



HOW HEALTHY IS OUR SCHOOL? SURVEY

Support and Promote the *Michigan Nutrition Standards*

Implementing the *Michigan Nutrition Standards* is a great way to make your school a healthier place. The *Michigan Nutrition Standards* focus on foods served, sold or offered in two areas:

- 1. USDA-funded school meals and snacks.** This includes specific meal pattern recommendations for food and beverages served/sold through the following Child Nutrition Programs: School Breakfast and School Lunch, Summer Feeding, and After School Snack programs.
- 2. Food offered or sold outside of school meals.** This set of standards targets food and beverages offered, served, or sold anywhere during the school day or before or after the school day.

Are you making healthy the easy choice for students and families? You won't know if you don't ask. Conduct a survey to find out.

CONDUCT A SUCCESSFUL SURVEY

Use a survey to help target your efforts and increase your likelihood of making positive sustainable changes.

Find out how healthy parents and community members think your school is.

FOLLOW THESE STEPS:

STEP 1: Choose your audience. You can poll school staff members, students, parents, community members or any two or more of these groups combined.

STEP 2: Distribute your survey. This could be a simple face-to-face poll, an interview, a paper/pencil survey, a phone survey, or a web-based survey. Decide what will work best for your audience. (A *How Healthy is Our School* paper/pencil survey follows.)

STEP 3: Interpret your survey results. Use this information to make decisions and prioritize the changes you want and are able to make, and in what order.

STEP 4: Set achievable implementation goals. Use available resources in the *Michigan Nutrition Standards Toolkit*.

Fuel Up to Play 60, contains sample polls on the following topics. Check them out:

- Breakfast anytime!
- Drink milk & recycle
- In-class activity poll
- Out-of-school activity poll
- Walk it club poll



HOW HEALTHY IS OUR SCHOOL? SURVEY

1. In general, do you think our school is a place where eating healthy and being physically active is modeled, taught and reinforced?

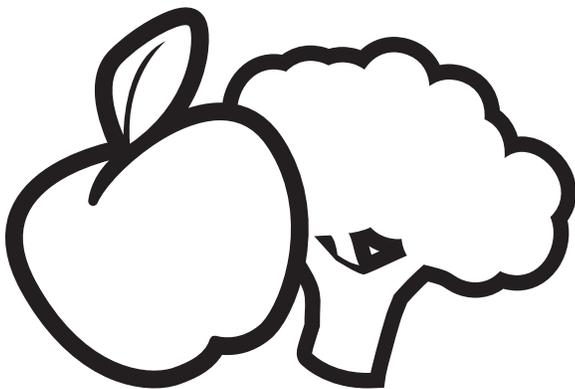
- a. Usually
- b. Sometimes
- c. Rarely
- d. Never
- e. Other: _____

2. Do you think the meals served at school are healthy?

- a. Usually
- b. Sometimes
- c. Rarely
- d. Never
- Other: _____

3. Have you ever eaten a school meal (breakfast or lunch) at our school?

- a. Yes
- b. No



4. Circle all the places that you think healthy food and drinks are offered to students outside of school meals:

- in the classroom
- in a la carte lines
- in vending machines
- during celebrations/parties
- during after-school clubs or sports activities
- at school-wide events or parent nights

5. Do you see reminders about eating healthy or being active at school or at school-related functions?

- a. Yes
- b. No

If you answered "Yes" where did you see the reminders?

6. Would you be willing to be part of a committee that focuses on school/student health and wellness?

- a. Yes
- b. No

If "Yes" what is your name _____

and phone number _____?