to plan healthy changes (Ward et al., 2013).

For this tool, nutrition topics include foods, beverages, and practices at schools, hospitals, and other community settings.

### FOODS PROVIDED

1. **Our program offers fruit***
   - □ 3 times per week or less
   - □ 4 times per week
   - □ 1 time per day
   - □ 2 times per day or more

   *For this assessment, fruit does not include servings of fruit juice.

2. **Our program offers fruit that is fresh, frozen, or canned in its own juice, not in syrup**
   - □ Rarely or never
   - □ Sometimes
   - □ Often
   - □ Every time fruit is offered

3. **Our program offers vegetables**
   - □ 2 times per week or less
   - □ 3-4 times per week
   - □ 1 time per day
   - □ 2 times per day or more

4. **Our program offers dark green vegetables**
   - □ 3 times per month or less
   - □ 1-2 times per week
   - □ 3-4 times per week
   - □ 1 time per day or more

5. **Our program offers red/orange vegetables**
   - □ 3 times per month or less
   - □ 1-2 times per week
   - □ 3-4 times per week
   - □ 1 time per day or more

6. **Our program offers deep yellow vegetables***
   - □ 3 times per month or less
   - □ 1-2 times per week
   - □ 3-4 times per week
   - □ 1 time per day or more
*This does not include servings of white potatoes or corn. These vegetables are not included because they have more starch and fewer vitamins and minerals than other vegetables.

7. Our program offers beans/peas
   □ Rarely or never
   □ Sometimes
   □ Often
   □ Always
(United States Department of Agriculture, 2010)

8. Our program offers starchy vegetables*
   □ Rarely or never
   □ Sometimes
   □ Often
   □ Always
*Starchy vegetables include white potatoes, corn, and green peas.
(United States Department of Agriculture, 2010)

9. Our program offers fried or pre-fried potatoes:*  
   □ 3 times per week or more
   □ 2 times per week
   □ 1 time per week
   □ Less than 1 time per week or never
*Fried or pre-fried potatoes include French fries, tator tots, and hash browns that are pre-fried, sold frozen, and prepared in the oven.

10. Our program offers fried or pre-fried meats or fish:  
    □ 3 times per week or more
    □ 2 times per week
    □ 1 time per week
    □ Less than 1 time per week or never

11. Our program offers high-fat meats:*  
    □ 3 times per week or more
    □ 2 times per week
    □ 1 time per week
    □ Less than 1 time per week or never
*High-fat meats include sausage, bacon, hot dogs, bologna, and ground beef that is less than 93% lean.

12. Our program offers meat or meat alternatives weekly that are lean or low fat:*  
    □ 3 times per month or less
    □ 1-2 times per week
    □ 3-4 times per week
    □ Every time meats or meat alternatives are served
*Lean or low-fat meats include skinless, baked or broiled chicken; baked or broiled fish; and ground beef or turkey that is at least 93% lean and cooked in a low-fat way. Low-fat meat alternatives include low-fat dairy foods; baked, poached, or boiled eggs; and dried beans.
13. Our program offers high-fiber, whole grain foods:*
   - □ 1 time per week or less
   - □ 2-4 times per week
   - □ 1 time per day
   - □ 2 times per day or more
*High-fiber, whole grain foods include whole wheat bread, whole wheat crackers, oatmeal, brown rice, Cheerios, and whole grain pasta.

14. Our program offers high-sugar, high-fat foods:*
   - □ 1 time per day or more
   - □ 3-4 times per week
   - □ 1-2 times per week
   - □ Less than 1 time per week or never
*High-sugar, high-fat foods include cookies, cakes, doughnuts, muffins, ice cream, and pudding.

15. Our program offers high-salt, high-fat snacks:*
   - □ 1 time per day or more
   - □ 3-4 times per week
   - □ 1-2 times per week
   - □ Less than 1 time per week or never
*High-salt, high-fat snacks include chips, buttered popcorn, and Ritz crackers.

16. Our program offers 740mg of sodium or less per meal?
   - □ Rarely or never
   - □ Sometimes
   - □ Often
   - □ Always
(United States Department of Agriculture, 2012)

17. Free, safe, unflavored drinking water is available:
   - □ Never, there is not access to free, safe, unflavored drinking water
   - □ Sometimes, there is limited access to water fountains or water filling stations
   - □ Often, there is access to water fountains or water filing stations, but filled containers are not allowed in all areas of the building.
   - □ Always, there is access to water fountains or water filling stations, and filled containers are allowed in all areas of the building.
(Center for Disease Control and Prevention, 2012)

18. Our program offers 100% fruit juice:
   - □ Rarely or never
   - □ Sometimes
   - □ Often
   - □ Always
19. Our program offers sugary drinks:*  
   □ Rarely or never  
   □ Sometimes  
   □ Often  
   □ Always  
*Sugary drinks include Kool-Aid, fruit drinks, sweet tea, sports drinks (regular, not sugar-free), and soda (regular, not sugar-free).

20. Our program offers unflavored milk that is usually:  
   □ Whole or regular  
   □ Reduced fat or 2%  
   □ Low-fat or 1%  
   □ Fat-free or skim

21. Milk is served in 8 ounce portions  
   □ Rarely or never  
   □ Sometimes  
   □ Often  
   □ Always  
(United States Department of Agriculture, 2010)

22. Our program offers flavored milk with no more than 22g of total sugars per 8 ounce portion:  
   □ Rarely or never  
   □ Sometimes  
   □ Often  
   □ Always  
(Center for Disease Control and Prevention, 2012)

23. How are meals served?  
   □ Meals are pre-plated with set portions of each food  
   □ Service staff portion out servings  
   □ Meals are partially self-service and partially pre-plated or served by service staff  
   □ Meals are entirely self-service

24. Soda and other vending machines are located:  
   □ In the entrance or front of building  
   □ In public areas, but not entrances  
   □ Out of sight of children and families  
   □ There are no vending machines on site
25. Does the school food service consistently follow all of these food purchasing and preparation practices to reduce the fat and sodium content of foods served?

- Spoon solid fat from chilled meat and poultry broth before use
- Use specifications requiring lower fat content in ordering prepared foods such as hamburgers, pizza, chicken nuggets, etc.
- Rinse browned meat with hot water to remove grease before adding to other ingredients
- Remove skin from poultry before or after cooking
- Roast, bake, or broil meat rather than fry it
- Roast meat and poultry on rack so fat will drain
- Use low-fat or reduced-fat cheese on pizza
- Prepare vegetables using little or no fat
- Cook with nonstick spray or pan liners rather than with grease or oil
- Offer low-fat salad dressings
- Use frozen vegetables or low-sodium canned vegetables, instead of regular canned vegetables
- Use standardized recipes that are low in fats, oils, salt and sugars
- Use other seasonings in place of salt

☐ Yes, follows all thirteen of these practices.
☐ Follows nine to twelve of these practices.
☐ Follows six to eight of these practices.
☐ Follows five or fewer of these practices.

(Center for Disease Control and Prevention, 2012)

26. The length of our program’s menu cycle:

☐ 1 week or shorter
☐ 2 weeks
☐ 3 weeks or longer without seasonal change
☐ 3 weeks or longer with seasonal change

27. Weekly menus include a variety of healthy foods:

☐ Rarely or never
☐ Some of the time
☐ Most of the time
☐ All of the time
28. Weekly menus include a combination of both new and familiar foods:
   □ Rarely or never
   □ Some of the time
   □ Most of the time
   □ All of the time
(Ammerman et al., 2004)

29. Weekly menus include foods from a variety of cultures:
   □ Rarely or never
   □ Some of the time
   □ Most of the time
   □ All of the time
(Ammerman et al., 2004)

EDUCATION AND PROFESSIONAL DEVELOPMENT

30. Staff receive professional development on nutrition:
   □ Never
   □ Less than 1 time per year
   □ 1 time per year
   □ 2 times per year or more
*For this assessment, professional development on nutrition does not include food safety and food program guidelines training. Professional development can include print materials, information presented at staff meetings, and in-person or online training for contact hours or continuing education credits.

31. Professional Development on nutrition includes the following topics:
See list and mark response below.
   ✓ Food and beverage recommendations ✓ Serving sizes
   ✓ Importance of variety in the diet
   ✓ Creating healthy mealtime environments*
   ✓ Using positive feeding practices**
   ✓ Communicating with families about nutrition
   □ None
   □ 1-3 topics
   □ 4-5 topics
   □ 6-7 topics
*In a healthy mealtime environment, diners can choose what to eat from the foods offered, and service staff enthusiastically role model eating healthy foods.
**Positive feeding practices include praising children for trying new foods, asking children about hunger or fullness before taking their plates away or serving seconds, and avoiding the use of food to calm children or encourage appropriate behavior.

32. Families are offered education* on nutrition:
   □ Never
Less than 1 time per year
1 time per year
2 times per year or more

*Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.

33. Education for families on nutrition includes the following topics:
See list and mark response below.
- Food and beverage recommendations
- Serving sizes
- The importance of variety in the diet
- Creating healthy mealtime environments
- Using positive feeding practices
- Our program’s policies on child nutrition
- None
- 1-2 topics
- 3-4 topics
- 5-6 topics

34. Our written policy* on nutrition includes the following topics:
See list and mark response below.
- Foods provided
- Beverages provided
- Healthy mealtime environments
- Staff practices to encourage healthy eating
- Not offering food to calm or encourage appropriate behavior
- Professional development on nutrition
- Education for families on nutrition
- Planned and informal nutrition education
- Guidelines on food for holidays and celebrations
- Fundraising with non-food items
- No written policy or policy does not include these topics
- 1-4 topics
- 5-8 topics
- 9-10 topics

*A written policy includes any written guidelines about your programs operations or expectations for faculty, staff, children, or families. Policies can be included in handbooks, staff manuals, and other documents.
35. Please indicate what mealtimes are offered at your institution on a typical day:
   □ Breakfast
   □ Lunch
   □ Dinner
   □ Other (please describe): ______________

36. Please estimate the number of meals served at each mealtime on a typical day:
   Breakfast: ____ meals
   Lunch: ____ meals
   Dinner: ____ meals
   Other: ____ meals

37. Please indicate any other healthy eating initiatives that you are working in (check all that apply):
   □ Vending Machines
   □ School Store/Concessions
   □ Farm to School
   □ Farm to Fork
   □ Other (please describe): ______________
   □ My institution is not working in any other healthy eating areas

38. In what county is your institution located?

39. Your name:

40. Date:

41. Institution Name:

References:


