



## Cafeteria Food Quality and Nutritional Value: 25 points

Factor	Data Source	Points Possible	Formula	Score
<b>Fat (% of calories)</b>	Menu analysis of one week of meals	5	<30.0%=5 points 30.1-31%=4 points 31.1-32.0%=3 points 32.1-33%=2 points 33.1-34%=1 points >34.1%= 0 points	
<b>Saturated fat (% of calories)</b>	Menu analysis of one week of meals	5	<10.0%=5 points 10.1-11%=3 points 11.1-12%=1 points >12%=0 points	
<b>Fresh produce, raw or cooked</b>	Menu	5	Frequency over 7 days  19 meals=5 points 17-18 meals=4 points 15-16 meals= 3points 13-14 meals=2 points 12 meals=1 points <12 meals=0 points	
<b>Sugar in beverages</b>	Menu	5	Sum of all that apply  Center offers Category 1 beverages= 5 points Center offers Category 2 beverages= -2 points Center offers Category 3 beverages= -3 Points *see Beverage List	
<b>Whole grains</b>	Menu	5	Frequency over 7 days  100%=5 points 90%=4 points 80%= 3 points 70%=2 points 60%= 1 points <50%=0 points	
<b>TOTAL</b>				

## Nutrition and Wellness Promotion: 25 points

Factor	Data Source	Points Possible	Formula	Score
<b>Vending machine sales</b>	Management	4	<p>2 points for beverage sales limited to water, juices, and milk and/or dairy alternatives</p> <p>2 points for only low-fat snacks available</p> <p>1 Extra Credit point for fresh fruit and/or vegetable options</p> <p>Full credit given to centers with no vending machines</p>	
<b>Student store/canteen sales</b>	Student Government Association	4	<p>2 points for beverage sales limited to water, juices, and milk and/or dairy alternatives</p> <p>2 points for only low-fat snacks available</p> <p>1 Extra Credit point for fresh fruit and/or vegetable options</p> <p>Full credit given to centers with no store/canteen</p>	
<b>Promotion materials/activities</b>	Food service manager or health and wellness manager	5	<p>1 point for healthy eating messages in the cafeteria</p> <p>1 point for healthy eating messages in recreation areas</p> <p>1 point for healthy eating messages in the health and wellness center and or/clinic</p> <p>1 point for healthy eating messages in the residence halls. <i>Non-residential centers receive 1 point</i></p> <p>1 point for messages that promote both healthy eating and fitness</p> <p>1 Extra Credit point for messages that promote relaxation</p>	

<b>Off-site meals</b>	Food service manager/ analysis of one week of typical available offerings	2	2 points for meals that meet the same standards as cafeteria meals.	
<b>Nighttime snacks</b>	Food service manager/ analysis of one week of typical available offerings	2	2 points for snacks that meet the same standards as cafeteria meals.	
<b>A la carte</b>	Food service manager/ analysis of one week of typical available offerings	2	2 points for á la carte items that meet the same standards as cafeteria meals.	
<b>Staff lounge/areas</b>	Management	3	3 points for vending machines stocked with only healthy beverages/snacks/ fruits and vegetables  2 points for vending machines stocked with at least 50% low-fat snacks, and low- sugar beverages  Full credit for centers with no vending machines in staff lounges	
<b>Staff participation in cafeteria</b>	Food service manager	3	3 points for regular staff monitoring and eating with students	
<b>TOTAL</b>				

## Nutrition Education: 25 points

Factor	Data Source	Possible Points	Formula	Score
Formal education	Academic manager	8	2 points given for each program available	
Experiential opportunities	Social development manager	12	3 points given for each program available	
Education integration	Academic manager	2	1 point given for each program integrated into academic or career technical training	
Frequency	Academic manager	3	1 point given for each program made available at least monthly	
<b>TOTAL</b>				

## Physical Fitness: 25 points

Factor	Data Source	Possible Points	Formula	Score
Promotion	Recreation manager	4	<p>1 point for physical fitness messages in the cafeteria</p> <p>1 point for physical fitness messages in recreation areas</p> <p>1 point for physical fitness messages in the health and wellness center and or/clinic</p> <p>1 point for physical fitness messages in the residence halls. <i>Non-residential centers receive 1 point</i></p>	
Fitness center	Recreation manager	12	<p>2 points for a stretching area with mats</p> <p>2 points for cardio machines and free weights</p> <p>2 points for special hours for male/female use</p> <p>2 points for water made available</p> <p>2 points for regular staff use</p> <p>1 points for proper use/sanitation monitor</p> <p>1 Extra Credit point for electronic weight scale and (must provide water: weight and fat: weight ratio)</p> <p>1 Extra Credit point for BMI chart and education information posted next to a weight scale.</p>	
Group exercise classes	Recreation manager	2	<p>1 point for cardio/muscle group exercise class held at least 2 times per week.</p> <p>1 point for mind/body group exercise class held at least 1 time per week.</p>	
Sports	Recreation manager	3	<p>1 point for organized sports held at least 2 times per month</p> <p>1 point for excursion exercise events (hiking, snow sports, walking tours, swimming, etc.) held at least once per month.</p> <p>1 point for each fitness-related student club</p>	
Resources	Recreation manager/ health and wellness manager	4	<p>1 point for exercise DVDs</p> <p>1 point for fitness or health-related magazines</p> <p>1 point for weight management programs</p> <p>1 point for peer health educator/mentor programs</p>	
<b>TOTAL</b>				

## Additional Requirements

In a brief paragraph, please describe how your center has addressed each of the following requirements:

- 🍒 Establish a program for nutrition education that includes the teaching of healthy eating habits through such methods as hands-on healthy cooking, involving youth in growing nutritious vegetables, or in-class lessons.
  
- 🍒 Provide students with diverse opportunities to participate in physical exercise classes, field trips, and recreational activities that promote physical fitness and its relationship to food intake.
  
- 🍒 Regularly contribute to the Food & Nutrition Web site by submitting at least two healthy recipes and two promising practices per assessment cycle.
  
- 🍒 Involve students in the planning and implementation of nutrition education, promotion and food service.
  
- 🍒 Make the culinary arts program (if offered in career technical training) a partner in food and nutrition services.

## Grading Scale

### Percentage Grade

90-100	A
80-89	B
70-79	C
60-69	D
<60	F

## Glossary

**Low-fat:** <30% total fat per serving

**A la Carte:** food sold separate from the cafeteria menu, i.e. fast food partner items, other competing foods

**Mind/body group exercise:** relaxation exercises, i.e. yoga, Pilates


**Peer health educator/mentor program:** a program that prepares students to serve as peer mentors in a residence hall or other cohort in a health and wellness capacity

## Resources

### Nutrient calculators

-  USDA Nutrient Laboratory  
<http://www.nal.usda.gov/fnic/foodcomp/search/>
-  NutritionData.com  
<http://www.nutritiondata.com/>

### Nutrient Standard Menu Planning- USDA Approved Software Programs

-  See:  
[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=234&topic\\_id=1209](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=234&topic_id=1209)