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

Name: _____

Position/Title: _____

Email: _____

Date: _____

School: _____

County: _____

Total number of students: _____

Number of teachers and staff: _____

School-Wide Environmental Scan

Thank you for all you do to support the health of your students and staff! For each environmental support below, circle your response in the columns to the right. Complete and return to your Steps to Health Educator.

Across the School

1. Form a school health committee or team.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
2. Create, expand, or update written health policies.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
3. Complete the School Health Index.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
4. Make water the beverage of choice. Increase access to water throughout the day. Improve taste, quality, smell, or temperature.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
5. Incorporate farm to school activities.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
6. Start a school garden.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
7. Allow for after-hours use of playgrounds and gyms.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
8. Promote the National School Breakfast and Lunch programs.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

9. Post bulletin boards and posters that promote healthy eating and increased activity.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
10. Implement guidelines for foods offered during events and celebrations.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
11. Conduct fundraisers or boosters that support good health.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
12. Join the Active Schools Movement.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
13. Implement a walk or bike to school program such as Safe Routes to School.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
14. Hold a step or walking challenge.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
15. Conduct easy contests on a nutrition or health topic.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
16. Offer professional development opportunities for staff related to health, nutrition, and physical activity.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

In the Classroom

17. Have a discussion each week of new foods students tried in the cafeteria.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
18. Encourage teachers to eat and drink only healthy snacks and beverages in front of students.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
19. Give students 1-2 minute activity breaks throughout the day.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
20. Avoid withholding physical activity opportunities as a form of punishment.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

In the Classroom (*Continued*)

21. Avoid using food as reward or punishment.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
22. Promote fruit or vegetable-only snacks on certain days.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

In the Cafetaria

23. Give students an opportunity for menu input.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
24. Promote healthy menu items in locations and in lighting so they are visible and easy to choose.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
25. Join the Smarter Lunchrooms Movement.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below
26. Provide more whole grain and/or low sugar a-la-carte menu items.	We are already doing this	We don't plan to do this	Maybe	Yes, we started doing this during the school year	Yes, we plan to do this but haven't yet	We'd like to, but are lacking resources *see below

Other changes made or progress toward change that occurred during this school year:

_____

_____

_____

Resources Needed

Goal (List goals from above list you'd like to accomplish but for which you are lacking resources)	**Financial resources needed**	**Non-financial resources needed** (people, time, etc.)