

# WellsAT-I

## Wellness School Assessment Tool – Interview to match WellsAT 3.0

### Nutrition Standards Section

NS1 Interview – Food Service Director	
Are there any foods that are not part of the school meals (known as competitive foods) that are sold to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	
0	There are competitive foods sold to students and interviewee states that some items may not meet Smart Snacks standards.
1	There are competitive foods and interviewee is somewhat confident that all items meet Smart Snacks standards.
2	There are no competitive foods, or there are competitive foods and interviewee is very confident that all items meet Smart Snacks standards.
<i>NS1: Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day. The school day begins at midnight the night before and goes until 30 minutes after the final bell.</i>	

NS2 Interview – Food Service Director, Principal	
Do you know where to access the USDA Smart Snacks nutrition standards to check and see if an item can be sold in school during the school day? Can you tell me how you do this?	
0	The respondent does not know where to look to access the standards.
1	The respondent has an idea of where to find the standard, but is not completely sure.
2	Yes, respondent can describe exactly where to find the standards.
<i>NS2: USDA Smart Snack standards are easily accessed in the policy.</i>	

The following questions are about the sale of competitive foods in different locations in the school during the school day.

NS3 Interview – Food Service Director	
Are there competitive foods/beverages sold a la carte in the cafeteria during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards?	
0	There are a la carte foods sold in the cafeteria during the school day and the interviewee believes that some of the items may not meet Smart Snacks standards.
1	There are competitive a la carte foods sold in the cafeteria and interviewee is somewhat confident that all items meet Smart Snacks standards.
2	There are no competitive a la carte foods sold in the cafeteria, or there are a la carte foods and interviewee is very confident that all items meet Smart Snacks standards.
<i>NS3: Regulates food and beverages sold in a la carte.</i>	

<p>NS4 Interview – Food Service Director / Principal</p> <p>Are there food or beverage vending machines on school grounds accessible to students during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards? (Optional follow up questions - Who receives the money from the vending machines? Who is responsible for ensuring all items in the vending machines meet Smart Snacks regulations?)</p>	
0	There are vending machines on school grounds accessible to students and the interviewee believes that some of the items may not meet Smart Snacks standards.
1	There are vending machines and interviewee is somewhat confident that all items meet Smart Snacks standards.
2	There are no vending machines, or there are vending machines and interviewee is very confident that all items meet Smart Snacks standards.
<p><i>NS4: Regulates food and beverages sold in vending machines.</i></p>	

<p>NS5 Interview – Food Service Director / Principal</p> <p>Are there food or beverages sold in school stores during the school day? If yes, how confident are you that all of these items meet Smart Snacks nutrition standards? (Optional follow up questions - Who receives the money from the school stores? Who is responsible for ensuring all items in the school stores meet Smart Snacks regulations?)</p>	
0	There are school stores and interviewee states that some of the food/beverages may not meet Smart Snacks standards
1	There are school stores and interviewee is somewhat confident that all items meet Smart Snacks standards
2	There are no school stores, or there are school stores and interviewee is very confident that all items meet Smart Snacks standards
<p><i>NS5: Regulates food and beverages sold in school stores.</i></p>	

<p>NS6 Interview – Principal / Food Service Director</p> <p>Are there food or beverage fundraisers that sell items to be consumed during the school day? If yes, who is in charge of approving in-school fundraising activities? How confident are you that the people conducting fundraisers understand Smart Snacks nutrition standards? How confident are you that items sold in fundraisers meet Smart Snacks standards? (Note: Some states have passed regulation permitting exemptions from the federal law prohibiting non-Smart Snack fundraisers during the school day – this is addressed in the next question).</p>	
0	The school has food and beverage fundraisers during the school day selling items that may not meet Smart Snacks standards. Note: this includes activities during the school day that have been deemed by the state as “exemptions” from the federal law.
1	The school has food and beverage fundraisers during the school day, and the interviewee is somewhat confident that all items meet Smart Snack standards.
2	There are no food or beverage fundraisers, or there are fundraisers during the school day and the interviewee is very confident that all items meet Smart Snack standards.
<p><i>NS6: Addresses fundraising with food to be consumed during the school day.</i></p>	

NS7 Interview – Principal / Food Service Director (Before asking this question look up the state policy on fundraiser exemptions at the bottom of this page: <a href="https://www.ihrp.uic.edu/content/research-products-national-wellness-policy-study">https://www.ihrp.uic.edu/content/research-products-national-wellness-policy-study</a> . If 0 exemptions, item is n/a). Your state [fill in] has adopted an exemption policy that allows for [fill in] school-sponsored fundraisers during which foods and beverages sold do not have to meet Smart Snacks. Are you familiar with this state law?	
0	We have non-compliant fundraisers up to or beyond the state maximum.
1	We are more stringent than the state, but allow some exemptions for infrequent non-compliant fundraisers.
2	The interviewee is confident that there are no non-compliant food or beverage fundraisers.
n/a	State does not permit any non-compliant Smart Snacks fundraisers during the school day.
<i>NS7: Exemptions for infrequent school-sponsored fundraisers.</i>	

NS8 Interview – Principal / Food Service Director Are foods or beverages containing caffeine sold at the high school level?	
0	Products containing caffeine are sold at the high school level.
1	The interviewee is somewhat confident that there are no products with caffeine sold at the high school level.
2	The interviewee is very confident that there are no products with caffeine sold at the high school level.
N/A	There is not a high school in the district, or this interview is not at a high school.
<i>NS8: Addresses foods and beverages containing caffeine at the high school level.</i>	

NS9 Interview – Principal How often do food-based celebrations occur during the school day in elementary schools (e.g., birthday parties, holiday parties)? Does the district have nutrition standards (such as Smart Snacks) that regulate what can be served? How are these regulations communicated? How confident are you that the regulations are followed consistently? If food-based celebrations are not permitted, how confident are you that they do not occur?	
0	There are no restrictions on the types of foods and beverages served at celebrations, or there are restrictions but the interviewee is not confident that they are followed consistently.
1	The interviewee is confident that all foods served meet the district’s nutrition standards.
2	The interviewee is confident that there are no food-based celebrations.
N/A	There are no elementary schools in the district, or this interview is not at an elementary school.
<i>NS9: Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.</i>	

<p><b>NS10 Interview – Principal / Food Service Director</b>          Are foods or beverages served (not sold) to students after the school day on school grounds, including before/after care, clubs, and afterschool programming? Does the district have nutrition standards (such as Smart Snacks) that regulate what can be served? How are these regulations communicated? How confident are you that the regulations are followed consistently?</p>	
0	There are no restrictions on the types of foods and beverages served after school on school grounds.
1	The school serves foods/beverages after the school day, and the interviewee is somewhat confident that all items meet Smart Snack standards.
2	The interviewee is confident that there are no foods served after the school day, or all items served meet Smart Snack standards.
<p><i>NS10: Addresses nutrition standards for all foods and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming.</i></p>	

<p><b>NS11 Interview – Principal / Food Service Director</b>          Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before/after care on school grounds, clubs, and after school programming</p>	
0	There are no restrictions on the types of foods and beverages sold after school on school grounds.
1	The school sells foods/beverages after the school day, and the interviewee is somewhat confident that all items meet Smart Snack standards.
2	The interviewee is confident that there are no foods sold after the school day, or all items sold meet Smart Snack standards.
<p><i>NS11: Addresses nutrition standards for all foods and beverages sold to students after the school day, including before/after care on school grounds, clubs, and after school programming.</i></p>	

<p><b>NS12 Interview – Principal / Teacher</b>          Do teachers use food as a reward in the classroom for good student behavior (e.g., giving out candy for a right answer; having a pizza party when students finish a unit).</p>	
0	Interviewee believes that many teachers use food as a reward in the classroom.
1	Interviewee believes that a few, but not all, teachers out food as a reward.
2	Interviewee is confident that none of the teachers give out food as a reward in the classroom.
<p><i>NS12: Addresses food not being used as a reward.</i></p>	

<p><b>NS13 Interview – Principal / Food Service Director</b>          Do students have consistent and easy access to either no-cost water or bottled water for purchase throughout the school day? If yes, how? Follow up questions: Are students are permitted to carry water bottles with them throughout the school day? Are there are water fountains or free water filling stations throughout the school? Is bottled water is for sale during the school day?</p>	
0	Water is not available at all to students outside of the cafeteria.
1	There is limited water availability for students outside the cafeteria (limited due to few locations or limited because students must purchase it).
2	Students have consistent access to water at no cost throughout the school day.
<p><i>NS13: Addresses availability of free drinking water throughout the school day.</i></p>	