

Sodium Reduction: Assessment to Action

Assessment Tool

Site Information			
Site name:			
Site ID:			
Setting: <input type="checkbox"/> Congregate Meals Setting <input type="checkbox"/> Cafeteria Setting <input type="checkbox"/> Snack Bar/Grab N' Go <input type="checkbox"/> Vending Machines			
Timeframe: <input type="checkbox"/> PRE <input type="checkbox"/> POST [Date of assessment: _____]			
Food Service Guidelines/Standards	Yes	No	N/A
1. Does your site currently have any written food service guidelines or standards that promote healthy eating patterns?			
2. Do the food service guidelines or standards mention sodium?			
3. Do the food service guidelines or standards specify sodium milligram limits?			
4. Do your current contracts with food service management companies contain language that promotes healthy eating patterns?			
5. Do your contracts with food service management companies mention sodium?			
6. Do your contracts with food service management companies specify sodium milligram limits?			
Food Purchasing	Yes	No	N/A
7. Do your food distributors highlight nutritious foods on their product lists?			
8. Does your site consider sodium content when purchasing soups?			
9. Does your site consider sodium content when purchasing luncheon meats and cheeses?			
10. Does your site consider sodium content when purchasing canned products?			
11. Does your site consider sodium content when purchasing sauces, gravies, bases and condiments?			
12. Does your site consider sodium content when purchasing baked goods?			
13. Does your site consider sodium content when purchasing snacks?			
Food Preparation	Yes	No	N/A
14. Does your site typically use standardized recipes to prepare food?			
15. Does your site typically consider sodium content when selecting recipes?			
16. Does your site typically consider sodium content when planning menus?			
17. Does your site typically use techniques to reduce sodium content when preparing food? [See guidance document for specific examples]			
Nutrition Promotion – Congregate meals setting ONLY	Yes	No	N/A
18. Does your site conduct taste tests with consumers?			
19. Does your site cook with consumers?			
20. When conducting taste tests and cooking with consumers, do you mention sodium?			

21. Does your site provide educational information that consumers can take home about nutrition?			
22. Does the educational information that consumers take home mention sodium?			
23. Do staff enthusiastically role model eating healthy foods served at meal times?			
24. Do instructors/staff incorporate planned nutrition education into their classroom routines?			
25. When role modeling and incorporating nutrition education, do you mention sodium?			
Nutrition Promotion – Cafeteria setting, snack bar/grab N’ go, vending machines ONLY	Yes	No	N/A
26. Does your site promote reduced-size portions on menus or posted signs?			
27. Do smaller portions cost less than regular portions?			
28. Is the salad bar priced by the pound?			
29. Is the cost of individual items less than the cost of combo meals?			
30. Are there any signs, table tents, or displays that encourage healthy eating?			
31. Are there any signs, table tents, or displays that mention sodium?			
32. Is nutrition information clearly visible on menus or posted signs?			
33. Is sodium information clearly visible on menus or posted signs?			
34. Are lower sodium snacks like fresh fruit, vegetables and unsalted nuts placed near the point of purchase?			
35. Do snack foods packaged as single servings really contain only one serving?			
36. Does the site have an internet site or “app” that provides information on healthy eating?			
<i>Program notes:</i>			