



Smart Beverages in Schools: An Assessment

A First Step to Creating a Healthier Beverage Environment

The United States Department of Agriculture (USDA) recently published nutrition standards for snack foods and beverages sold and provided to children at school. The standards will help schools ensure that kids are only offered tasty and nutritious foods and beverages during the school day.

A key step to creating a healthier beverage environment in schools is to evaluate the availability of sugary drinks. This assessment, modeled after the federal Smart Snacks in School standards, will provide important information about where, how, and what drinks are available before, during, and after school hours.

Beverages are offered through different locations or access points, such as vending machines, and procurement practices for school-related events. Each location presents unique opportunities and challenges.

Once the assessment is complete:

Use the results to help adopt healthier beverage practices, and/or develop an effective healthier beverage policy or guidelines. Such policies and/or guidelines can be helpful in creating healthier norms, and getting students, staff and visitors on the same page.

For detailed tips and strategies to help move your school in the right direction, visit the Take Action page of our website. Remember, a few small changes can make a big difference.

For more information visit
www.iHeartWaterNC.com



The following form will help you assess beverage practices within your school. Use the last column to take notes of practices you would like to improve.

Note: Portion sizes vary for certain beverages between elementary school and middle/high school.

Examples of places where beverages are made available in schools include: vending machine, school store, a la carte, snack/food cart, fundraising, classroom celebrations, rewards or awards, after-school programming, field trips, and other school-related events (such as movie nights, festivals/fairs, open house).

1. Elementary School (K-5): For each place where beverages are made available, fill out the following:

Where	Served or Sold	What is available	When are they available
	<input type="checkbox"/> Served <input type="checkbox"/> Sold	<input type="checkbox"/> Plain/carbonated water <input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: _____ Are the milk options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? _____ <input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are the juice options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? _____ <input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: _____	<input type="checkbox"/> Before school hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours
	<input type="checkbox"/> Served <input type="checkbox"/> Sold	<input type="checkbox"/> Plain/carbonated water <input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: _____ Are the milk options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? _____ <input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are the juice options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? _____ <input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: _____	<input type="checkbox"/> Before school hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours
	<input type="checkbox"/> Served	<input type="checkbox"/> Plain/carbonated water	<input type="checkbox"/> Before school

	<input type="checkbox"/> Sold	<input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: <hr/> Are the milk options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? <hr/> <input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are the juice options less than or equal to 8 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? <hr/> <input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: <hr/>	hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours
--	-------------------------------	--	--

*Print more pages for elementary school assessment, if needed.

2. Middle School (6-8) and High School (9-12): For each place where beverages are made available, fill out the following:

Where	Served or Sold	What is available	When are they available
	<input type="checkbox"/> Served <input type="checkbox"/> Sold	<input type="checkbox"/> Plain/carbonated water <input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: <hr/> Are the milk options less than or equal to 12 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? <hr/> <input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are juice options less than or equal to 12 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N If no, what is the portion size? <hr/> <input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: <hr/> <input type="checkbox"/> For high school only, other no calorie, low calorie, and/or caffeinated beverages? If yes, which drinks: <hr/>	<input type="checkbox"/> Before school hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours
	<input type="checkbox"/> Served <input type="checkbox"/> Sold	<input type="checkbox"/> Plain/carbonated water <input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: <hr/> Are the milk options less than or equal to 12 ounces? <input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Before school hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours

		<p>If no, what is the portion size? _____</p> <p><input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are juice options less than or equal to 12 ounces? <input type="checkbox"/>Y <input type="checkbox"/>N If no, what is the portion size? _____</p> <p><input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: _____</p> <p><input type="checkbox"/> For high school only, other no calorie, low calorie, and/or caffeinated beverages? If yes, which drinks: _____</p>	
	<input type="checkbox"/> Served <input type="checkbox"/> Sold	<p><input type="checkbox"/> Plain/carbonated water <input type="checkbox"/> Low-fat milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Fat-free milk: flavored or unflavored (circle one or both) <input type="checkbox"/> Other milk alternatives: _____</p> <p>Are the milk options less than or equal to 12 ounces? <input type="checkbox"/>Y <input type="checkbox"/>N If no, what is the portion size? _____</p> <p><input type="checkbox"/> 100% fruit and/or vegetable juice <input type="checkbox"/> Other juice drinks (e.g., Capri Sun, Sunny Delight, punches) Are juice options less than or equal to 12 ounces? <input type="checkbox"/>Y <input type="checkbox"/>N If no, what is the portion size? _____</p> <p><input type="checkbox"/> Sugary drinks (e.g., soda/pop, sports and energy drinks, tea/coffee with sugar, etc.) If yes, which drinks: _____</p> <p><input type="checkbox"/> For high school only, other no calorie, low calorie, and/or caffeinated beverages? If yes, which drinks: _____</p>	<input type="checkbox"/> Before school hours <input type="checkbox"/> During school hours <input type="checkbox"/> After school hours

*Requirements for middle and high school are generally the same. Print more pages for middle and high school assessment, if needed.

General Questions		Opportunities for Change
Is water available onsite through working drinking fountains, beverage dispensers, or hydration stations?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Do you have a policy or provide guidelines about beverages served/sold in your school?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
If your school has a policy or provides guidelines, are people following it?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> n/a	
Are adults serving as positive healthier beverage role models?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Are healthier beverages* including water promoted through signage?	<input type="checkbox"/> Yes <input type="checkbox"/> No	
When sold, are healthier beverages* priced lower than sugary drinks?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> n/a	
When sold, are healthier beverages* placed in more prominent locations (e.g., in the front, at eye level)?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> n/a	

**Healthier beverages include: water (tap, seltzer or sparkling, naturally flavored or infused), tea/coffee without sugar, reduced-fat (2%) or low-fat (1%) or fat-free milk (plain), 100% juice in small portions, and artificially-sweetened (e.g., diet) beverages.*