# HEALTHY AND SUSTAINABLE FOOD SELF-ASSESSMENT

The purpose of this self-assessment is to provide concessioners with a tool to evaluate whether concession food and beverage operations are meeting the [NPS Healthy Food Standards and Sustainable Food Guidelines](http://www.nps.gov/commercialservices/docs/Healthy_Parks_Healthy_Foods/NPS_Front_Country_Healthy_and_Sustainable_Food_Choices_05.03.13.pdf). Concessioners may be required by contract to meet some or all
of these standards, or they may elect to implement any they deem appropriate and suitable to
their operation.

The assessment may be used by the concessioner internally to help review progress made towards integrating the Healthy Food Standards and/or Sustainable Food Guidelines. If the concessioner opts to submit the self-assessment to the Service, it will be used to recognize concessioner efforts in implementing these standards and guidelines. Recognition may include documenting concession operations that meet standards and guidelines in order to inform the public of where they can find healthy and sustainable food options when visiting national parks. Concession operations that meet the Healthy Food Standards, as demonstrated by the self-assessment, will be provided access to a NPS Healthy Food logo which they can use in menus and advertising. Self-assessment results may also be used to provide special recognition of concession operations that have accomplished significant achievements. Lastly, information shared by concessioners will assist the Service in documenting the progress of the Service-wide Healthy and Sustainable Food Program and understanding healthy and sustainable food challenges and opportunities for NPS Commercials Service Program to provide helpful assistance.

# HEALTHY FOODS STANDARDS AND SUSTAINABLE FOOD GUIDELINES ASSESSMENT - GENERAL INSTRUCTIONS

The self-assessment process includes a review of the concessioner’s food and beverage operation(s) against the Healthy Food Standards and/or a review of the concession food and beverage operation(s) relative to the Sustainable Food Guidelines using the assessment tools provided here.

If the concessioner is willing to submit its results to the Service either to obtain recognition or to provide the Service with data and suggestions regarding Healthy and Sustainable Food best practices; the concessioner should request that the park concessions specialist review and validate the self-assessment before submitting the completed self-assessment to the NPS Commercial Services Program.

For more information, please review the Healthy Food Standards and associated guidance [here](http://concessions.nps.gov/tools_others.htm).

# HEALTHY FOODS STANDARDS ASSESSMENT

Please answer the following 20 questions to the best of your knowledge indicating which food and beverage outlet(s) meet each standard. Alternatively, you may complete a separate assessment for each establishment. There is space available under each question to provide details and comments. In general, a “Yes” response represents that the establishment(s) is meeting a particular standard, and a “No” response represents that the establishment(s) requires adjustments to meet a particular standard. In order to certify the operation as meeting the Healthy Food Standards, you should have a yes answer to each of the applicable standards noted below.

All questionnaires will be reviewed by Commercial Services staff, once you have completed the electronic questionnaire, please submit it via email to NPS\_Greenline@nps.gov.

## GENERAL INFORMATION

|  |
| --- |
| **Park:**  |
| **Concession Name and ConcID:**  |
| **Concessioner Name and Title:**  |
| **Park Concessions Management Specialist:**  |
| **List of Food & Beverage Outlets:**  |

| **HEALTHY FOODS QUESTIONS** |  |  |  |
| --- | --- | --- | --- |
| A. Food Ingredients and Choices |
| 1. Do all entrees contain at least one fruit or vegetable?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Are fruits and vegetables available as side dishes when food is a la carte?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Where milk is served, are low-fat and/or fat-free milk and dairy product options available?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Do at least 30 percent of beverages offered have no added sugar?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Is there at least one vegetarian and one non-vegetarian menu option that is light/lite, low fat, and/or low sodium?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Are whole grains used in at least one vegetarian and one non-vegetarian menu item?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| B. Food Preparation |  |
| 1. Are half servings or reduced portion sizes offered for some menu items?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Is steamed or grilled food available for made-to-order items?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Are artificial trans-fats absent from all foods on the menu?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| C. Food Education |  |
| 1. Is a designated symbol and key used on menus to identify “healthy choice” options that meet the NPS Healthy Food Choice Standards?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Are signs or other materials used to educate visitors on the importance of healthy food?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. For grab-and-go food establishments, are healthier options placed where they are noticeable and likely to be purchased?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. Is nutritional information labeled or available upon request for at least the core healthy food menu items?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |
| 1. “Specials” or “featured” menu items are a healthy (e.g., not deep fried) options?
 |  [ ]  Yes |  [ ]  No | List Food and Beverage Outlets meeting standard:      |
| **Comments:**       |

Acknowledgement and validation of information contained herein.

Concessioner Signature Date

 Park Concession Specialist Signature Date

# SUSTAINABLE FOODS

The Commercial Services Program has also created a Sustainable Foods Self-Assessment. Unlike the Healthy Food Standards,
NPS Commercial Services Program does not specify any sustainable food standards, but provides guidelines on practices that are encouraged. It should be noted, however, some concessions may have specific sustainable food requirements integrated into
their contracts.

As with the Healthy Food Standards assessment above, please answer the following seven questions to the best of your knowledge, using the “Yes,” “No,” or “N/A” (not applicable) options, and indicating which food and beverage outlets are addressing each guideline. There is also space available under each question to provide details and comments; you are encouraged to use this space to provide information about your operation. In general, “No” responses indicate potential areas for your operation to improve. “Yes” responses indicate areas in which your operation is meeting the guidelines, and supporting NPS values and sustainability goals.

| **SUSTAINABLE FOODS QUESTIONS** |  |  |  |  |
| --- | --- | --- | --- | --- |
| A. Food Ingredients and Choices |  |
| 1. Do you source seafood from sustainable sources?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| 1. Is fair trade and/or shade-grown coffee available?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| 1. Are seasonal, local, and regional ingredients or products used?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| 1. Are organic menu items available?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| 1. Are meat, seafood, and eggs certified free of hormones and antibiotics?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| B. Food Education |  |
| 1. Is a designated symbol and key used on menus, signs, and other media to identify “sustainable” options?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |
| 1. Are signs and other materials used to educate visitors on the importance of sustainability and the sustainable components of your operation?
 |  [ ]  Yes |  [ ]  No |  [ ]  N/A | List Food and Beverage Outlets meeting guideline:      |
| **Comments:**       |

Acknowledgement and validation of information contained herein.

Concessioner Signature Date

Park Concession Specialist Signature Date

|  |
| --- |
| **ADDITIONAL COMMENTS AND/OR SUGGESTIONS:**  |
| Please provide any additional comments or suggestions regarding best practices related to Healthy and/or Sustainable Food that were not captured above. This may include recommendations for updates to the NPS Healthy Food Standards and/or Sustainable Food Guidelines, challenges in integration of the standards and/or guidelines, and/or plans for future integration of the standards and/or guidelines in concessions operations. |
| **Comments:** |