

Survey Tool for Measuring Food Environments at Public Transport Sites

Site location:

Number of train platforms:

Date of visit:

Initials of coder:

Part A: Vending Machines

1. Number and contents of vending machines and external advertisements/pictures

	Machine #	Machine #	Machine #	Machine #
Machine type (pick one) Cold beverage (CB) Hot beverage (HB) Snack (S) Mixed (M)				
TOTAL number of slots				

Available drinks

	Machine #	Machine #	Machine #	Machine #
Sugary drinks	Sugar-sweetened soft drinks			
	Sugar-sweetened flavoured water/iced tea			
	Sugar-sweetened energy drinks			
	Sports drinks			
	Fruit drinks			
	Flavoured milk (>1600kJ/serve)			
Diet drink	Diet soft drinks			
	Diet flavoured water/iced tea			
	Diet energy drinks			
Dairy drink	Plain milk (full cream)			
	Plain milk (reduced fat/skim)			
	Flavoured milk (≤1600kJ/serve)			
	Water (include plain, mineral, soda water)			
	100% fruit or vegetable juice			
	Other (specify)			

Available food

	Machine #	Machine #	Machine #	Machine #
Choc & conf.	Chocolate			
	Confectionery/lollies			
	Chewing gum			
	Fruit chews/straps			
High energy snacks	Chips/extruded snacks (>600kJ/serve)			
	Rice crackers (>600kJ/serve)			
	Pop corn (>600kJ/serve)			
	Sweet biscuits (>600kJ/serve)			
	Savoury biscuits (>600kJ/serve)			
	Muesli bars (>600kJ/serve)			
	Cakes/muffins/sweet pastries (>900kJ/serve)			
Lower energy snacks	Chips/extruded snacks (≤600kJ/serve)			
	Rice crackers (≤600kJ/serve)			
	Pop corn (≤600kJ/serve)			
	Sweet biscuits (≤600kJ/serve)			
	Savoury biscuits (≤600kJ/serve)			
	Muesli bars (≤600kJ/serve)			
	Cakes/muffins/sweet pastries (≤900kJ/serve)			

		Machine #	Machine #	Machine #	Machine #
Fruit nuts	Fresh fruit				
	Dried fruit/nuts/seeds				
	Tinned fruit				
	Sandwiches				
	Other (specify)				
Number of EMPTY slots (drinks/food)					

Available Tea/coffee (Tick one)

	Machine #	Machine #	Machine #	Machine #
Tea/coffee/hot choc – Reduced fat/skim milk available				
Tea/coffee/hot choc – Reduced fat/skim milk NOT available				

Vending machine advertising (Pictures on exterior)

(Tick as many as apply for each machine)

	Machine #	Machine #	Machine #	Machine #
Sugary drinks				
Diet drinks				
Dairy drinks				
Water				
100% fruit juice				
Choc & confectionery				
High energy snacks				
Lower energy snacks				
Fruit & nuts				
Sandwiches				
Other (specify)				

Other health messages (On exterior)

(Tick / cross / N/A)

	Machine #	Machine #	Machine #	Machine #
Declaration that products contain:				
Caffeine				
Aspartame (soft drinks)				
Quinine (tonic water)				
Milk and milk products				
Peanuts and soybeans, and their products				
Tree nuts and sesame seeds and their products				
Other (specify)				
Other product-related information (On exterior) E.g. premium offers – competitions, giveaways (Specify)				

[Use extra pages for additional vending machines]

2. Price of healthy vs. unhealthy items in vending machines.

Identify the **CHEAPEST** item for each product:

Product	Example brand/description	Price
Sugary drink - 300-375mL		
Sugary drink - 600mL		
Diet drink - 300-375mL		
Diet drink - 600mL		
Dairy drink - 500-600mL		
Water - 600mL		
100% fruit or vegetable juice - 350mL		
Choc & confectionery - smallest available		
High energy snacks - 1 pc		
Lower energy snacks - 1pc		
Fruit & nuts - 1pc		
Sandwiches - 1pc		

Part B: Other signage and facilities

1. Food and drink promotions at stations NOT on/in stores (e.g. billboards)

Food and drink category	# Advertisements/posters (>A4 size)
Sugary drinks	
Diet drinks	
Dairy drinks	
Water	
100% fruit or vegetable juice	
Choc & confectionery	
High energy snacks	
Lower energy snacks	
Fruit & nuts	
Healthy meals	
Less healthy meals	
Other (specify)	

OR

NO food or drink advertisements	
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2. Water fountain available? (Tick)

Yes	
No	

Part C: Food stores (include non-traditional food outlets)

1. Number/type of food stores and food and drink availability (Use a separate sheet for each store)

Store #:

Name:

Store type: (circle)

Bakery/cake shop

Coffee cart

Convenience store

Delicatessen

Newsagent

Restaurant/café

Take-away (franchise)

Take-away (local independent)

Other (specify) _____

Available drinks

		Available (Tick/cross)	# Varieties available (incl. different sizes/flavours)	Ability to reach from counter (Tick/cross)
Sugary drinks	Sugar-sweetened soft drinks			
	Sugar-sweetened flavoured water/iced tea			
	Sugar-sweetened energy drinks			
	Sports drinks			
	Fruit drinks			
	Flavoured milk (>1600kJ/serve)			
Diet drink	Diet soft drinks			
	Diet flavoured water/iced tea			
	Diet energy drinks			
Dairy drinks	Plain milk (full cream)			
	Plain milk (reduced fat/skim)			
	Flavoured milk (≤1600kJ/serve)			
	Water (include plain, mineral, soda water)			
	100% fruit or vegetable juice			

Available food

		Available (Tick/cross)	# Varieties available (incl. different sizes/flavours)	Ability to reach from counter (Tick/cross)
Choc & conf.	Chocolate			
	Confectionery/lollies			
	Chewing gum			
	Fruit chews/straps			
	Iced confection (>300kJ/serve)			
High energy snacks	Chips/extruded snacks (>600kJ/serve)			
	Rice crackers (>600kJ/serve)			
	Pop corn (>600kJ/serve)			
	Sweet biscuits (>600kJ/serve)			
	Savoury biscuits (>600kJ/serve)			
	Muesli bars (>600kJ/serve)			
	Cakes/muffins/sweet pastries (>900kJ/serve)			
	Ice cream (>600kJ/serve)			
Lower energy snacks	Chips/extruded snacks (≤600kJ/serve)			
	Rice crackers (≤600kJ/serve)			
	Pop corn (≤600kJ/serve)			
	Sweet biscuits (≤600kJ/serve)			
	Savoury biscuits (≤600kJ/serve)			
	Muesli bars (≤600kJ/serve)			
	Cakes/muffins/sweet pastries (≤900kJ/serve)			
	Iced confection (≤300kJ/serve)			
Ice cream (≤600kJ/serve)				

Fruit & nuts	Fresh fruit			
	Dried fruit/nuts/seeds			
	Tinned fruit			
Healthy meals	Sandwiches			
	Sushi rolls			
	Salads			
	Hot mixed dishes (veg the major component)			
Less healthy meals	Deep fried take-away foods (e.g. hot chips, Chiko rolls)			
	Pies and pastries (savoury)			
	Pizza			
	Hamburgers/hot dogs			
	Hot mixed dishes (meat the major component)			

Available Tea/coffee (Tick one)

Tea/coffee/hot choc - Reduced fat/skim milk available	
Tea/coffee/hot choc - Reduced fat/skim milk NOT available	

2. Food and drink promotions inside and outside stores

Food and drink category	Number of advertisements/posters on OUTSIDE of store (>A4 size)	Number of advertisements/posters on INSIDE of store (>A4 size)
Sugary drinks		
Diet drinks		
Dairy drinks		
Water		
100% fruit or vegetable juice		
Choc & confectionery		
High energy snacks		
Lower energy snacks		
Fruit & nuts		
Healthy meals		
Less healthy meals		
Other (specify)		

3. Healthy eating information inside and outside stores

	Availability (Tick/cross)
Signs/posters displaying nutrition information of products (Specify)	
Signs/posters encouraging healthy eating in general (Specify)	
Signs/posters highlighting healthy options (Specify)	
Promotions encouraging overeating (e.g. 2 for 1 deals, meal upsizing, free drink with purchase, extra food for low cost) If yes, describe the products involved and type of promotion 1. 2. 3. 4.	

4. Price of healthy vs. unhealthy items in stores: (Identify the **CHEAPEST** item for each product)

Product	Brand/description	Price
Sugary drink - 375mL		
Sugary drink - 600mL		
Diet drink - 375mL		
Diet drink - 600mL		
Dairy drink - 600mL		
Water - 600mL		
100% fruit or vegetable juice - 350mL		
Choc & confectionery - regular bar/pack		
High energy snacks - 1 pc		
Lower energy snacks - 1pc		
Fruit & nuts - 1pc		
Healthy meals - 1 serve		
Less healthy meals - 1 serve		

[Use extra pages for additional stores]

Appendix 1: Coding instructions

Part A: Vending machines

Vending machine and product availability

- Identify all vending machines on platforms.
- For each vending machine, specify if this is a cold beverage (CB), hot beverage (HB), snack (S) or mixed (M) product machine.
- Record the TOTAL number of slots for each machine and the number of slots assigned to each item listed.
- If product nutritional information unknown, record product name/description for entering later.

Product promotion

- Record any food and/or drink graphics on the exterior of the machine according to product type.

Product price

- Record the CHEAPEST available usual price (excluding specials or discounts) for each listed item.
- Include a description of the product, including the brand, flavour and portion size (e.g. 100g muffin).
- If a specific product size is not available, use the next closest size and record the g/mL.

Part B: Other signage

- Record the number of signs/posters/stickers/banners for food and drinks located at the transport site (excluding those on food outlets). Only include those A4 size or larger.

Part C: Food stores

Product availability in-store

- Use a separate sheet to record details from each store (**only include stores on platforms**).
- Record the type of store (**Appendix 2**).
- Record the availability (tick/cross) for each item.
- Record the number of varieties available for each item. Different flavours and product sizes should be counted as separate items.
- Record if the item can be reach from standing in the register queue/counter (tick/cross).

Product promotion

- Record the number of signs/posters/stickers/banners for food and drinks located on the EXTERIOR and INTERIOR of the food store. Only include those A4 size or larger.

Healthy eating information

- Record the availability of any information relating to nutrition information (excluding on product packages); healthy eating (general information); and healthy product choices (branded information).
- Record any promotions encouraging overconsumption, including 2 for 1 deals, upsizing options for meals, free drinks with food purchases, extra food for low cost (e.g. "Get a king-size chocolate bar for only 50c extra"). Describe these promotions in terms of the products involves and the type of promotion.

Product price

- Record the CHEAPEST available usual price (excluding specials or discounts) for each listed item. Include a description of the product, including the brand, flavour and portion size (e.g. 100g muffin).

Appendix 2: Taxonomy of food stores and other stores selling food and beverages

Categories	Operational Definition	Example
Bakery/cake shop	Mainly engaged in the sale of bread biscuits, cakes, pastries or other flour products with or without packaging.	Brumbys, Bakers Delight
Coffee cart	Mainly engaged in the sale of hot drinks, including tea and coffee. Espresso coffee machine is the main feature of the store. May also sell other food and beverage items. Customers order, pay and collect items at the counter.	
Convenience store	Mainly engaged in the sale of a limited line of groceries that generally includes milk, bread and canned and packaged foods. The store has one register and does not provide fuel.	Local corner store, 7Eleven
Delicatessen	Mainly engaged in the sale of specialty packaged or fresh products such as cured meats and sausage, pickled vegetables, dips, breads and olives. May also provide dine in meals	
Newsagent	Mainly engaged in the sale of newspapers and magazines. A smaller proportion of the store may offer food and beverage items.	
Restaurant/café	Mainly engaged in the preparation and sale of meals and light refreshments for consumption on the premises. Table service is provided in which customers generally order and are served while seated and pay after eating, however in some cafés customers may order at the counter and the meal is delivered to their table. These stores may provide this type of food services in combination with selling alcoholic beverages and providing takeaway services.	
Takeaway (Franchise)	Mainly engaged in the preparation and sale of <u>meals</u> (excludes donuts drinks, ice-cream etc.) and light refreshments that are ready for immediate consumption. Table service is not provided and the meal can be eaten on site, taken away or delivered. The food is prepared and sold from a standard menu and payment is required before the food is consumed. The food shop is a franchise/chain store with food being sold in specialised packaging.	McDonalds, Hungry Jacks, KFC, Red Rooster, Domino's Pizza, Pizza Hut, Subway
Takeaway (Local independent store)	Mainly engaged in the preparation and sale of <u>meals</u> (excludes donuts, drinks, ice-cream etc.) and light refreshments that are ready for immediate consumption. Table service is not provided and the meal can be eaten on site or taken away or delivered. The food is prepared and sold from a standard menu and payment is required before the food is consumed. The shop is not a franchise store and food is not sold in specialised packaging.	Noodles, kebab, fish and chips, burgers, pizza, fried chicken shops, sushi bars

Appendix 3: Ready Reckoner (energy content per serve of common items)

Food or beverage item	Energy content/serve
Drinks	
Flavoured milk	
Big M (UHT) (300mL)	<1600
Big M (UHT) (500mL)	<1600
Dare (500mL)	>1600
Goulburn Valley (ALL flavours)	>1600
Moove (300mL)	<1600
Moove (600mL)	>1600
Up & Go (ALL flavours) (250-350mL)	<1600
Yeo's Soy Bean Drink	<1600
Food	
Cakes	
Homemade plain cakes (incl. banana bread, fruit cake) (\leq 60g)	<900
Homemade plain cakes (incl. banana bread, fruit cake) (\geq 60g)	>900
Chips/extruded snacks	
Burger Rings (30-50g)	>600
Cheese and bacon balls (30-50g)	>600
Doritos / CCs (30-50g)	>600
Grain Waves (40g)	>600
Kettle Chips (30-50g)	>600
Nobbies Pork Crackle (25g)	<600
Piranha Grain Chips (30g)	<600
Piranha Grain Chips (50g)	>600
Pretzels (40-75g)	>600
Pringles (50g)	>600
Red Rock Deli (30g)	<600
Red Rock Deli (45-50g)	>600
Smiths Chips (30-50g)	>600
Sultry Sally (30g)	<600
Sultry Sally (50g)	>600
Twisties (30-50g)	>600
Popcorn	
Air-popped (e.g. Real McCoy) (25g)	<600
Sweet biscuits	
Supa Chunk cookie (100g)	>600
Muesli bars	
Nana Diver's bars (ALL flavours) (100-120g)	>600
Nestle Milo Bar (20g)	<600
Uncle Toby's muesli bars (ALL flavours) (20-30g)	<600
Ice cream	
Drumstick / Cornetto (80g)	>600
Golden Gaytime (80g)	>600
Magnum (ALL flavours) (90g)	>600
Maxibon (100g)	>600
Paddle Pop (ALL flavours) (70g)	<600
Splice (60g)	<600
Weis bar (80g)	<600
Ice confection	
Calippo (ALL flavours) (105g)	>300
Frosty Fruit (80g)	>300
Icy Pole (80g)	<300