

CARRY-OUT/FASTFOOD RESTAURANT CHECKLIST

Food Source Name: _____ **Date** ___/___/___ **Time:** _____ **Day:** _____ **Data Collector:** _____
Location: _____ **Rec center:** _____ **Ethnicity of Store Owners** _____

Type of Food Source

Number of menus: _____ Number cash registers: _____ Number of tables & chairs _____
 Corner store __1 Take-Out only __2 Fast-food __3 Deli__4 Restaurant__5 Fast Food Chain __6 Street Vendor __7 Other __8

Food Source Environment (*circle options)				For All Food Sources				
Features	Yes	UK	No	Features	Yes	UK	No	Describe health-related signs (Nutrition related or not)
Posting of calories/health info				Choice of vegetable toppings * (tomato, lettuce, onions, other: _____)				
Reduced size portions offered on the menu				Choice of meat				
Healthy food options defined on the menu * (low fat/calories labeled)				Choice of whole wheat bread				
Diet options for fountain drinks				Self administered coffee/tea station (artificial sweetener, LF creamer)				
Fountain drinks free refill				Self administered choice of low fat/calories condiments * (low fat mayo, mustard, cheese, relish)				
Fried side automatically incl. entrée								
Most expensive food on the menu				Item _____, price _____				Describe promotion of healthy foods on the menu
Least expensive entrée on the menu				Item _____, price _____				
Combo meal advertisement (Y/N)				Number of different varieties: 0 1-2 3-5 6-10 11+				
Healthy cooking method (e.g. baked, broiled, boiled) *				Number of different varieties: 0 1-2 3-5 6-10 11+				
Choice of healthy side menus (e.g. baked chips, salad, fruits, steamed veggies)				Number of different varieties: 0 1-2 3-5 Additional charge (Y/N)				

For below, check 1 = yes, 0 = no / * circle options

Entree (main meal)	Side dishes	Desert and drinks	Breakfast menu
Low fat meat (turkey, chicken) for sandwich ____	Salads/ fresh leafy greens ____ (refer to back page if yes)	Fruits w/o syrup/sugar ____	Oatmeal ____
Grilled poultry ____	Corn side ____	Yogurt ____	Hard boiled eggs ____
Grilled seafood ____	Cooked greens * ____ (kale, collard greens w/ meat) ____	Fresh fruit Smoothie ____	Scrambled/fried eggs ____
Veggie burger ____	Pretzels ____	Frozen yogurt ____	High-fiber cereal ____
Turkey burger ____	Baked chips ____	LF milk (2%, 1%, skim) * ____ (not including flavored milk)	Low-sugar cereal ____
Non-cream based soup ____	Red beans & rice ____	Tea ____	Toast w/ jam ____
Cream based soup ____	Non fried vegetables * ____ (steamed/grilled/raw)	Diet soda ____	Whole wheat toast ____
Tomato sauce based pasta ____	Coleslaw ____	Bottled water ____	
Sandwich/wrap* ____	Baked/mashed *potatoes ____	Diet/ unsweetened ice tea* ____	
Chili w/ beans ____	Baked/mashed* sweet potatoes ____	100% fruit juice ____	
Stir-fry incl. vegetables ____	Baked beans ____		
Vegetarian entree ____	Brown rice ____	Coffee ____	
Burrito ____			
Peanut butter & Jelly ____			

Review (USE INFORMATION PRESENTED ON THE MENU OR MENU BOARD)

	<input type="radio"/> yes	<input type="radio"/> no	Comments
Is there a salad bar available and visible?	<input type="radio"/> yes	<input type="radio"/> no	
Are at least 50% of the salad bar offerings a <i>vegetable or fruit*</i> ?	<input type="radio"/> yes	<input type="radio"/> no	
Does a non-fried <i>vegetable or fruit*</i> , or salad automatically come with the entrée (main course)?	<input type="radio"/> yes	<input type="radio"/> no	
If no, can a non-fried <i>vegetable or fruit*</i> , or salad be substituted for a side at no charge?	<input type="radio"/> yes	<input type="radio"/> no	
Is there an entrée salad offered that does not have bacon, sausage, cheddar cheese, fried chips/croutons/ wontons, or fried meat?	<input type="radio"/> yes	<input type="radio"/> no	

Comments: (e.g. relevant menu that are not listed on the checklist, whatever assumptions were made while checking the list and etc)
