Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

The ABC's of a Healthy School Environment

Steps to Health's Toolkit for Schools

BASELINE ASSESSMENT

School Name: _____

County: _____ Date of Assessment: _____

Total number of students at school: _____ Total number of staff at school: _____

Instructions: Please select the answer to the following questions regarding current practices at the school.

POLICY	THE SCHOOL'S LEADING THE WAY!	THERE'S ROOM TO IMPROVE!
Does the school have an active and representative health committee or wellness team?	**Yes**	**No** See Section 1 of the Resource Guide for suggestions
Does the school provide guidelines for foods and beverages offered during events and celebrations?	**Yes**	**No** See Section 1 of the Resource Guide for suggestions
Does the school have written health and nutrition policies that go beyond school meal times?	**Yes**	**No** See Section 1 of the Resource Guide for suggestions
Does the school clearly communicate its school health policies to students, staff, and parents?	**Yes**	**No** See Section 1 of the Resource Guide for suggestions
Are outdoor and indoor physical activity spaces open to the community outside school hours?	**Yes**	**No** See Section 2 of the Resource Guide for suggestions
SYSTEMS		
Is recess guaranteed to all students, regardless of behavior issues?	**Yes**	**No** See Section 3 of the Resource Guide for suggestions
Do students get at least 20 minutes of recess time per day?	**Yes**	**No** See Section 3 of the Resource Guide for suggestions
Does the school hold step or walking challenges to encourage physical activity?	**Yes**	**No** See Section 3 of the Resource Guide for suggestions
Do teachers avoid using food as a reward?	**Yes**	**No** See Section 4 of the Resource Guide for suggestions
Does the school promote fruits or vegetables as snacks on certain days?	**Yes**	**No** See Section 5 of the Resource Guide for suggestions
Is water offered as the beverage of choice?	**Yes**	**No** See Section 5 of the Resource Guide for suggestions

SYSTEMS (continued)	THE SCHOOL'S LEADING THE WAY!	THERE'S ROOM TO IMPROVE!
Has the school started or expanded the National School Breakfast Program?	**Yes**	**No** See Section 6 of the Resource Guide for suggestions
Has the school started or expanded the National School Lunch Program?	**Yes**	**No** See Section 6 of the Resource Guide for suggestions
Does the school incorporate Farm to School activities?	**Yes**	**No** See Section 8 of the Resource Guide for suggestions
ENVIRONMENT		
Does the school promote healthy menu items in desirable locations and good lighting so they are visible and easy to choose?	**Yes**	**No** See Section 7 of the Resource Guide for suggestions
Does the school give students an opportunity for menu input?	**Yes**	**No** See Section 7 of the Resource Guide for suggestions
Has the school joined the Smarter Lunchrooms movement?	**Yes**	**No** See Section 7 of the Resource Guide for suggestions
Does the school have a garden?	**Yes**	**No** See Section 8 of the Resource Guide for suggestions
Does the school implement walk or bike to school programs such as Safe Routes to School?	**Yes**	**No** See Section 9 of the Resource Guide for suggestions
PROMOTIONAL		
Does the school conduct easy contests on nutrition or health topics?	**Yes**	**No** See Section 10 of the Resource Guide for suggestions
Do teachers ask students if they tried new foods in the cafeteria?	**Yes**	**No** See Section 10 of the Resource Guide for suggestions
Does the school post bulletin boards and posters to promote healthy eating and living?	**Yes**	**No** See Section 10 of the Resource Guide for suggestions
Do teachers eat only healthy food and beverages in front of students?	**Yes**	**No** See Section 10 of the Resource Guide for suggestions
Does the school actively promote the National School Breakfast program?	**Yes**	**No** See Section 6 of the Resource Guide for suggestions
Does the school actively promote the National School Lunch program?	**Yes**	**No** See Section 6 of the Resource Guide for suggestions