

Organizational Food Environment Assessment

The food environment includes the food and beverage choices that are accessible to a person where they live, work, learn, rest and play. The food environment can make nutritious choices easy or difficult. Product placement, pricing, marketing and advertising of foods and beverages all directly impact the food choices we make, regardless of nutrition knowledge. This self-assessment can be used to evaluate, celebrate, and make improvements to your organization's food environment.

Step 1: As an organization, fill out the assessment on pages 2 and 3.

Step 2: Discuss the following questions with your organization's staff. Where possible, get feedback from your clientele as well.

- a. Based on where you have checked off 'yes', what are the organization's greatest strengths?

- b. List the areas that you feel are in greatest need of improvement.

- c. Brainstorm some strategies you can use to improve your food environment. Start simple. Focus on one area at a time and celebrate along the way!

If your organization would like further support with improving your food environment, contact a public health nutritionist at publichealthnutrition@saskhealthauthority.ca.

Assessment Date: _____

Client environment	Yes	No	N/A
Participants' food choices are respected and valued • Clients of all ages are allowed to decide whether, how much and in what order to eat their food • Food/drinks are offered in a food neutral way, without moral judgement or being labelled as "good" or "bad" • Eating spaces are free from food pressure			
A dedicated space is offered for clients to enjoy meals with others			
Food is not used as a reward for achievements or good behaviour in programs or at events			
Comfortable and safe feeding of infants and children in public spaces is supported (i.e. Baby-Friendly Spaces)			
Opportunities are provided for staff and clients to participate in decisions regarding nutrition programming or food offered at the organization			
Resources provided to clients (i.e. brochures, videos, presentations, newsletters) promote nutrition and eating practices that support well-being such as Food guide friendly promotional materials			
Weight loss or calorie-counting challenges are not hosted or supported			
Food offered and sold	Yes	No	N/A
Foods offered reflect Canada's food guide recommendations: • A variety of foods and drinks are offered • Vegetables and fruits are offered where food is served or sold • Whole grain or 100% whole wheat options are offered where grain foods are served or sold • A variety of protein foods are offered where protein foods are served or sold • Drinking water is available at all times, at no cost			

Food offered and sold (continued)	Yes	No	N/A
Nutritious food and drinks are more visible and better priced than those that are highly processed			
Nutritious food and drinks are promoted more than those that are highly processed			
Where possible and beneficial, the organization has a written policy or formal communication that makes nutritious food and beverage choices consistently available within the organization			
Catered and special events	Yes	No	N/A
Nutrition, traditional foods and culture are considered when choosing the types and quality of foods and drinks provided at events (i.e. holiday celebrations, community BBQ's)			
Partnerships and sponsorships are designed to meet health and educational needs rather than serve financial motives			
The organization limits fundraising that sells food items that are high in sugar, saturated fats or sodium (i.e. selling of cupcakes or chocolates for a fundraiser)			
Staff environment	Yes	No	N/A
A comfortable eating area, as well as food preparation and storage equipment are provided for staff use			
Water is easily available, accessible and free for all staff			
Canada's food guide recommendations are also applied to the foods available in staff rooms			
Staff are supported to breastfeed or express milk in the workplace			