

ID #

DATE: / /

Food Policies and Practices in Minnesota High Schools

A Survey of Secondary School Principals

**Please fill out this survey if you were
a Principal or an Assistant Principal
during the 2000-2001 school year.**

**Developed in cooperation with the
Minnesota Association of Secondary School Principals
and the
University of Minnesota, Division of Epidemiology**

Instructions: Thank you for taking time to complete this survey . The questions below refer to the high school at which you are Principal or Assistant Principal. Please read and answer each question as best as you can.

DEMOGRAPHIC INFORMATION

1. What is your current job title? *(Check one answer)*
- 1 Principal 198
2 Assistant Principal
3 Other (please write in) _____
2. How many years have you served in this position? *(Check one answer)*
- 1 < 1 year
2 1-5 years
3 6-10 years 199
4 > 10 years
3. Check all of the grades that are taught in your school.
- a. 1 grades 1-5 e. 1 grade 9 200-
b. 1 grade 6 f. 1 grade 10 207
c. 1 grade 7 g. 1 grade 11
d. 1 grade 8 h. 1 grade 12
4. Which best describes the location of your school? *(Check one answer)*
- 1 Rural 2 Suburban 3 Urban 208
5. Is your school? *(Check one answer)*
- 1 Public 2 Private 209
6. How many students are enrolled in the school where you currently work?
(Check one answer)
- 1 < 500 students
2 501-1000 students
3 1001-1500 students 210
4 > 1500 students
7. How many students are enrolled in the school district where you currently work?
(Check one answer)
- 1 < 500 students 5 2001-2500 students
2 501-1000 students 6 2501-3000 students 211
3 1001-1500 students 7 > 3000 students
4 1501-2000 students
8. What is your gender? 1 Male 2 Female 212

FOOD SERVICE ENVIRONMENT

9. Is the high school campus open or closed? *(Check one answer for each item)*

- a. For lunch period 1 Open 2 Closed
- b. For other periods 1 Open 2 Closed

30
31

FUNDRAISING

10. Is food allowed to be sold as a fundraising activity by:

- a. student groups 1 Yes 2 No
- b. individual students 1 Yes 2 No
- c. faculty 1 Yes 2 No
- d. parent groups 1 Yes 2 No

32
33
34
35

11. How many groups sold food as a fundraising activity during the past school year? *(Fill in the number of student groups or check "Don't know")*

or 1 Don't know

36
38

11a. What types of food were sold during the fund raiser(s)? *(Check all that apply)*

- a. 1 Don't know
- b. 1 fruit
- c. 1 nuts
- d. 1 candy
- e. 1 cookies
- f. 1 cake
- g. 1 pie
- h. 1 ice cream
- i. 1 soft drinks
- j. 1 other _____

39-
43
44-
48

FOOD USE/AVAILABILITY

12. Is there a school policy about the types of foods served at the following school events? *(Check one answer for each item)*

- | | Yes | No | Don't know |
|--|----------------------------|----------------------------|----------------------------|
| a. School board meetings | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| b. Faculty/staff meetings | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| c. School sporting events | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| d. Other trainings, in-service, seminars | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| e. School assemblies | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |

49
50
51
52
53

13. Are food or beverages allowed in the classroom during class?

- 1 Yes 2 No 3 Don't know

54

FOOD AS REWARD

14. How frequently do teachers use food as a reward for students individually or as a group (e.g., pizza parties, candy bars, cookies, etc)?

- 1 Often
- 2 Sometimes
- 3 Rarely
- 4 Never
- 5 Don't know

55

15. Are there any school policies about teachers using food or food coupons to reward students?

- 1 Yes
- 2 No
- 3 Don't know

56

VENDING MACHINES

16. How many vending machines does your school have? *(Fill in the number for each type)*

- a. Soft drink 1 Don't know
- b. Juice/water 1 Don't know
- c. Snack/candy 1 Don't know

57

60

63

17. Does your school/district have any contracts with soft drink companies such as Coca-Cola or Pepsi?

- 1 Yes
- 2 No
- 3 Don't know

66

↓

(If your school has contracts, please complete the information below for each contract)

Company Name	Contract Length? yrs.	Amount received by school per month \$\$
a. _____	<input type="text"/>	<input type="text"/>
b. _____	<input type="text"/>	<input type="text"/>
c. _____	<input type="text"/>	<input type="text"/>
d. _____	<input type="text"/>	<input type="text"/>

67

75

83

91

18. Are there any school policies about what is sold in the school vending machines? (i.e., the types of food, snacks, beverages)?

1 Yes 2 No 3 Don't know

99

19. Who controls the profits from the vending machines? (Check all that apply for each vending machine type)

	Snack Vending Machines	Soft Drink Vending Machines	
a. Don't know	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
b. Principal	1 <input type="checkbox"/>	1 <input type="checkbox"/>	100-107
c. Athletic Director	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
d. Food Service Director	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
e. Student Council	1 <input type="checkbox"/>	1 <input type="checkbox"/>	108-115
f. Other student group	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
g. Vending company	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
h. Other _____	1 <input type="checkbox"/>	1 <input type="checkbox"/>	

20. Who sets the prices in the vending machines? (Check all that apply for each vending machine type)

	Snack Vending Machines	Soft Drink Vending Machines	
a. Don't know	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
b. Principal	1 <input type="checkbox"/>	1 <input type="checkbox"/>	116-123
c. Athletic Director	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
d. Food Service Director	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
e. Student Council	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
f. Other student group	1 <input type="checkbox"/>	1 <input type="checkbox"/>	124-131
g. Vending company	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
h. Other _____	1 <input type="checkbox"/>	1 <input type="checkbox"/>	

21. Are the hours of operation for the vending machines limited in any way?

1 Yes 2 No 3 Don't know

132

21a. Describe hours of vending operation: (Check **one** answer for each vending machine type)

	<u>Snack vending machines</u>	<u>Soft drink vending machines</u>	
Before and after school only	1 <input type="checkbox"/>	1 <input type="checkbox"/>	
All hours except lunch periods	2 <input type="checkbox"/>	2 <input type="checkbox"/>	133-134
Lunch periods only	3 <input type="checkbox"/>	3 <input type="checkbox"/>	
After school only	4 <input type="checkbox"/>	4 <input type="checkbox"/>	
After all lunch periods	5 <input type="checkbox"/>	5 <input type="checkbox"/>	
All hours	6 <input type="checkbox"/>	6 <input type="checkbox"/>	
Other _____	7 <input type="checkbox"/>	7 <input type="checkbox"/>	

SCHOOL STORES AND SNACK BARS

22. Are there any school stores or snack bars in your school?

- 1 Yes
2 No (If NO, go to Question #26)
3 Don't know

135

23. Who operates school stores or snack bars in your school? (Check all that apply)

- a. 1 Don't know
b. 1 Food service
c. 1 Student groups
d. 1 Other _____

136-
139

24. Who controls the commissions/profits from school stores or snack bars? (Check all that apply)

- a. 1 Don't know
b. 1 Principal
c. 1 Athletic Director
d. 1 Food Service Director
e. 1 Student Council
f. 1 Other student group
g. 1 Vending company
h. 1 Other _____

140-
147

25. Are there any school policies about the types of food that can be sold at the school stores?

- 1 Yes 2 No 3 Don't know

148

SCHOOL NUTRITION POLICIES

26. Are there any school policies about nutrition and food (e.g., What type of food is offered, promoted, prohibited)?

- 1 Yes 2 No 3 Don't know

149-
168
skip

171

27. In your school, are any of the following involved in setting school food policy?
(Check all that apply.)

- a. 1 There are no food policies
b. 1 Don't know
c. 1 Principal
d. 1 Assistant Principal
e. 1 Other School Administrative Staff
f. 1 Food Service Director
g. 1 Food Service Cook Manager
h. 1 School Board
i. 1 School Nurse
j. 1 School Health Coordinator
k. 1 Teachers
l. 1 Food Nutrition Advisory Council
or Other Food/Nutrition Group
m. 1 Parents
n. 1 Students
o. 1 Others _____

172-
186

28. Are there any meetings or work groups at school that focus on school nutrition (e.g., student groups, faculty, parents, PTO, School Food Service, other administrative)?

1 Yes 2 No 3 Don't know

187

29. How important do you think it is to have a school-wide or district-wide policy about food and nutrition issues for the high school?

- 1 Very important
- 2 Somewhat important
- 3 Neither
- 4 Somewhat unimportant
- 5 Very unimportant

188

FOOD PROMOTIONS AT SCHOOL

30. Are food or beverage promotions or advertising allowed **in the school cafeteria**?

1 Yes 2 No 3 Don't know

189

31. Are food or beverage promotions or advertising allowed in school **outside the cafeteria**?

1 Yes 2 No 3 Don't know

190

32. Are coupons for food or beverages allowed to be distributed to students?
(Check one answer for each item)

a. from the food service 1 Yes 2 No 3 Don't know

191

b. from outside companies 1 Yes 2 No 3 Don't know

192

ADOLESCENT NUTRITION

33. In the context of the overall school environment, how important do you think it is for schools to provide an environment to encourage healthy food choices?

- 1 Very important
- 2 Somewhat important
- 3 Neither
- 4 Somewhat unimportant
- 5 Very unimportant

193

Just a few more questions on the back →

SCHOOL FOOD SERVICE FUNDING AND OPERATIONS

34. Does your state or school district provide any monetary support for food service operations?
(Check only one answer)

- 1 Don't know
- 2 State provides monetary support
- 3 District provides monetary support
- 4 Both state and district provide monetary support
- 5 Neither state or district provide monetary support
- 6 Food service is self-supporting

194

35. To what extent do you think school food service should be financially supported by the general funds versus independent? (Check only one answer)

- 1 Completely supported by general funds
- 2 Partially supported by general funds
- 3 Not supported at all by general funds

195

36. Check the one answer that you agree with the most:

- 1 Schools should provide both more healthful and less healthful food choices and let students choose.
- 2 Schools should provide mostly only healthful foods to students in school.

196

Thank you for your time to complete this survey.

197
skip